



## SAFETY AT SEA

Ginny Perry Worcester



# SOUTHPORT HARBOR



# Overview of Seminars

Seminar 1 - Orientation to the Wind and Weather, the Boats, Harbor and CSF

Seminar 2 - How to Sail, Maneuver, and Terminology

- Points of Sail
- Sail Trim
- Tacking and Jibing
- Taking off and Landing

Seminar 3 - Seamanship and “What Happens If...”

- Reefing
- Running aground
- Squall procedure
- Man Overboard
- No Wind



# COMMUNITY SAILING FAIRFIELD WEBSITE

[HTTPS://WWW.COMMUNITYSAILINGFAIRFIELD.COM/](https://www.communitysailingfairfield.com/)





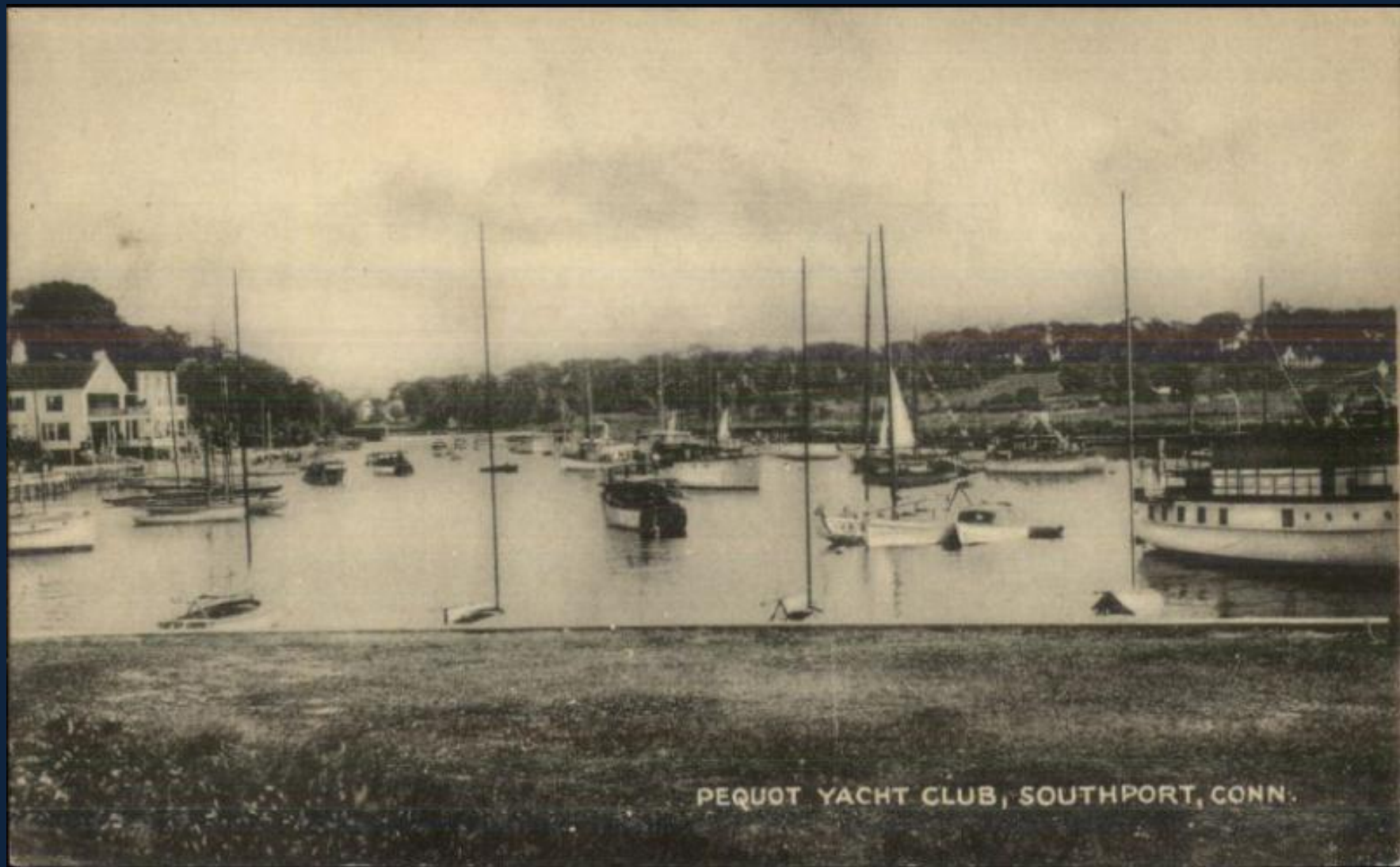
THE OLD MILL, SOUTHPORT, CONN., FAMOUS FOR ITS HISTORIC INTEREST. GRAIN WAS GROUND  
HERE FROM 1712 TO 1917











PEQUOT YACHT CLUB, SOUTHPORT, CONN.

