

Thank you for registering for MacSailing's course! In order to speed your learning process and increase your enjoyment of sailing, please take a few moments to familiarize yourself with the information below:

## INTRODUCTION TO SAILING

### Parts of a Boat:

- Hull: The body of the boat
- Bow: The front end
- Stern: The back end
- Cockpit: Inside of the boat where the crew sits
- Centerboard: A fin that can project down into the water to counteract the force of the sails, preventing side-slip.
- Rudder: A moveable steering fin at the back of the boat
- Tiller: The steering arm that moves the rudder
- Tiller Extension: A tiller attachment allowing for easier steering from a variety of seating positions
- Mast: The vertical main pole supporting the sails
- Boom: The hinged, horizontal pole supporting the bottom of the mainsail
- Hiking Straps: Foot-straps used to lean out (hike-out) over the side of the boat
- Mainsheet: Rope used to control the adjustment or trim of the mainsail
- Lines: Another name for ropes

### What to bring to sailing lessons:

MacSailing will supply all students with lifejackets and wetsuits when needed. Please bring a bathing suit, a towel, a change of clothes, soft soled shoes that will get wet, hat, sunscreen and a windbreaker if it's cold.

### MacSailing Student Rules:

- Always listen to and obey instructors
- Always wear an approved lifejacket or PFD, even while on the beach.
- Stay with boat at all times unless taken off by rescue boat
- Avoid collisions with all other boats
- Sail only in area designated by instructor
- Have instructor check your boat before leaving beach. If in doubt, Ask!

### **CANCELLATION POLICY:**

Full refund will apply to cancellation received in writing 11 or more days prior to program starting date. If cancelled between 10 and 5 days prior to starting date, a 25% charge will apply. If cancelled less than 5 days prior to program starting date, no refund will be given.