



REVISED  
AND UPDATED



# THE COMPLETE SAILING MANUAL



STEVE SLEIGHT



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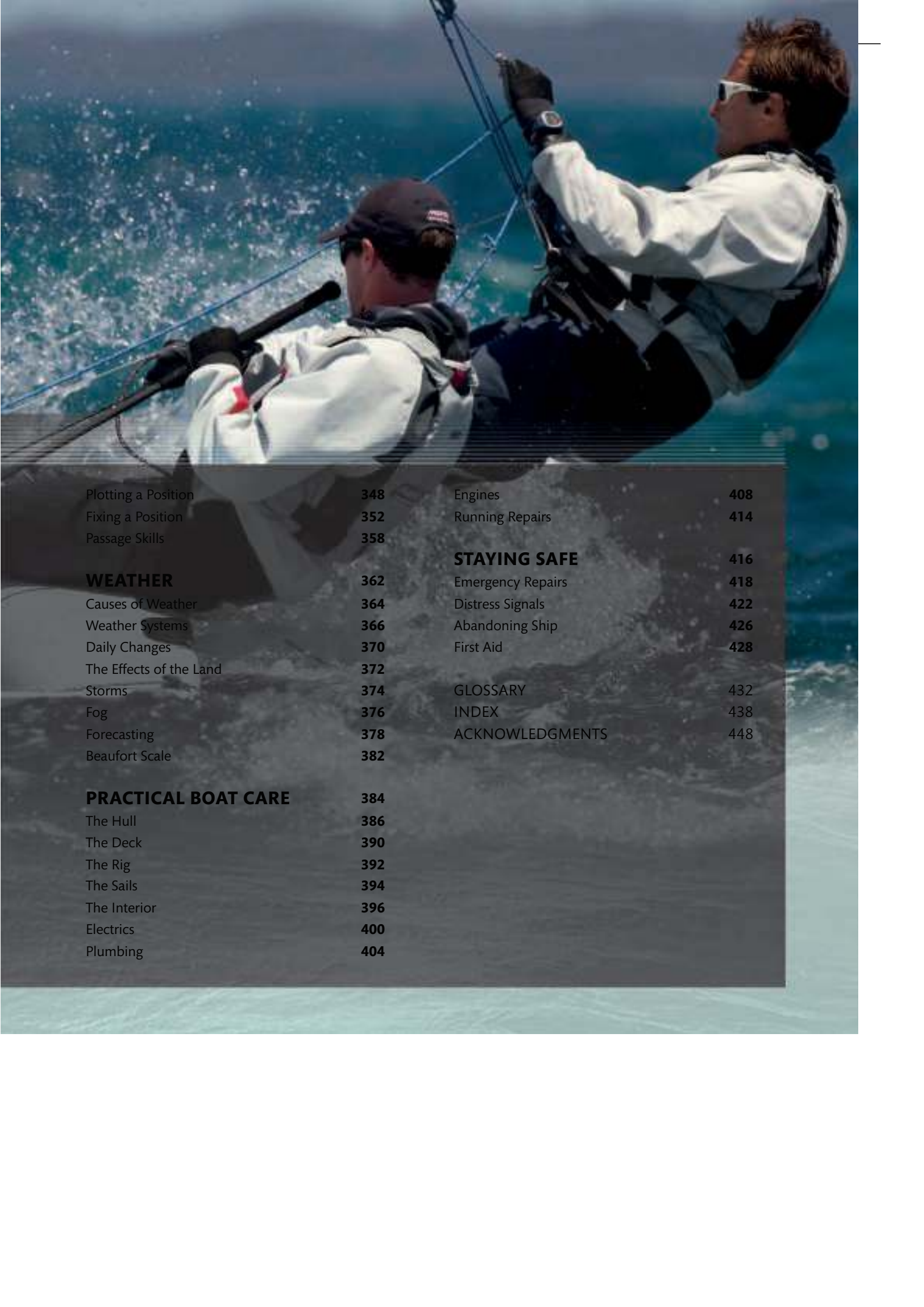




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# FOREWORD



# 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 been enjoyed for centuries. The Royal Yacht Club of Great Britain is the world's oldest and largest sailing club, and it is proud to be the home of the sport of sailing in Great Britain.

## 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 15th century, the Portuguese and Spanish explorers used sailing to discover new lands and trade routes. The Dutch and the English also had a long tradition of sailing, and the sport was popular among the nobility. In the 18th century, the British Royal Navy used sailing to maintain its global empire. The sport of sailing has since become a popular pastime for people of all ages and backgrounds.

The Royal Yacht Club of Great Britain was founded in 1792, and it is the oldest and largest sailing club in the world. The club's headquarters are located in Cowes, on the Isle of Wight, and it has a fleet of over 1,000 yachts. The club is responsible for the promotion and development of the sport of sailing in Great Britain, and it is proud to be the home of the sport. The club's members are from all over the world, and they enjoy the sport of sailing in a variety of ways. The club's events include regattas, races, and cruises, and it is a great place to meet and make friends. The club is also responsible for the maintenance of the Cowes Regatta, which is one of the largest and most famous sailing events in the world.