# HISTORY OF COMMUNITY SAILING OF FAIRFIELD



Community Sailing of Fairfield, founded in 1995, is under the auspices of Fairfield Parks and Recreation and is based off the Town Dock located at Ye Yacht Yard in Southport Harbor. We have 2 fixed keel, family-size Ideal 18' daysailers, 4 two-person kayaks, and 4 one-person kayaks.



# MANEUVERING IN THE HARBOR









# YE YACHT YARD



# SAFETY AT SEA TOPICS

## Community Sailing of Fairfield





# DRESS FOR SAFETY & COMFORT

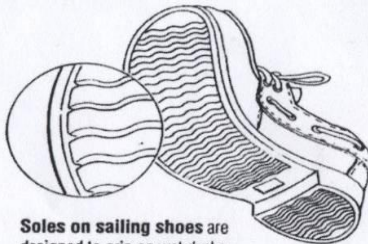
## Dressing for Sailing CHAPTER 1

Temperatures on the water tend to be more extreme and more changeable than ashore, so the right gear and clothing are an important part of enjoying the sport and staying comfortable. You don't need to spend a fortune on equipment, but here are a few simple guidelines for basic preparation...

- ▶ **Wear loose clothing.** Boathandling requires a lot of movement, so wear clothes that allow a full range of motion.
- ▶ **Bring extra clothing in a duffle bag** so you can add layers for warmth or change into dry clothing if you get wet.
- ▶ **On warm days, wear light, breathable clothing,** preferably in lighter colors (they're cooler). A collared shirt helps protect the back of your neck. Long sleeves will protect your arms.
- ▶ **Use sunscreen** (SPF 15 or higher) to protect skin, even on cloudy days, and reapply it frequently.
- ▶ **Wear a hat** to shield your eyes and keep sun off your head. On cool days, it minimizes heat loss through your head.
- ▶ **Wear sunglasses** with good UV (at least 90%) protection. Polarized models are great for reducing glare off the water. Wear a cord around your neck to keep them from falling overboard.
- ▶ **Nonskid shoes are a must** for traction on wet or slanted decks. Tennis shoes are OK if the tread is not worn, but boat shoes are best. Their soles are designed for wet traction and the body dries quickly. Avoid sandals or other open-toed shoes — sooner or later you'll kick something!



**Sailing gloves** help save tender hands and improve grip. Cutaway fingertips allow dexterity with small pieces of gear.



**Soles on sailing shoes** are designed to grip on wet decks. Slits act like miniature squeegees.

### Warm Weather Checklist

- Hat with visor
- Sunglasses with neck cord
- Lightweight, light-colored shirt
- Life jacket
- Duffle bag (see below)
- Loose fitting clothing for easy movement
- Rubber soled, non-skid shoes
- Sunscreen lotion



### In the duffle...

- Sunscreen lotion
- Sailing gloves
- Sweater or jacket
- Foul-weather gear
- Water bottle

# WHAT TO WEAR & BRING SAILING

- PFD (US Coast Guard Approved)
- Soft Soled, Non-skid Shoes (not black)
- Dress in Layers (have foul weather gear in a duffle bag)
- Hat, sunscreen (SPF 30 or higher), sunglasses
- Sailing Gloves (optional)
- Bottles of water
- Watch
- Cell phone and/or marine radio
- Leave jewelry at home



# KNOW THE WIND, WEATHER & TIDES

- Look at the trees and sky
- Lookup the weather forecast
- Check, on our website
- Look at the flags on shore and on the water
- Look at the radar if sky or forecast seem questionable
- Refer to a Tide Chart



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Sailing School**

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(203) 236-4646 • www.longshoresailingschool.com

