



# *Sail*



## *Topics covered:*

- 1. Sailboat Rigs*
- 2. Sail Plans*
- 3. Boat Design and Hull Types*
- 4. Standing Rigging*
- 5. Sails*
- 6. Running Rigging*
- 7. Stability*
- 8. Balance*
- 9. Wind*
- 10. Sail Shape*
- 11. Preparing to Sail*
- 12. Tuning the Rig*
- 13. Steering and Helmsmanship*
- 14. Sailing Upwind*
- 15. Sailing Downwind*
- 16. Spinnaker Handling*
- 17. Heavy Weather Sailing*
- 18. Storm Conditions*
- 19. Docking and Anchoring*
- 20. Marlinspike Seamanship*
- 21. Sailing Safely*
- 22. Navigation Rules*