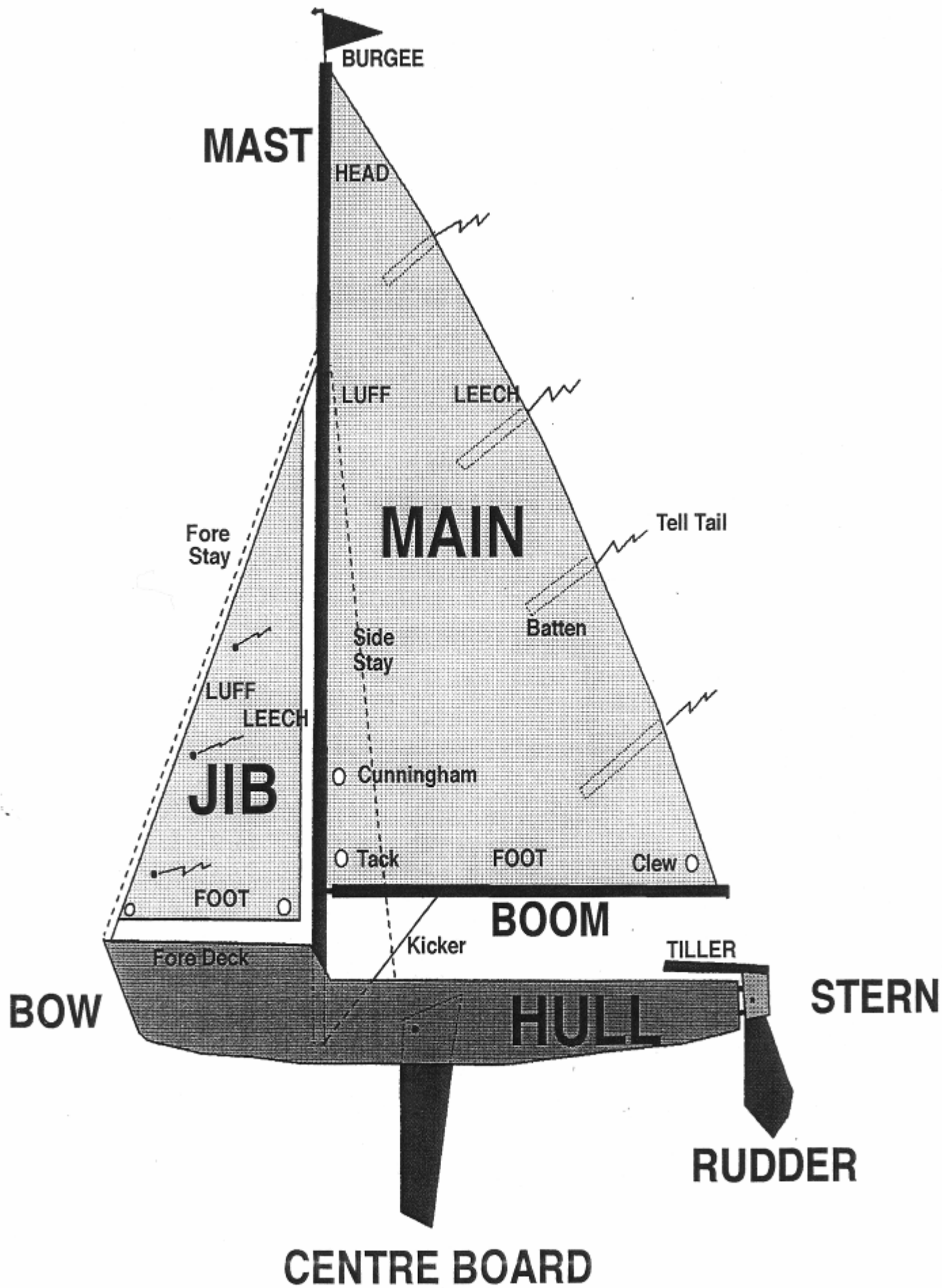


Cullaun Sailing Club
Kilkishen, Co. Clare

Introductory Training Course



Points of Sailing