**ROYAL YACHT**  
The Royal Yacht Club of Great Britain was founded in 1792. The Marlborough 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 evolved significantly since its origins. The modern sailing vessel is a far more sophisticated and powerful than the traditional sailing vessel. The modern sailing vessel is designed for speed and efficiency, and it is capable of sailing in a variety of conditions. The modern sailing vessel is also a much more comfortable and luxurious than the traditional sailing vessel. The modern sailing vessel is a sport that is enjoyed by people of all ages and backgrounds, and it is a sport that has become increasingly popular in recent years.

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## International sailing

International sailing is a sport that has become increasingly popular in recent years. The sport is enjoyed by people of all ages and backgrounds, and it is a sport that has become a major part of the Olympic Games. The sport is also a major part of the world's sailing community, and it is a sport that has become increasingly popular in recent years. The Royal Yacht Club of Great Britain is the world's oldest and largest sailing club, and it is proud to be the home of the sport of sailing in Great Britain.

#### 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.

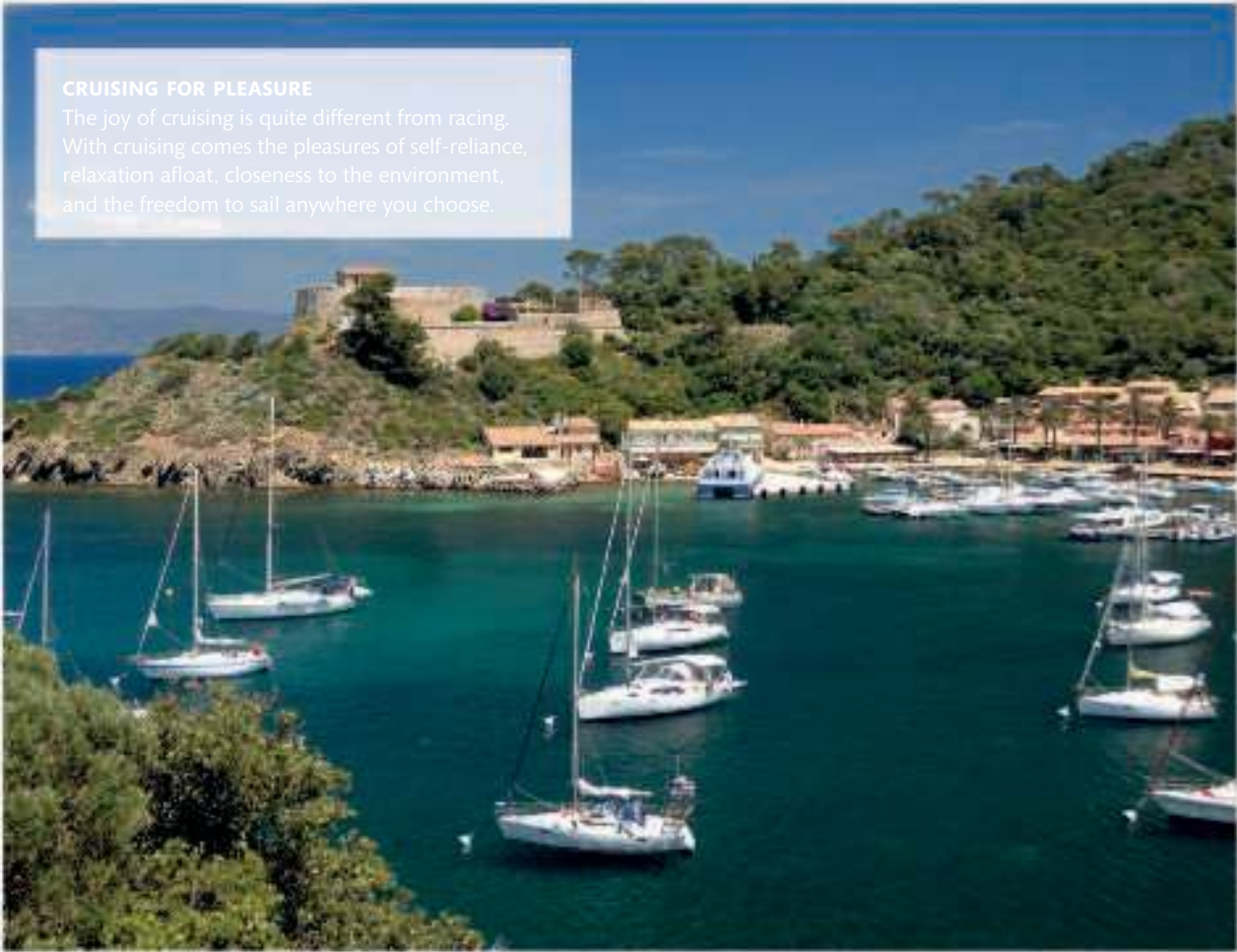






### CRUISING FOR PLEASURE

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'll need to know what to do if you fall overboard. It's also important to know what to do if you're caught in a storm or if you're in a small boat. This guide will help you to develop the right safety plan for your sailing, and 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, you need to be prepared for a range of conditions. This means choosing 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 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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