## 2021 TIDES

JANUARY			FEBRUARY			MARCH			APRIL			MAY			JUNE				
Date	Low	High	Date	Low	High	Date	Low	High	Date	Low	High	Date	Low	High	Date	Low	High		
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Above listing for Saugatuck River entrance. Height above Mean Low. Bold denotes PM. Shading denotes weekends & holidays.  
Fairfield Beach: Lows -4 min. Highs -2 min. Heights -1ft. | South Norwalk: Lows +14 min. Highs +11 min. Heights +1ft



## WIND AWARENESS - DIRECTION



- The **direction** the wind is blowing **from** is the designated direction of the wind.
- Example: A Northerly breeze means that the wind is blowing from the North.
- An **offshore breeze** blows from the land toward the water. These are mostly Northerly breezes: NE,N,NW,W. It will look like a beautiful day outside to go sailing but beware... the winds are **puffy** (wind increases in velocity, in bursts, so you have to be on your toes...like lake sailing) and **shifty** (wind frequently changes in direction, back and forth, as it comes across the land and hits the water)!

## WIND AWARENESS - DIRECTION

- An **onshore breeze** blows from the water toward the land. These are mostly Southerly breezes, SE,S and SW and they are **steadier** and easier to sail in.
- An **Easterly breeze** is usually accompanied by rain, waves, wind and stormy weather
- Our **prevailing breeze** is now from the Southeast (SE) often building in strength and shifting toward the Southwest (SW) in the afternoon.
- Our harbor runs NE (from Pequot YC) and SW (from the mouth)









Sailing Out – wind from SW


WIND





# KNOW THE TIDES

- Become familiar with reading the tide chart.
- There is a six hour rise and fall of the tide.
- NEVER SAIL AT LOW TIDE!
- ALWAYS STAY in the CHANNEL
- Avoid sailing within two boat lengths of the edges
- ALWAYS let CSF know when you have run aground
- If you do run aground, first try heeling the boat over to lift the keel off the ground (more tips in third seminar)


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 Fairfield Beach: Low ~4 min, High ~2 min, Heights ~ 10'. South Norwich: Low ~15 min, High ~11 min, Heights ~ 10'.