WIND



**NO GO
Area of stall**

**Starboard
Beat**

**Port
Beat**

**Starboard
Reach**

**Port
Reach**

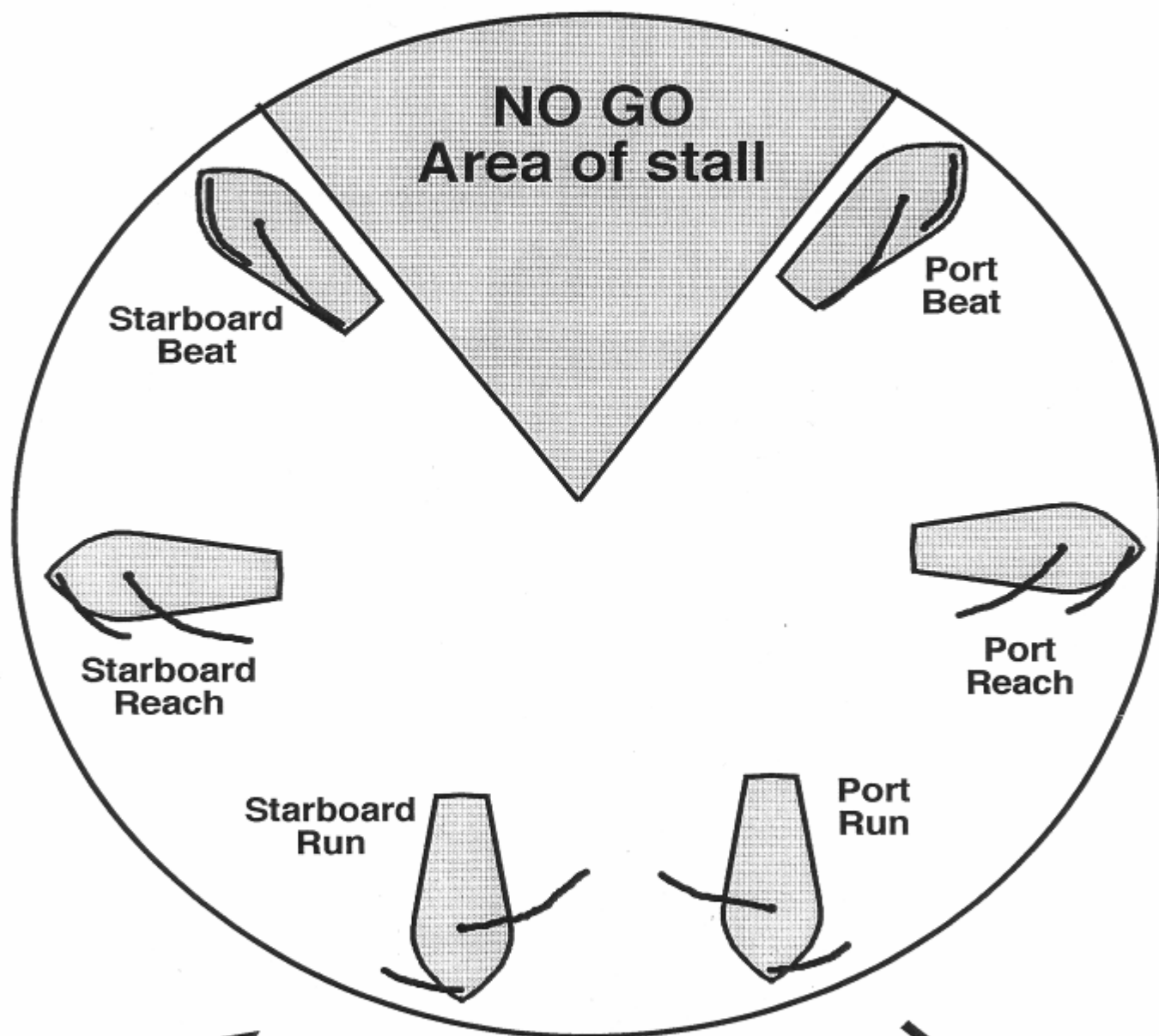
