

SHORTHANDED SAILING



- Howard Riley
- Dave Parkes

SHORT HANDED SAILING

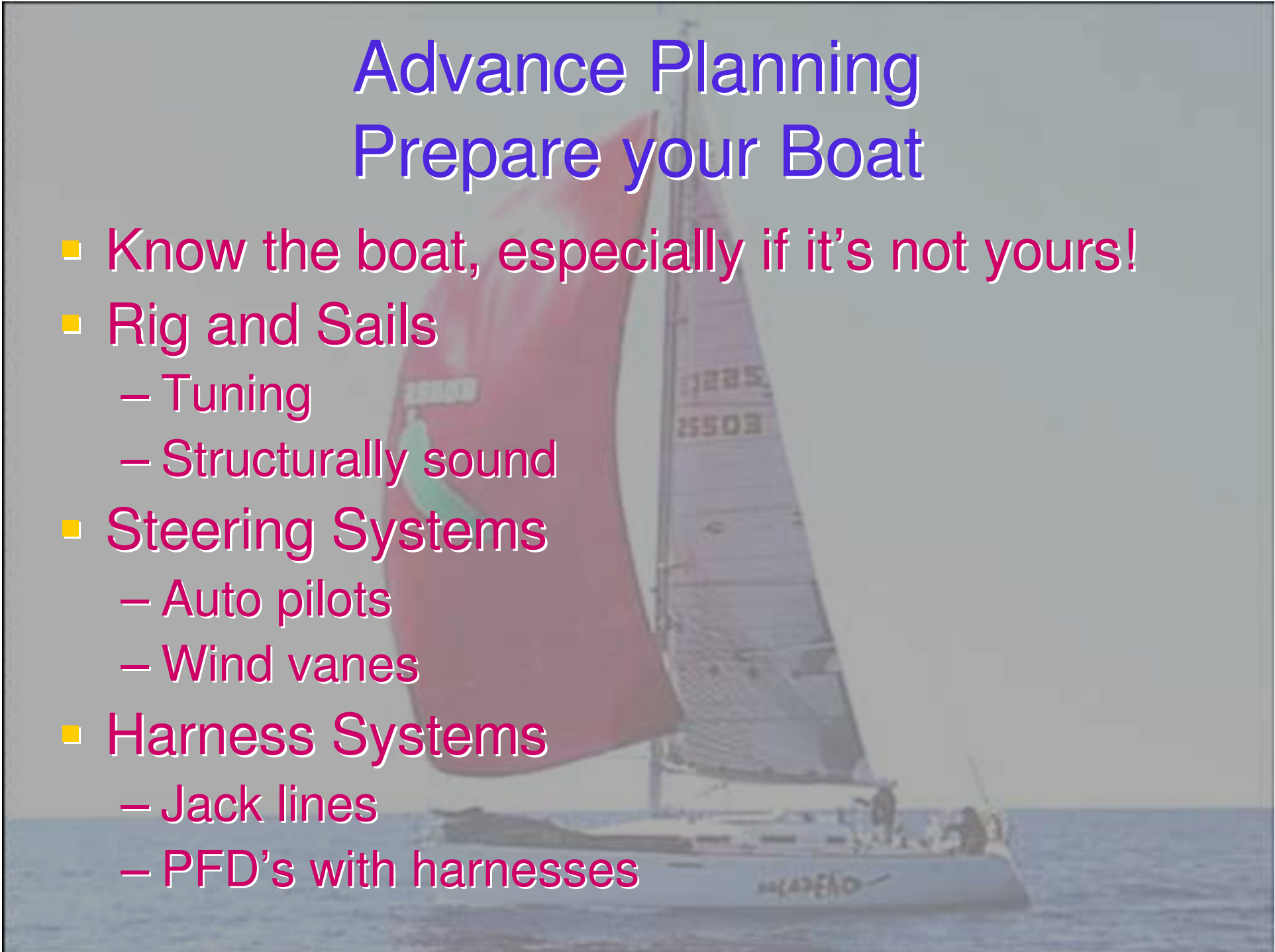
A sailboat with a red sail is sailing on the ocean. The boat is white with a red sail and a white mast. The ocean is blue and the sky is light blue. The boat is moving towards the right of the frame.