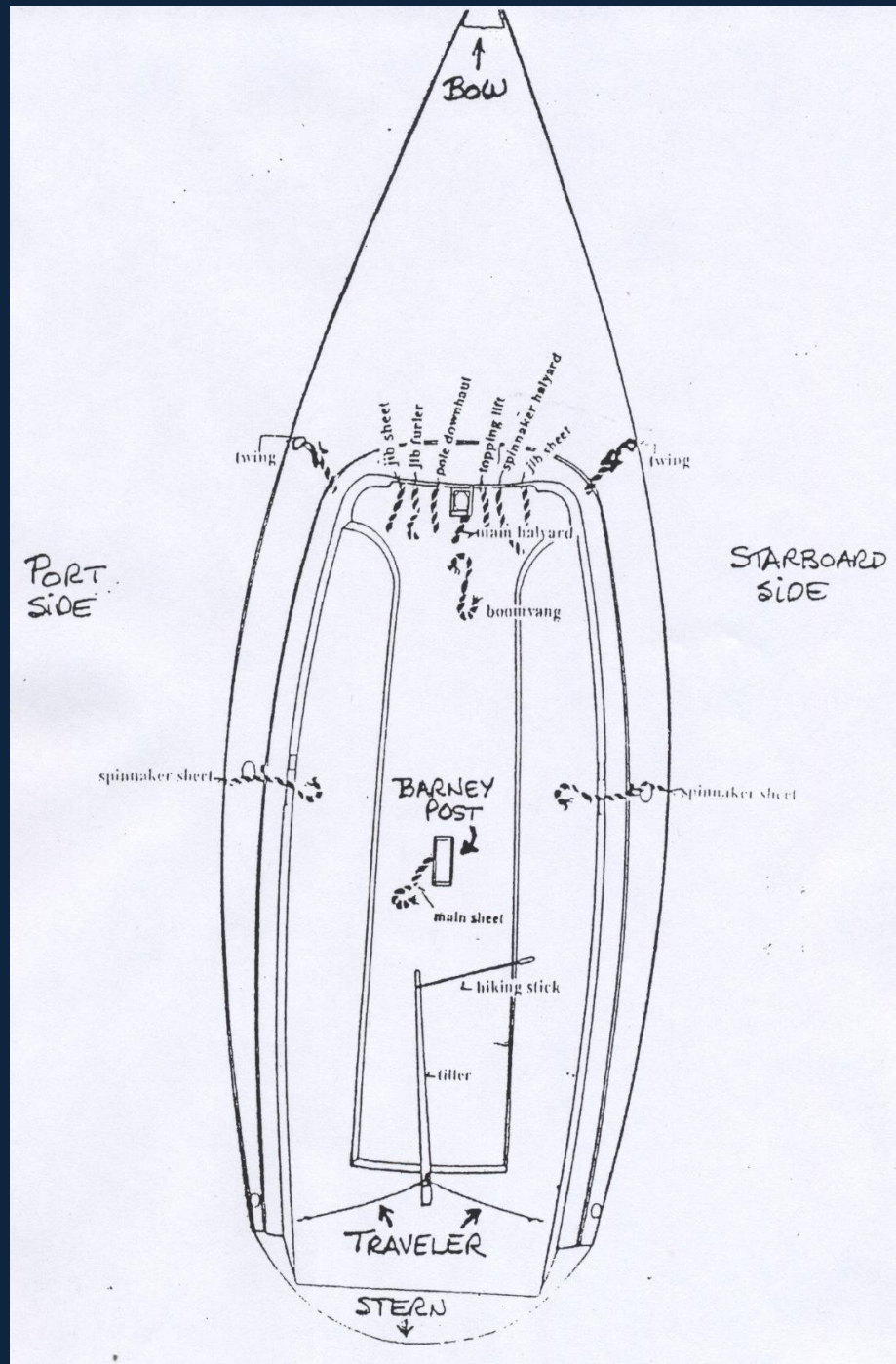


# THE IDEAL 18S SAILING





# IDEAL LAYOUT



## SAFETY EQUIPMENT ON BOARD

- Anchor and line \*
- A Throwable Cushion \*
- Air Horn \*
- Paddle
- Pump
- First Aid Kit
- Tool Kit
- Tow Line
- Bucket and sponge

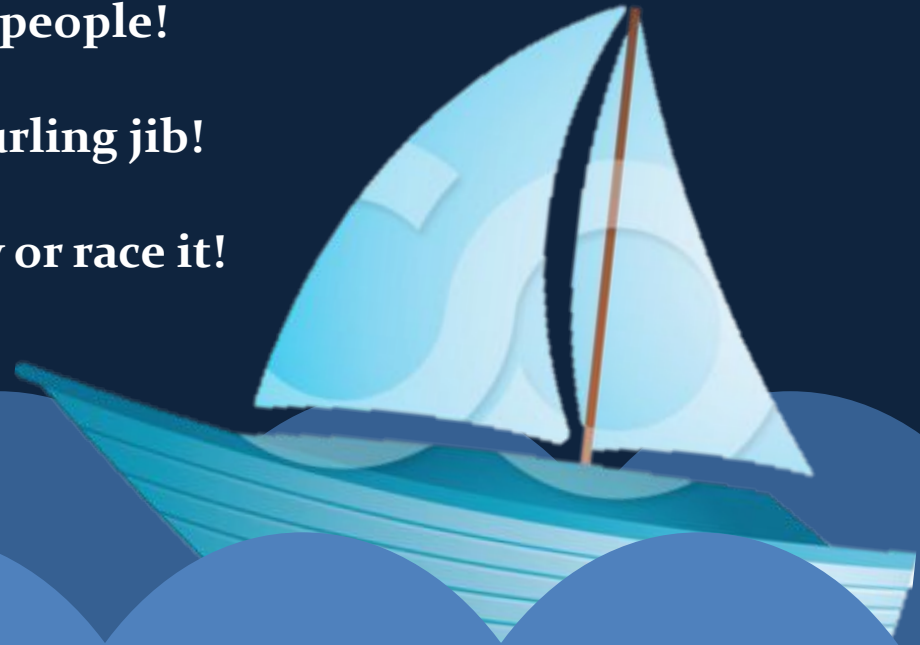
\*Required Equipment





## BENEFITS OF THE IDEAL 18

- It's fun!
- It's easy to sail!
- It's stable (700lb. Keel)!
- It's dry!
- It's comfortable!
- It's easy to rig!
- It can be sailed by 1, 2, 3 or 4 people!
- It has a spinnaker!
- It has a self tacking, roller furling jib!
- It's easy to steer!
- You can sail it recreationally or race it!





