

# YSS Stage 1 Background Info

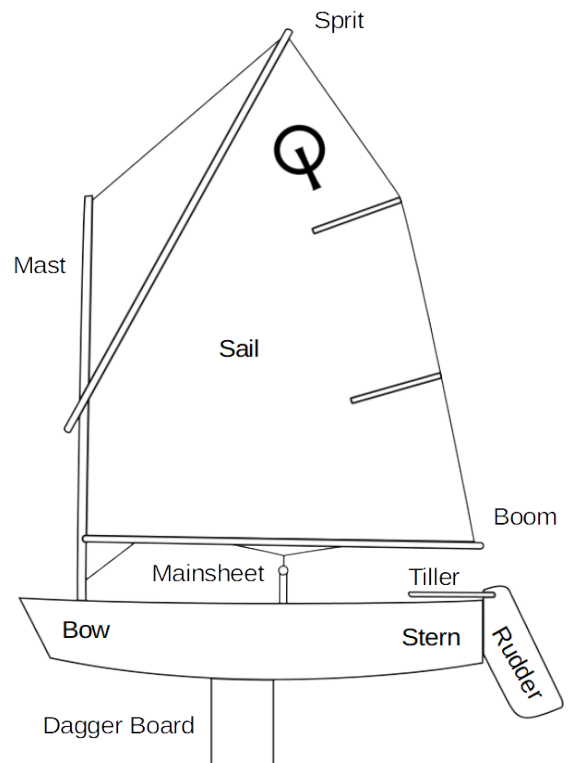
## What to Expect from the Course

During this course you will learn the basics of sailing, parts of the boat and how to launch, recover and steer. After completing Stage 1 you will understand the basic principles of sailing in order to move on to Stage 2. No prior knowledge or experience of sailing is needed to take up this course.

This sheet covers some of the onshore information we will cover on your course. Please have a look at it before you arrive, it doesn't matter if you understand everything as we will be covering it all during the course.

## Basic parts of a boat

The front of a boat is called the **bow**, the back is the **stern**. The **Sail** is attached to the **Mast** and on some boats has a **Sprit**. At the bottom of the **Sail** is the **boom**. The **Sail** is controlled with the rope called the **Mainsheet** which is attached to the **Boom**. To steer the boat you move the **Tiller** which moves the **Rudder**. To stop the boat slipping sideways you have the **Dagger Board** this is sometimes called the Centerboard.



## Knots

There are loads of knots to learn for sailing but to start with the first one to try is the "*figure of eight knot*". It is a stopper knot as it stops a rope from pulling out whatever you have threaded it through. If you have some thick string you can give it a try by following the instructions on this site: <https://www.animatedknots.com/figure-8-knot> or you can search for video explanations. Don't worry if you can't figure it out, we will be teaching it on the course.



## Clothing

It is often colder out on the water than it is on land, and you are going to get wet so wearing the right clothes can really help keep you safe and help you enjoy it.

## Keeping Afloat

For messing around on the water in dinghies wearing a buoyancy aid is important. It helps you afloat if you fall in. However for it to do this it needs to be a tight fit so it doesn't move up in the water. You can test by pulling up on the shoulders of the buoyancy aid. It shouldn't move up easily. Many

children's buoyancy aids have leg straps that can keep it in place. The LSTA has some buoyancy aids that can be borrowed during the course.

## Keeping Warm

Out on the water it is often colder than you think. You have to get wet up to about your waist to launch and then you are sitting out in the wind this will cool you even on a warm day. The right clothes to keep you comfortable will make it much more enjoyable.

- Wetsuit will keep you warm even when wet, it needs to be reasonably tight fitting though. If it is too loose it won't work.
- Wetsuit boots or wetsuit socks can keep your feet warm. The wetsuit socks are stretchy so might last a bit longer for growing feet and can be worn under old trainers. Just wearing trainers won't be enough, you will get cold feet.
- A Windproof/waterproof layer for your top makes a big difference to keeping warm. This part of your body is out in the wind and spray or rain will take the heat away quickly if you don't have a good top on.

The LSTA has some wetsuits and windproofs but if you are able to bring your own that can be a big help.

## Keeping Protected

The boats we sail in have solid booms around head level and when it is windy these can move quickly and can hit you on the head. It is rare to get more than a small bump, however we do have helmets available if you would like to borrow them. They are not generally compulsory but our policy is that if a parent wants their child to wear it or if the student wants to wear one they can. The instructor may also ask students to wear one if the conditions are rougher or if we are going to do a higher risk activity.

Sometimes it is even Sunny and out on the water you get the sunlight reflecting off the water so it is easier to get sunburn than normal. So for those days remember sunblock, a good hat (tied on) and plenty of water to drink.

We have some wetsuits and buoyancy aids that can be borrowed during the course

## Weather

When we are sailing we are very dependent on the weather, we use the wind to move the boat. Too little and we can't go anywhere, too much and it gets dangerous. A forecast can help us plan for the conditions. There are loads of places you can get a forecast and you will learn more as you progress, but for now A good wind forecast can be found at this link: <https://www.windguru.cz/328> Before you come down can you think about different ways you can tell where the wind is coming from and how strong it is? Can you feel it? Can you see it? Can you see what it does to things around you?