- **Regardless the size of your crew, whether cruising or racing, the risks & tasks are the same-we'll discuss the differences!**
- **Don't let being Short Handed hold you back!**
- **Our Goal – Increase your comfort zone with only one or two aboard “Take it to the next level”**

Advance Planning

Prepare your Boat

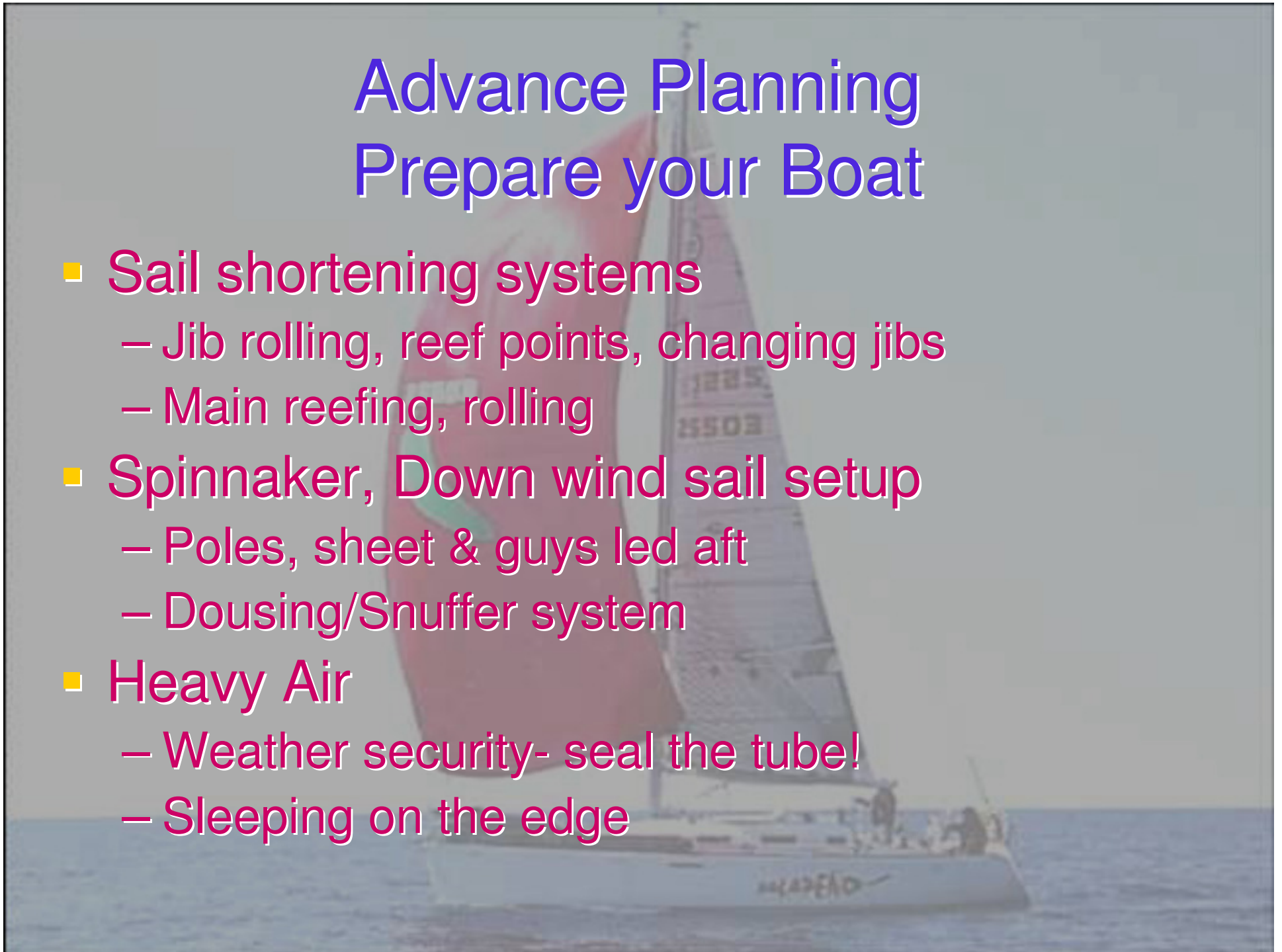
- Know the boat, especially if it's not yours!
- Rig and Sails
 - Tuning
 - Structurally sound
- Steering Systems
 - Auto pilots
 - Wind vanes
- Harness Systems
 - Jack lines
 - PFD's with harnesses