**Starboard
Run**

**Port
Run**

TACK

GYBE

**Note:-
Starboard sailing boat
has right of way over
Port sailing boat**



PORT

STARBOARD



Wind

Jib Sheet

Crew
Position

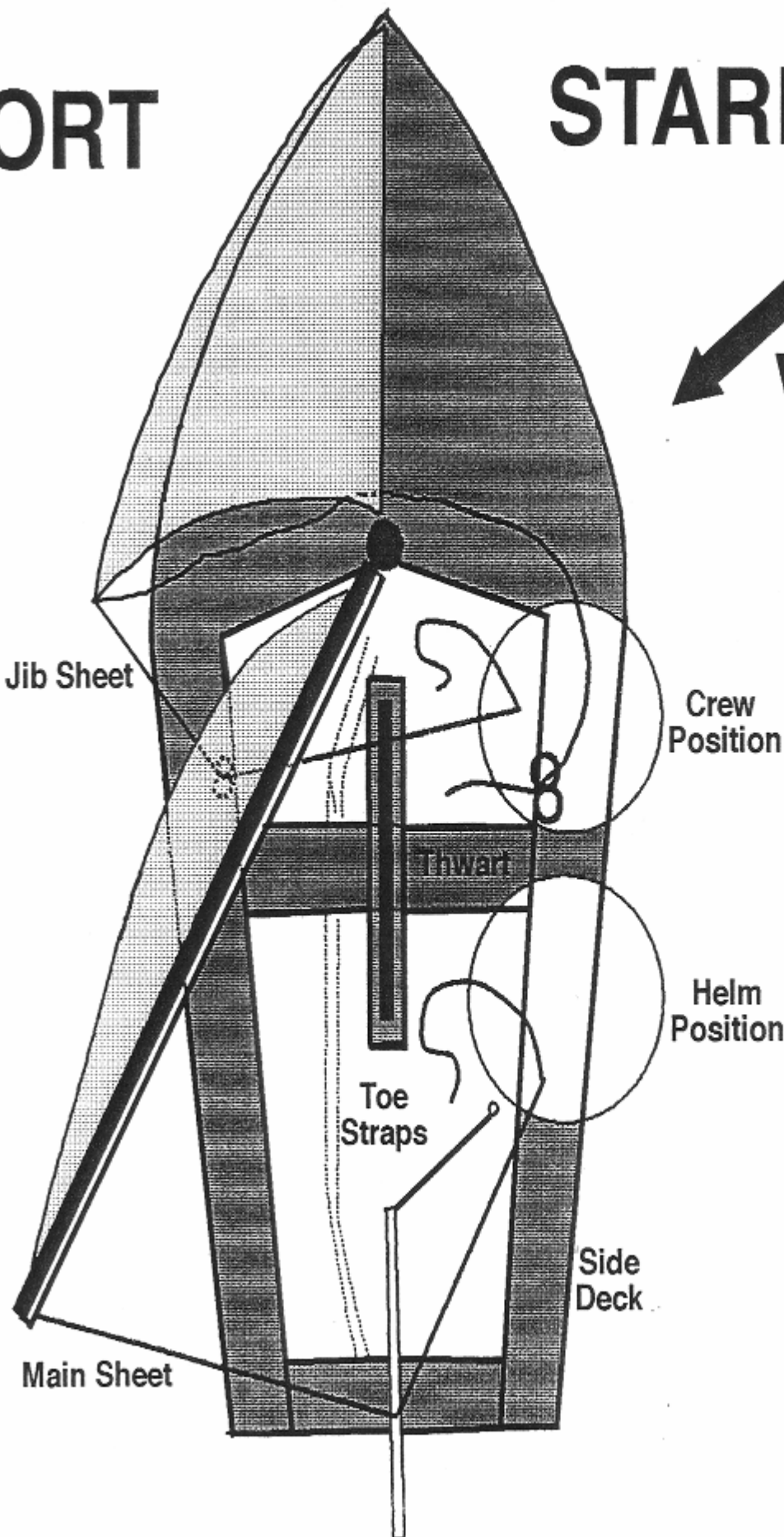
Thwart

Helm
Position

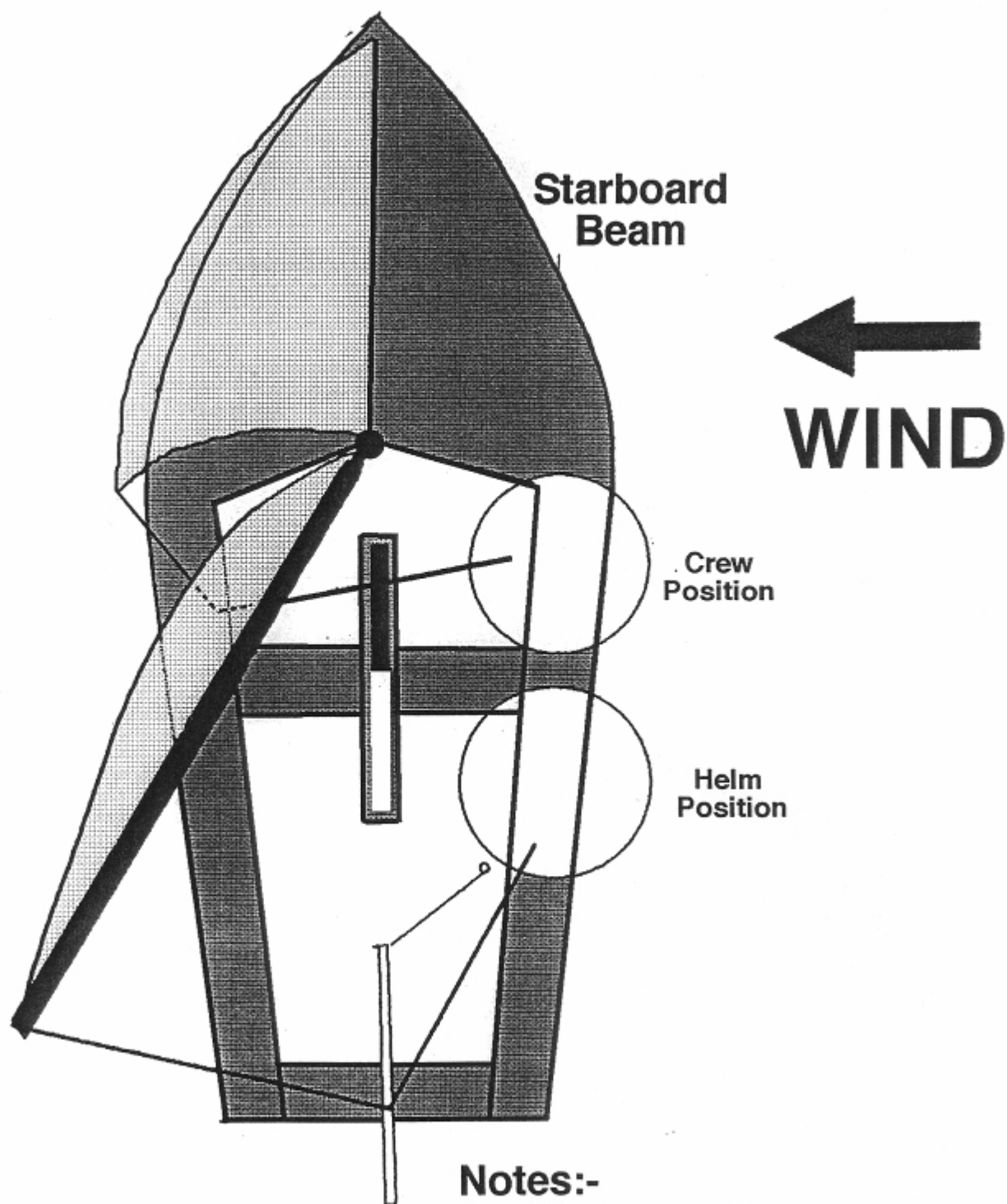
