



# Sailing Merit

**Note:** Prior to beginning this merit, you must complete the Swimming Merit.

Swimming Merit completed

1. Complete the following:

- a. List five types of sailboats and briefly describe them.
- b. Describe the following parts of the sail:
  1. Leech
  2. Tack
  3. Luff
  4. Foot
  5. Clew
- c. Explain the purpose for the rigging and sails and their components.
 

1. Standing rigging	8. Jib (headsail)
2. Headstay (forestay)	9. Genoa (headsail)
3. Backstay	10. Running rigging
4. Shrouds	11. Halyards
5. Sails	12. Mainsheet
6. Mainsail	13. Jib sheets
7. Spinnaker	14. Topping lift
- d. Define the following terms and explain how the sail controls the vessel.
 

1. Sail force	14. Traveler
2. Boom	15. Leech line
3. Beam reach	16. Sheet
4. Broad reach	17. Jibe
5. Close reach	18. Jibing
6. Close-hauled	19. Accidental jibe
7. Cunningham	20. Preventer
8. Boom vang	21. Bend on
9. Outhaul	22. Sail trim
10. Point of sail	23. Heeling
11. Running	24. Luffing
12. Beating	25. Telltales
13. Reaching	



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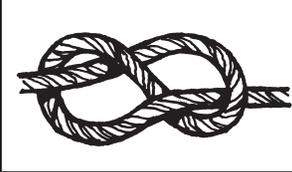
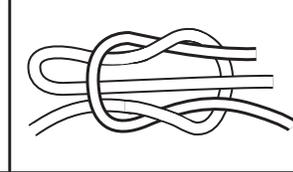
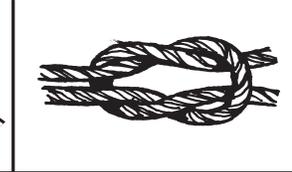
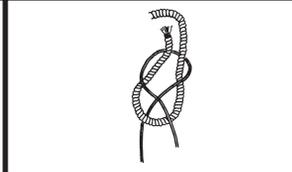
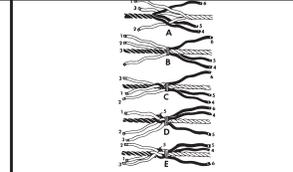
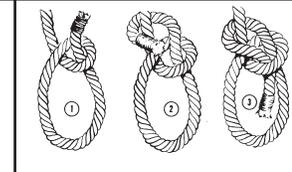
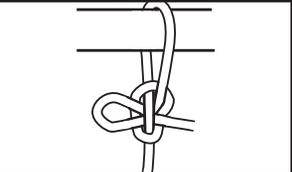
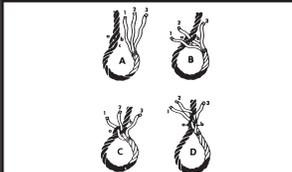
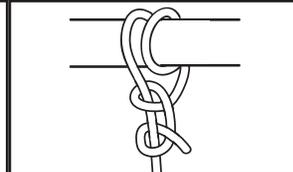
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- e. Describe five different types of sails.
  - f. List the required and recommended equipment for day and night sailing.
2. Complete the following:
- a. Describe the sailing vessel you plan to use for a demonstration. Include its type, length, etc.
  - b. Describe each sailboat part and its purpose.
    1. Keel
    2. Daggerboard
    3. Leeboards
    4. Centerboard
    5. Bilge board
  - c. Define these positions on a boat.
    1. Bow
    2. Stern
    3. Hull
    4. Port
    5. Starboard
3. Demonstrate the following skills to your commander or to an adult who has sailing experience.
- a. Tie the following knots and splices:

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Figure eight	Fisherman's bend	Slipped reef	Square or reef knot
			
Rolling hitch	Sheet bend	Short splice	Bowline
			In a long splice the strands must be unlaidd about three times as much as for one short splice and married, care being taken to preserve the lay or shape of each.
Mooring hitch	Eye splice	Round turn and two half hitches	Long splice

- b. Define and demonstrate the following rope skills:
  - Heave a line
  - Fake down a line
  - Coil a line

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4. Prepare for a sailing course by doing the following:
  - a. Obtain a chart of the area you are sailing.
    1. Chart a course for at least two thousand yards.
    2. Point out on the chart any place you might hit rocks, land, etc.
    3. Mark the location of any buoys in the vicinity of your course.
    4. Locate and indicate on the chart where water currents are present.
    5. List any other safety or nautical information found on the chart.
  - b. Complete a boat inspection in preparation for sailing. Examine all of the following:
    1. Proper safety gear and equipment
    2. Condition of hull (not taking in water)
    3. Condition of mast, boom, and rudder
    4. Charts of the area
    5. Weather information for the area prior to sailing
  - c. Demonstrate the following:
    1. Properly set sails for a course that includes running, beating, and reaching after setting out.
    2. Change tack by coming about by jibing.
    3. Follow the course laid out on the chart.
5. Demonstrate the following:
  - a. Rescuing a person overboard
    1. Throw a life preserver to the person.
    2. Keep the person in sight.
    3. Approach the victim so he is upwind of the boat; position the boat into the wind.
    4. Pull the swimmer to the boat and use other crewmembers to hoist the victim inside the boat.
    5. Go into the water only as a last resort.
  - b. Uprighting a capsized vessel (if a small sailing boat)
    1. Uncleat all sheets.
    2. Release the boom vang.
    3. Let go of the wheel or tiller to allow the boat to turn head-to-wind.
    4. Stand on the centerboard or sit on the high rail (if on a dinghy) and wait for body weight to right the boat.
    5. Hold and wait (if on a big keelboat) until the keel's weight rights the boat.
    6. Grab hold of the tiller or wheel again and point the boat into the wind.
    7. Sheet in and fall off slowly.

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- c. Running aground
  - 1. Lower the sails and raise the centerboard and rudder.
  - 2. Check for any damage and make sure the boat is not taking on water.
  - 3. If the hull is damaged and water is leaking in, stay put.
  - 4. If there is damage, deal with that first. Use a plug, rag, PFD, or other means to plug the hole.
  - 5. Tell everyone to put on PFDs.
  - 6. Put out a kedge anchor to windward. A kedge anchor is a small anchor set out a distance from your boat to windward and in deeper water.
  - 7. Raise the outboard or inboard-outboard stern drive.
  - 8. If not too hard aground, try to “kedge” off.
  - 9. If hard aground and the tide is still going down, try to protect the hull with cushions and extra PFDs.
  - 10. Call for towing assistance or wait for high tide to float the boat back to deeper water.

- 6. Demonstrate how to secure the vessel after a sailing trip.
  - a. At a dock, mooring, or beach
  - b. Furl or stow the sails.
  - c. Care for and stow the gear throughout the year.