Advance Planning

Prepare your Boat

- Sail shortening systems
 - Jib rolling, reef points, changing jibs
 - Main reefing, rolling
- Spinnaker, Down wind sail setup
 - Poles, sheet & guys led aft
 - Dousing/Snuffer system
- Heavy Air
 - Weather security- seal the tube!
 - Sleeping on the edge



Advance Planning

Prepare your Boat

- Navigation
 - GPS, Loran, Sextant
 - Paper Charts, Pencils, Protractor and Compass
 - Light List, Harbor Guide
 - Event specific
 - Speedo/Log
 - Hand Bearing Compass
 - Binoculars
- Ground Tackle



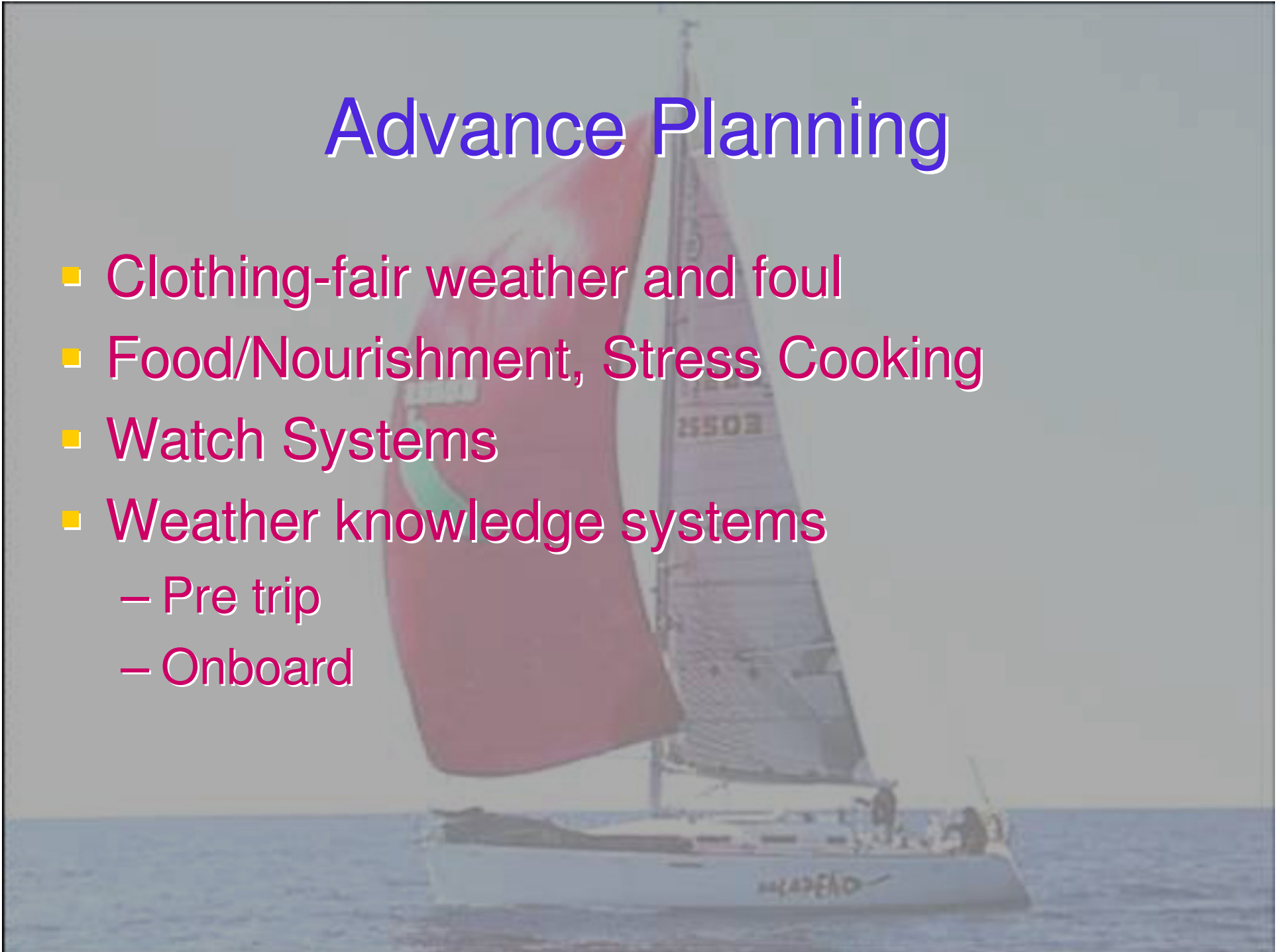
Advance Planning Preparing your Boat

- Communication systems
 - Strong lungs
 - Cell
 - VHF
 - Satellite
 - Backup systems