Toe
Straps

Side
Deck

Main Sheet



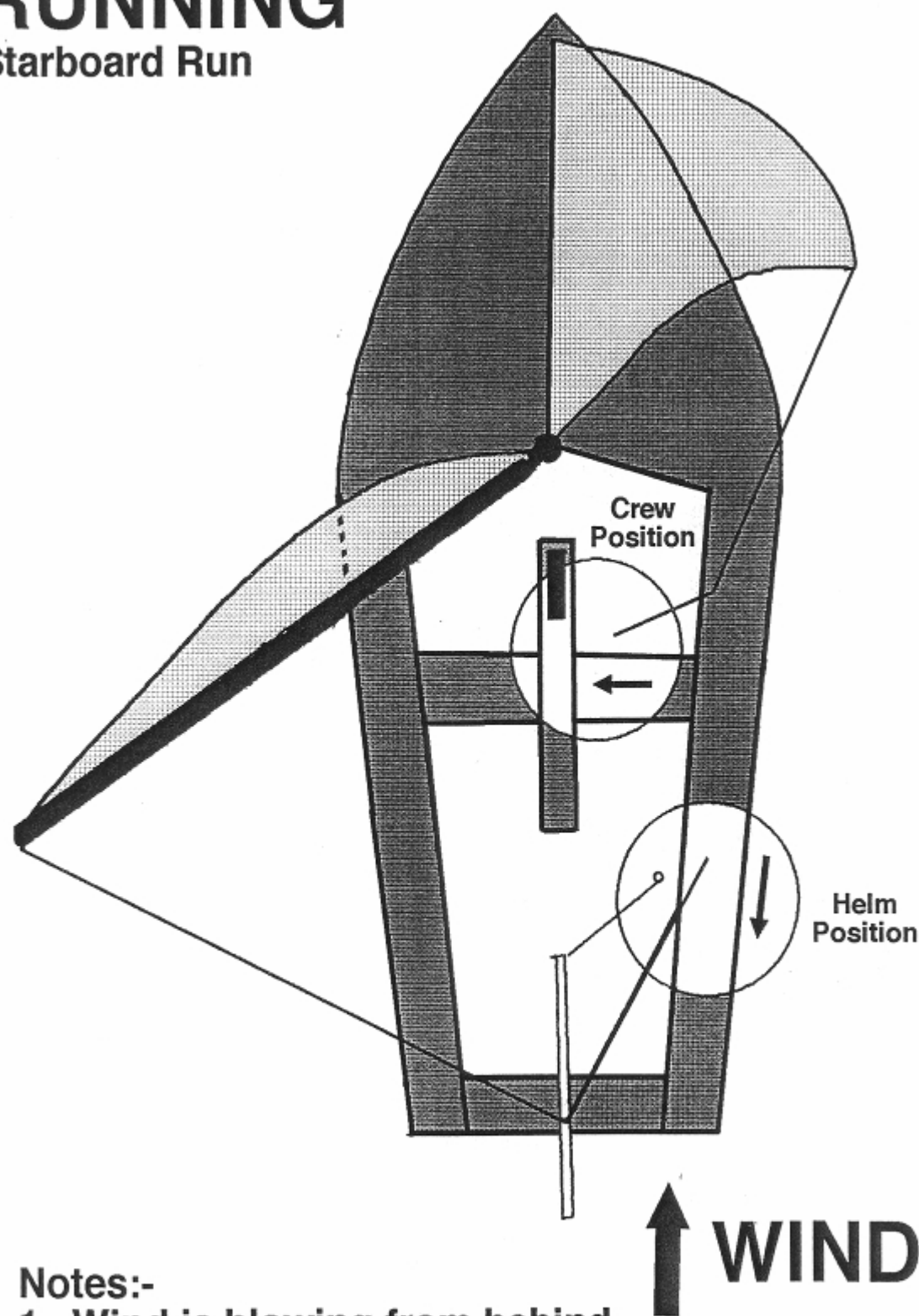
Point of Sailing
Reaching
Starboard Reach



