



REVISED  
AND UPDATED



# THE COMPLETE SAILING MANUAL



STEVE SLEIGHT



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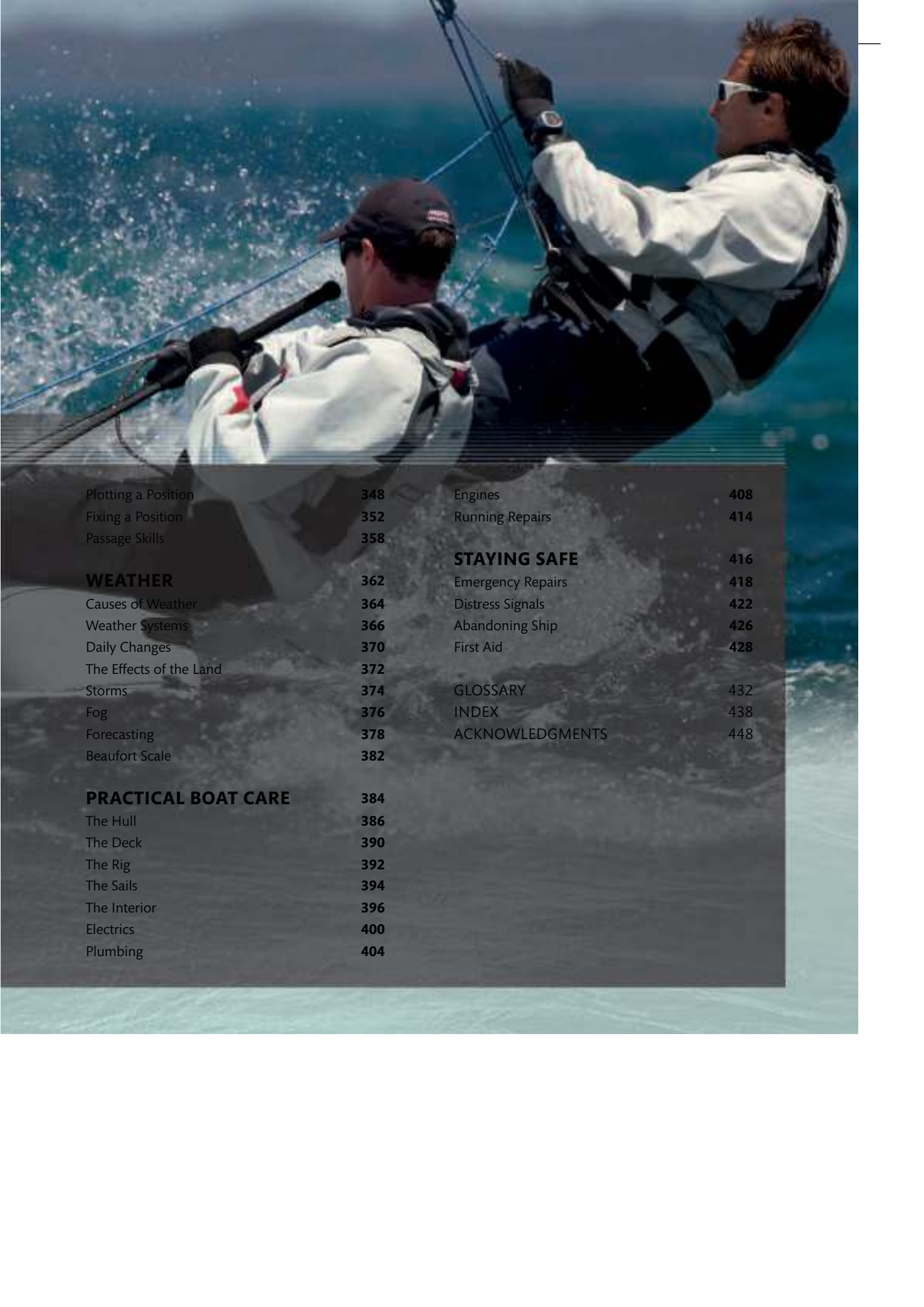




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# FOREWORD





# THE **JOY** OF SAILING

Unlike any other sport or recreation, sailing offers a sense of freedom and independence that, once experienced, often leads to lifelong addiction. The sea always has something to teach and one never ceases to learn. What's more, as any sailor will tell you, boats have a life and personality of their own. This book is intended not only as a practical guide to a wonderful sport, but also aims to convey the joy of being afloat.







# INTRODUCTION

Sailing is both the most relaxing pastime imaginable and the most exhilarating. It is a sport for young and old, for those who love the sea and those who do not. It is a sport that can be enjoyed in a variety of ways, from the traditional to the modern, and it is a sport that has become increasingly popular in recent years. This book is a guide to the world of sailing, from the basics to the advanced techniques of the sport.