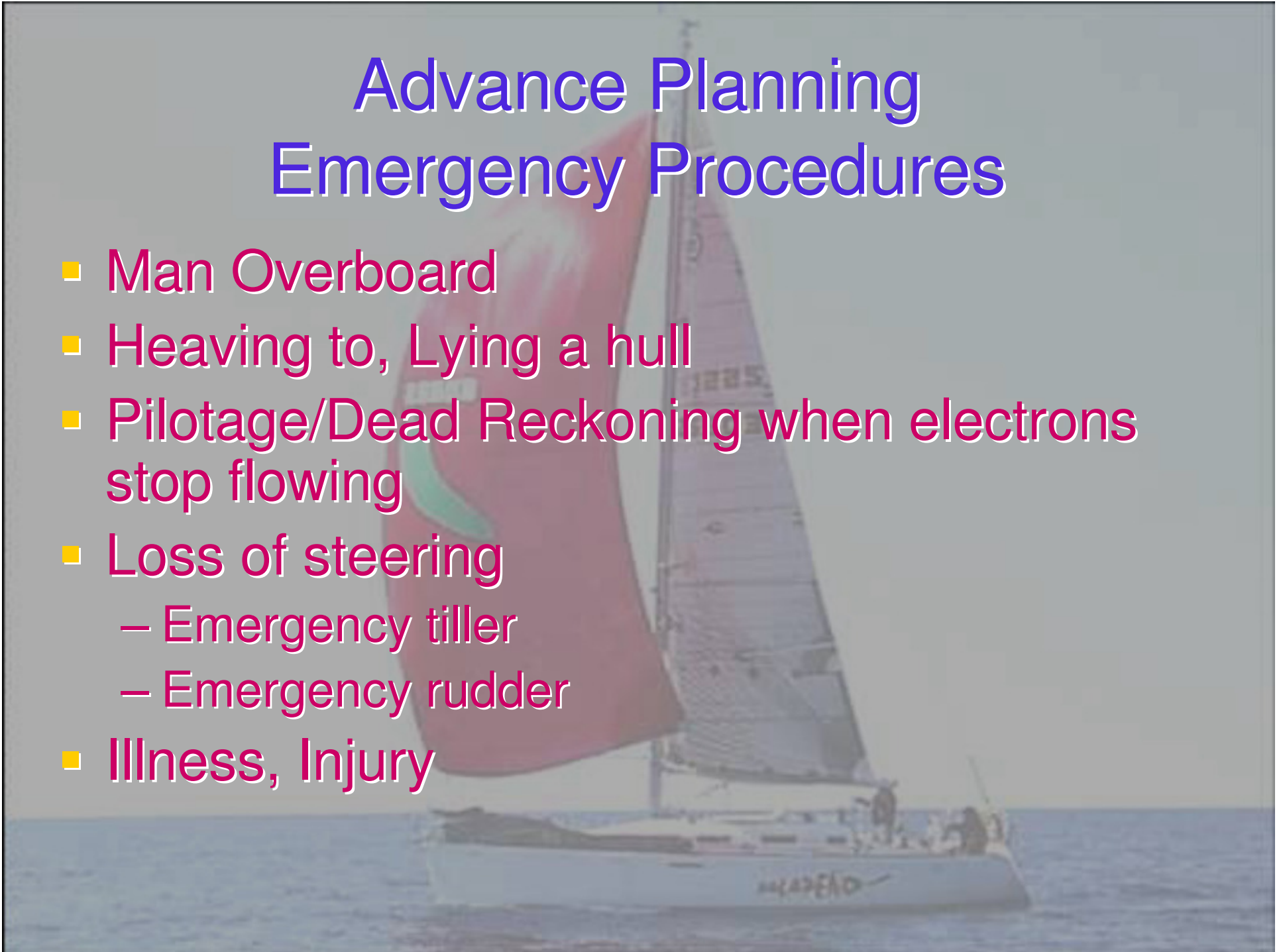
Advance Planning

- Clothing-fair weather and foul
- Food/Nourishment, Stress Cooking
- Watch Systems
- Weather knowledge systems
 - Pre trip
 - Onboard