Notes:-

1. Wind is on the beam
2. Sails are half out
3. Centreboard is half down

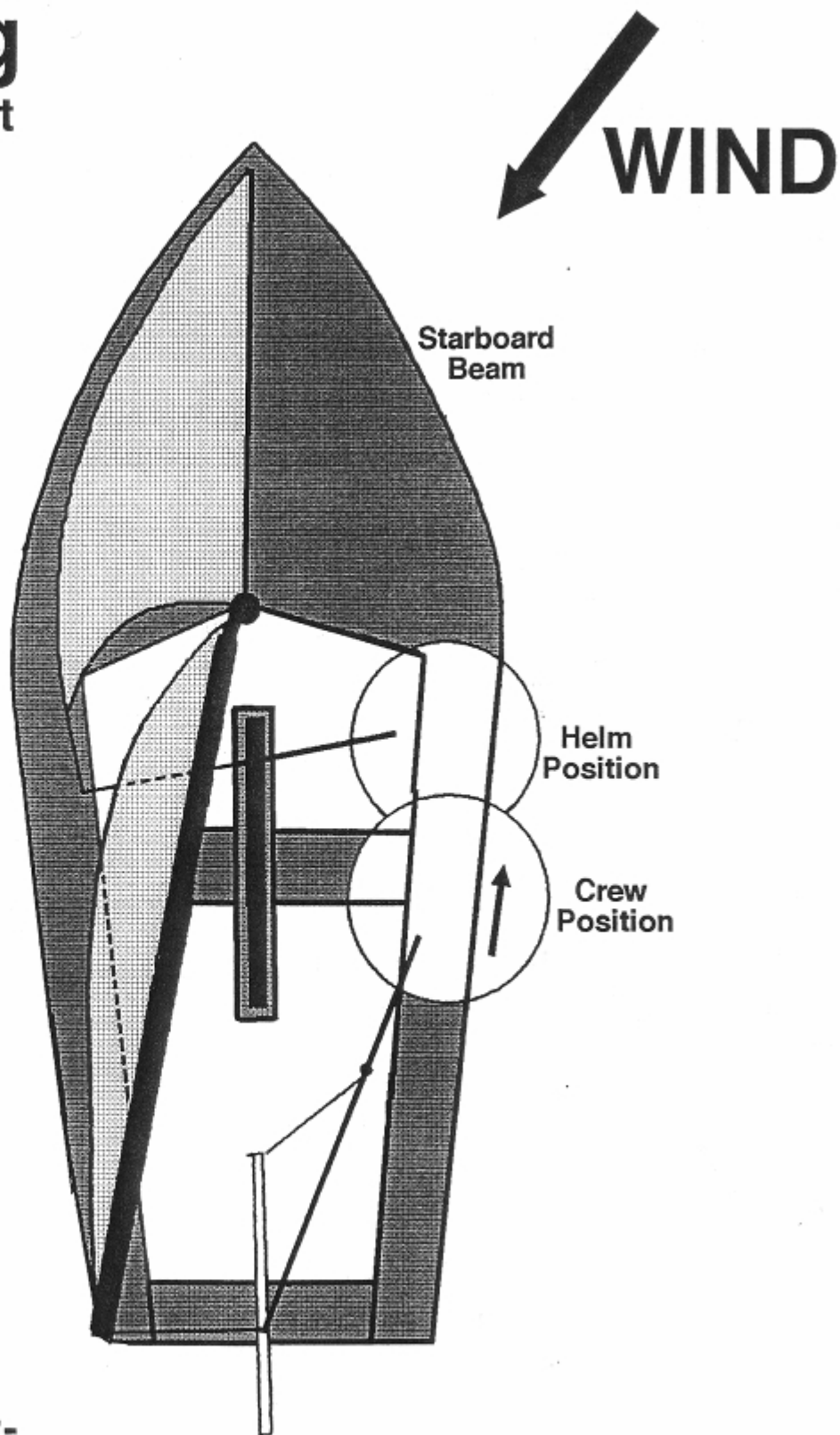
Point of Sailing
RUNNING
Starboard Run



Notes:-

1. Wind is blowing from behind
2. Sails are fully out (Perhaps Goose Winged as shown)
