



REVISED  
AND UPDATED



# THE COMPLETE SAILING MANUAL



STEVE SLEIGHT



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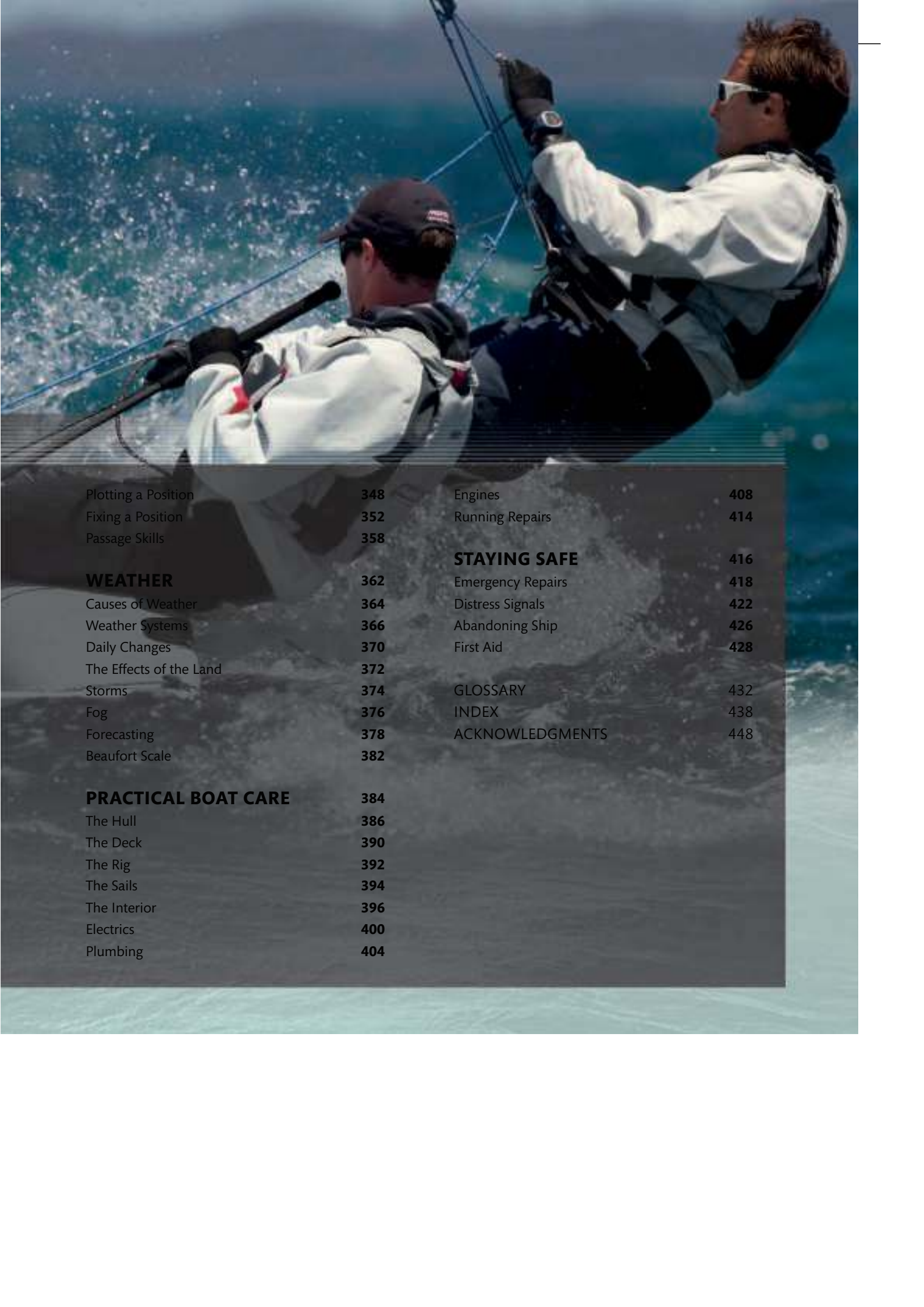




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# FOREWORD





# 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 simple pleasure of a day's cruise to the challenge of a competitive race. It is a sport that has been enjoyed for centuries and continues to grow in popularity today.

## The origins of sailing

The origins of sailing can be traced back to ancient times, where it was used as a means of transport and trade. The earliest evidence of sailing is found in the ancient Egyptian hieroglyphs, which show a sailing ship with a single mast and a square sail. The Greeks and Romans also used sailing ships, and the Chinese developed the first multi-masted sailing ships. In the 15th century, the Portuguese and Spanish explorers used sailing ships to discover new lands and trade routes. The Dutch and English also used sailing ships to explore the world and establish colonies.

The Dutch and English also used sailing ships to explore the world and establish colonies. The Dutch East India Company used sailing ships to trade with the East Indies, and the English used sailing ships to trade with the West Indies. The Dutch and English also used sailing ships to explore the world and establish colonies. The Dutch and English also used sailing ships to explore the world and establish colonies.



**ROYAL YACHT**  
The Royal Yacht was the first yacht to be built in England. It was presented to King Charles II in 1660 and introduced the concept of yachting as sport in England.

## Sailing today

Sailing today is a popular sport for people of all ages and abilities. It is a sport that can be enjoyed in a variety of ways, from the simple pleasure of a day's cruise to the challenge of a competitive race. It is a sport that has been enjoyed for centuries and continues to grow in popularity today.

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## International sailing

International sailing is a sport that is enjoyed by people from all over the world. It is a sport that can be enjoyed in a variety of ways, from the simple pleasure of a day's cruise to the challenge of a competitive race. It is a sport that has been enjoyed for centuries and continues to grow in popularity today.



**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 the middle of a race. This information can help you ensure that you're sailing safely and responsibly.

## Choosing clothing

### 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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