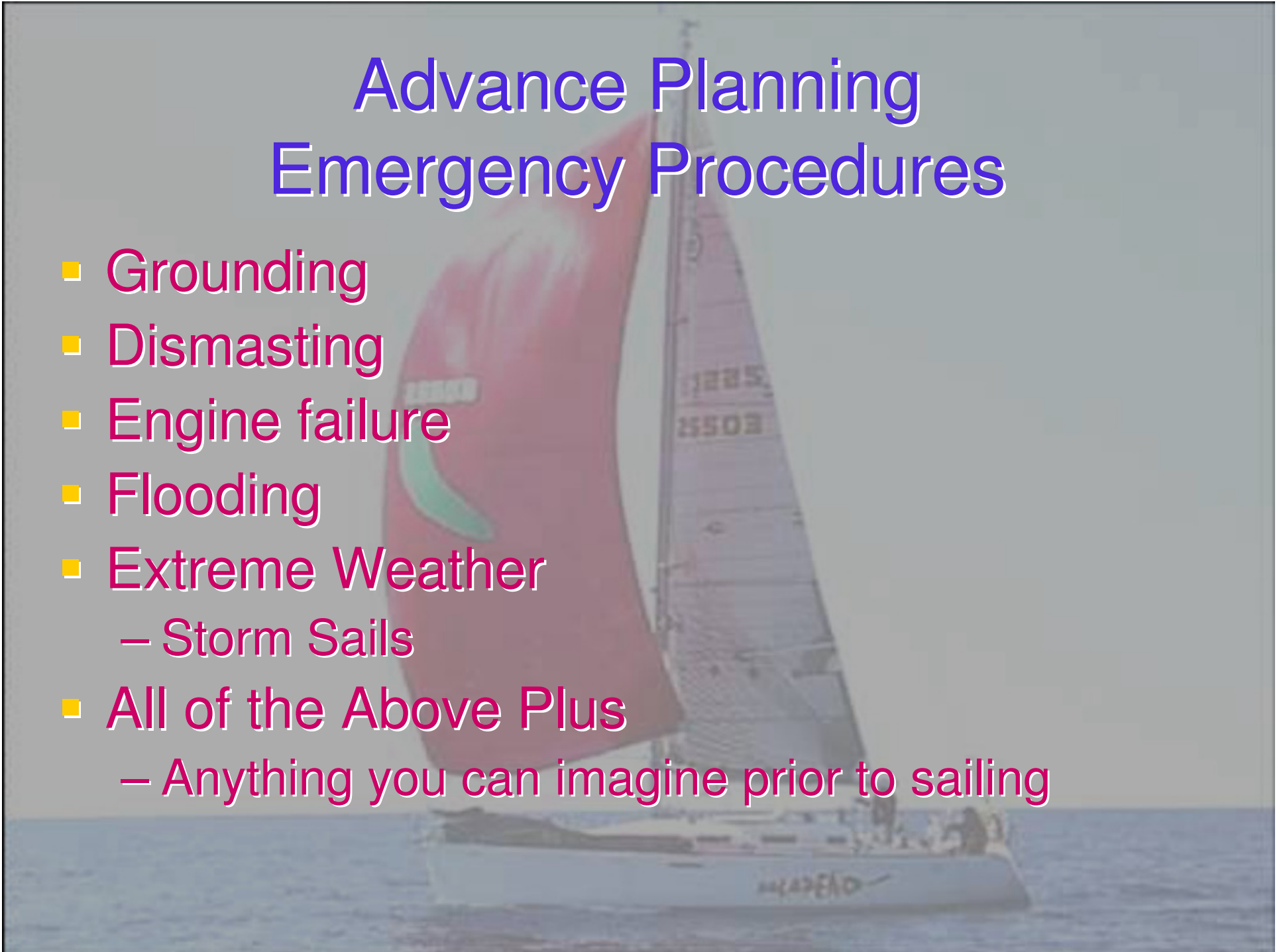
Advance Planning Emergency Procedures

- Man Overboard
- Heaving to, Lying a hull
- Pilotage/Dead Reckoning when electronics stop flowing
- Loss of steering
 - Emergency tiller
 - Emergency rudder
- Illness, Injury



Advance Planning Emergency Procedures

- Grounding
- Dismasting
- Engine failure
- Flooding
- Extreme Weather
 - Storm Sails
- All of the Above Plus
 - Anything you can imagine prior to sailing



Practice

- Daytime, Nighttime
- Leave pier with wind blowing on
- Maneuvering in close quarters
- Man overboard
- Light Air, Heavy
- Only one crew on deck
- With and Without Steering Systems
- With and Without GPS or Loran

ALL THIS *BEFORE* YOUR BIG ADVENTURE

Prevention

A sailboat with a red sail and a white hull is sailing on the ocean. The sail has the number '1250' and '5503' on it. The boat has 'HARPER' written on the hull. The background is a clear blue sky and a calm blue sea.

- Follow your Plan
 - Revise when conditions warrant
- Stay Ahead of the Boat
 - Anticipate everything, especially the weather
 - Take Action Before It Takes You
- Pace yourself
- Rehearse actions before execution
 - Pre position equipment, sails

Education & Training

- US Power Squadrons www.usps.org
 - Navigation, Engines, Sailing, Weather, and more
- US Coast Guard Auxiliary www.cgaux.org
- DRYA seminars- www.drya.org
- US Sailing- www.ussailing.org
- Search the web for “Detroit sailing schools”
- Many of the area boating clubs have novice sailing programs for members- check through DRYA
- Crew on a race boat
- Knots? Look up www.animatedknots.com