3. Centre Board only 1/4 down

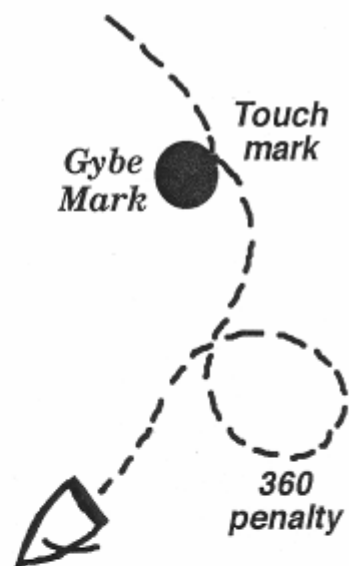
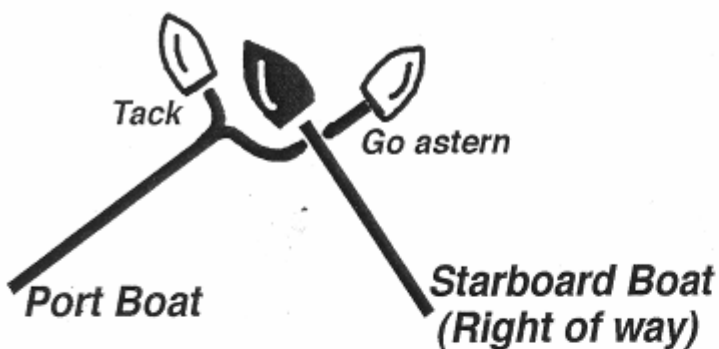
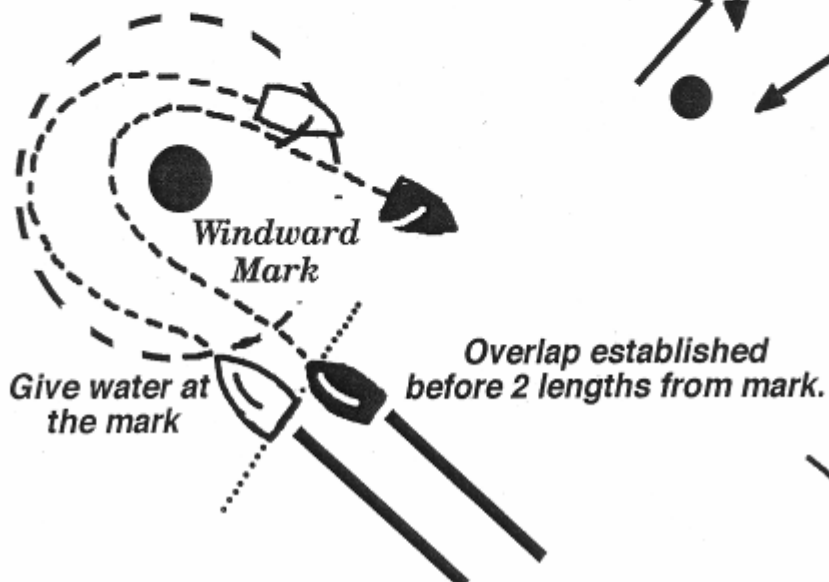
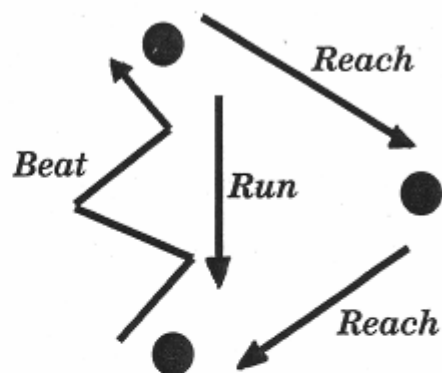
Point of Sailing
Beating
Starboard Beat