## The origins of sailing

Sailing is one of the oldest sports in the world, with a history that dates back to ancient times. The earliest evidence of sailing is found in the ancient Egyptian hieroglyphs, which show a variety of sailing vessels. The ancient Greeks and Romans also had a long tradition of sailing, and the sport was popular among the nobility. In the Middle Ages, sailing was used for trade and exploration, and it was a vital part of the maritime world. The modern sport of sailing began in the 17th century, when the Dutch and English began to use sailing as a leisure activity. The Royal Yacht Club of Great Britain was founded in 1792, and it was the first of many national yacht clubs that were established in the 19th century.

The modern sport of sailing is a combination of the traditional and the modern. It is a sport that has become increasingly popular in recent years, and it is a sport that has become a major part of the leisure industry. The Royal Yacht Club of Great Britain is the largest and most prestigious of the national yacht clubs, and it is the governing body for the sport in the United Kingdom. The club has a long and distinguished history, and it has played a major role in the development of the sport. The club is a member of the International Yacht Union, and it is a member of the International Olympic Committee. The club is also a member of the International Yacht Club Association, and it is a member of the International Yacht Club of America.



**ROYAL YACHT**  
The Royal Yacht Club of Great Britain was founded in 1792. The Mary II was presented to King Charles II in 1660 and introduced the concept of yachting as sport in England.

## Sailing today

Sailing today is a sport that has become increasingly popular in recent years. It is a sport that has become a major part of the leisure industry, and it is a sport that has become a major part of the maritime world. The Royal Yacht Club of Great Britain is the largest and most prestigious of the national yacht clubs, and it is the governing body for the sport in the United Kingdom. The club has a long and distinguished history, and it has played a major role in the development of the sport. The club is a member of the International Yacht Union, and it is a member of the International Olympic Committee. The club is also a member of the International Yacht Club Association, and it is a member of the International Yacht Club of America. The club is a member of the International Yacht Club of America, and it is a member of the International Yacht Club of America.

## International sailing

International sailing is a sport that has become increasingly popular in recent years. It is a sport that has become a major part of the leisure industry, and it is a sport that has become a major part of the maritime world. The Royal Yacht Club of Great Britain is the largest and most prestigious of the national yacht clubs, and it is the governing body for the sport in the United Kingdom. The club has a long and distinguished history, and it has played a major role in the development of the sport. The club is a member of the International Yacht Union, and it is a member of the International Olympic Committee. The club is also a member of the International Yacht Club Association, and it is a member of the International Yacht Club of America.

#### AT THE LIMIT

Racing brings the thrill of competition and the challenge of pushing your boat to its limits, whatever the conditions.







## Small boat sailing

### DEVELOPING SKILLS

Sailing in small boats is lots of fun and will teach you the basic skills faster than sailing in larger boats.







### CRUISING FOR PLEASURE

The joy of cruising is quite different from racing. With cruising comes the pleasures of self-reliance, relaxation afloat, closeness to the environment, and the freedom to sail anywhere you choose.





**HIGH-PERFORMANCE THRILLS**

Skiff-type dinghies provide the ultimate in speed and thrills. Here, the three-person 18-foot Skiff shows how exciting these boats can be.





## Ocean racing



**RACING ACROSS OCEANS**  
Professional teams in the Volvo Ocean Race (such as Puma, pictured here), race around the world at speeds that can reach over 30 knots and provide intense competition.











#### CLASSIC SUPERYACHT

Restored or modern classic yachts are often in the superyacht category and require large, professional crews to sail and race.



Superyachts and classics

Getting started

Ocean cruising



# FIRST PRINCIPLES

There are a number of basic principles and terms that are common to all types of sailing—whether your boat is a small dinghy, an ocean-going yacht, or anything in between. If you are new to the sport, you should acquaint yourself with these principles so that you have a thorough understanding of the fundamentals of good sailing before you go afloat for the first time.





# SAFETY AFLOAT

Water is a potentially hostile environment, so it's an important consideration when you're out on the water. It's a particular concern for those who are new to sailing, as you may not have the experience to know what to do in an emergency. It's important to take the time to develop the right safety skills and to be aware of the limits of your experience. This will help you to help to ensure that your sailing is a safe and enjoyable experience.

## Choosing clothing

When you're out on the water, it's important to wear the right clothing. This is especially true for those who are new to sailing, as you may not have the experience to know what to do in an emergency. It's important to take the time to develop the right safety skills and to be aware of the limits of your experience. This will help you to help to ensure that your sailing is a safe and enjoyable experience.

### WEARING THE RIGHT GEAR

Always wear clothing that is appropriate to the type of sailing and the conditions. Here, the crew is wearing light, inshore sailing waterproofs and life jackets.



Wearing warm

Wearing dry



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