References- on the water requirements

- Collision at sea regulations (colregs)
- US Sailing: <http://www.ussailing.org/>
 - Racing Rules of sailing (RRS)
 - Recommendations for off shore sailing
- Local yacht club's race instructions – US Sailing RRS + added emphasis on safety, communication
- Long distance Race Instructions:
 - BYC Mackinac Safety requirements - @ <http://www.byc.com/mack/>
 - DSA Huron Challenge sail instructions – Check with a DSA Member or <http://www.sailwith2.org/>
 - GLSS Mac Solo required equipment list - @ <http://www.solosailor.org/>

Shorthanded Race Opportunities

- **DSA Sponsored races** - <http://www.sailwith2.org/>
 - Hind Hornet spring regatta - Mid May Saturday
 - Lake Huron Challenge and Round Huron – End June Sat– Mon and Tues - Fri
 - Lake St Clair Championship – Mid September – Friday and Saturday
- **Great Lakes Singlehanded Society** <http://www.solosailor.org/>
 - Mac Solo – Mid June – Saturday thru Tuesday
 - Lake St Clair Solo – End September – Saturday
- **Club Races**
 - GLYC; One + One – Early June – Saturday <http://www.greatlakesyc.com/>
 - CSYC; Off the dock - Tuesday 4 spring races and 4 fall races <http://www.crescentsail.com/>
- **DRYA – Every DRYA Race has a double handed start** <http://www.drya.org/>

– GLYC Early bird	W/L	Mid May Saturday
– DYC	P2P	End May Saturday
– WYC Overnight	P2P	Mid June Fri night – Sat
– DBC GPC	P2P	Mid June Saturday
– GPSC	W/L	End June
– GPYC	W/L	Early August
– EBC	P2P	Mid August
– CSYC	P2P	End August
– DYC	W/L	Early September
– BYC Long distance	P2P	Mid September
– GPYC	P2P	Mid September