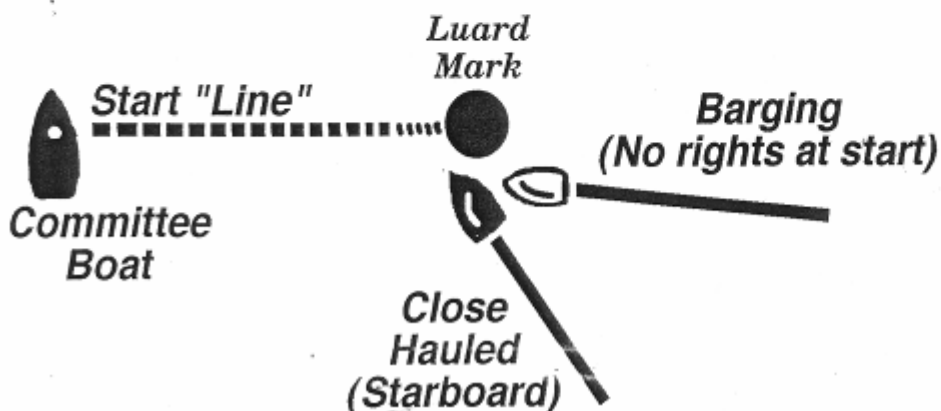
Notes:-

1. Wind is at an angle of 45 to the bow
2. Sails hauled in fully
3. Centre Board fully down

Very Basic Racing Rules



(For other rule infringements
720 penalty)



Safety

- Always wear a suitable buoyancy aid or life-jacket
- Be aware of weather conditions
- Rescue boat should be on duty when sailing on the lake.
- Ensure your boat is maintained and in good state of repair.

Weather

www.met.ie

Provides forecasts for sea area and inland waters
For Cullaun lake see forecast for Lough Derg.

www.windguru.cz

Provides forecast for many areas around Ireland
Provides predicted average wind speed and gusts wind speed
For Cullaun lake see forecast for Lough Derg.

Beauford Wind Force Scale

A measure for describing wind speed based on mainly observed sea conditions or on land by the physical effects on vegetation and structures

Wind Force	Short Description	Specifications for use on Land	Wind Speed at 10 metres above Level Ground		
			Knots	Metres per second	KM per hour
0	Calm	Smoke rises vertically	<1	<0.3	<1
1	Light Air	Direction of wind shown by smoke but not by wind vanes	1-3	0.3-1.5	1-5
2	Light breeze	Wind felt on face, leaves rustle, ordinary vanes moved by wind	4-6	1.6-3.3	6-11
3	Gentle breeze	Leaves and small twigs in constant motion, wind extends light flag	7-10	3.4-5.4	12-19
4	Moderate breeze	Raises dust and loose paper, small branches are moved	11-16	5.5-7.9	20-28
5	Fresh breeze	Small trees in leaf begin to sway, crested wavelets form on inland waters	17-21	8.0-10.7	29-38
6	Strong breeze	Large branches in motion, whistling heard in telegraph wires; umbrellas used with difficulty	22 -27	10.8-13.8	39-49
7	Near gale	Whole trees in motion, inconvenience walking against the wind	28 33	13.9-17.1	50-61
8	Gale	Breaks twigs off trees, generally impedes progress	34-40	17.2-20.7	62-74
9	Strong gale	Slight structural damage occurs (chimney pots and slates removed)	41-47	20.8-24.4	75-88
10	Storm	Seldom experienced inland, trees uprooted, considerable structural damage occurs	48-55	24.5-28.4	89-102
11	Violent storm	Very rarely experienced, accompanied by widespread damage	56-63	28.5-32.6	103-117
12	Hurricane	-	64 and over	32.7 and over	117 and over

F2-3 ideal sailing conditions

F4 – Demanding conditions

F5 - Only the most experienced should sail

Above F5 – not suitable for dinghy sailing.