*Community Sailing of Fairfield*





MUSCLE

SAIL

POWER

## THE RULES OF THE ROAD



### **The Purpose of the Rules of the Road Is to Avoid Collisions:**

- With few exceptions, muscle-powered vessels – such as rowboats, canoes, and kayaks – have the right of way over sail and motorized vessels.
- Sailboats generally have right of way over motorboats.
- Motorboats usually must yield to both.



MUSCLE

SAIL

POWER

## THE RULES OF THE ROAD



### Exceptions:

- Sailboats must yield to ships in narrow channels.
- All vessels, including sailboats, must keep clear when overtaking another vessel.
- A sailboat must keep clear of commercial fishing vessels with their fishing lines out.
- Sailboats must stay well clear of a boat displaying a SCUBA diving flag (a red field with a single white diagonal stripe from corner to corner).



# KAYAKING



# KAYAKING

- Safety First
  - Personal Flotation Device - Heads up version for children
  - Shoes
  - Children must have an Adult on the Kayak
- Safety Check-Out
- Avoid dragging the kayaks
- Maintenance issue notification
- Stay to Right or Left of Channel NOT the center
- Kayaking Boundaries - Same as Sailing
- Reservation System/Log - Online & Log in Chest
- Once your dues are paid and safety check completed, take a picture of the lock codes and bookmark the reservation system





# KNOW YOUR LIMITATIONS!

## Speed/Strength

- The nautical term for the speed/strength of the wind is called **knots**
- 1 knot = 1.15 mph
- **Beginner** Sailors should not sail in conditions over **10 knots**
- **Intermediate** sailors, not above **15 knots**
- **Advanced** sailors, not above **25 knots**
- The boats **must not** be taken out if the winds are reported to exceed 22 knots or if there are **small-craft advisories** posted (winds up to 33 knots)
- Know the current wind and weather conditions and the forecast!
- Be prepared to sail in if it is too windy or the sky looks and or sounds threatening!
- **Don't get yourself caught too far away, going straight off shore!** A good rule of thumb is to allow no more than one hour out and then start heading back.

Beaufort*	Avg Miles per Hour	Knots	Surroundings
0 calm		0-1	Smoke rises vertically and the sea is mirror smooth
1 light air	1.2 - 3.0	1 - 3	Smoke moves slightly with breeze and shows direction of wind
2 light breeze	3.7 - 7.5	4 - 6	You can feel the breeze on your face and hear the leaves start to rustle
3 gentle breeze	8.0 - 12.5	7 - 10	Smoke will move horizontally and small branches start to sway. Wind extends a light flag
4 moderate	13.0 - 18.6	11 - 16	Loose dust or sand on the ground will move and larger branches will sway, loose paper blows
5 fresh breeze	19.3 - 25.0	17 - 21	Surface waves form of water and small trees sway
6 strong breeze	25.5 - 31.0	22 - 27	Trees begin to bend with the force of the wind and causes whistling in telephone wires. Some spray on the sea surface
7 moderate gale	32.0 - 38.0	28 - 33	Large trees sway. Moderate sea spray
8 fresh gale	39.0 - 46.0	34 - 40	Twigs break from trees, and long streaks of foam appear on the ocean
9 strong gale	47.0 - 55.0	41 - 47	Branches break from trees
10 whole gale	56.0 - 64.0	48 - 55	Trees are uprooted and the sea takes on a white appearance
11 storm	65.0 - 74.0	56 - 63	Widespread damage
12 hurricane	75+	64 +	Structural damage on land, and storm waves at sea





**WATCH THE SKY!**





**THE WEATHER CAN CHANGE QUICKLY!**



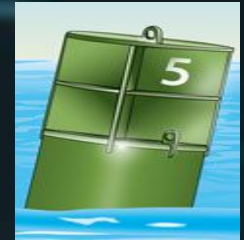


# NAVIGATIONAL BUOYS

Generally speaking, green markers are kept to the RIGHT when leaving a harbor and red markers are kept to the RIGHT when returning to harbor, thus coining the phrase, "Red, Right, Returning".



- A Green **Can Buoy** marks the RIGHT side of the channel leaving a harbor. It will be GREEN and have odd numbers on it.
- Green **Daymarkers** are often used in shallow areas for the same purpose.
- A **Nun Buoy** marks the LEFT side of the channel leaving a harbor. It will be RED and have even numbers on it.
- **Red Daymarkers** are often used in shallow areas for the same purpose.

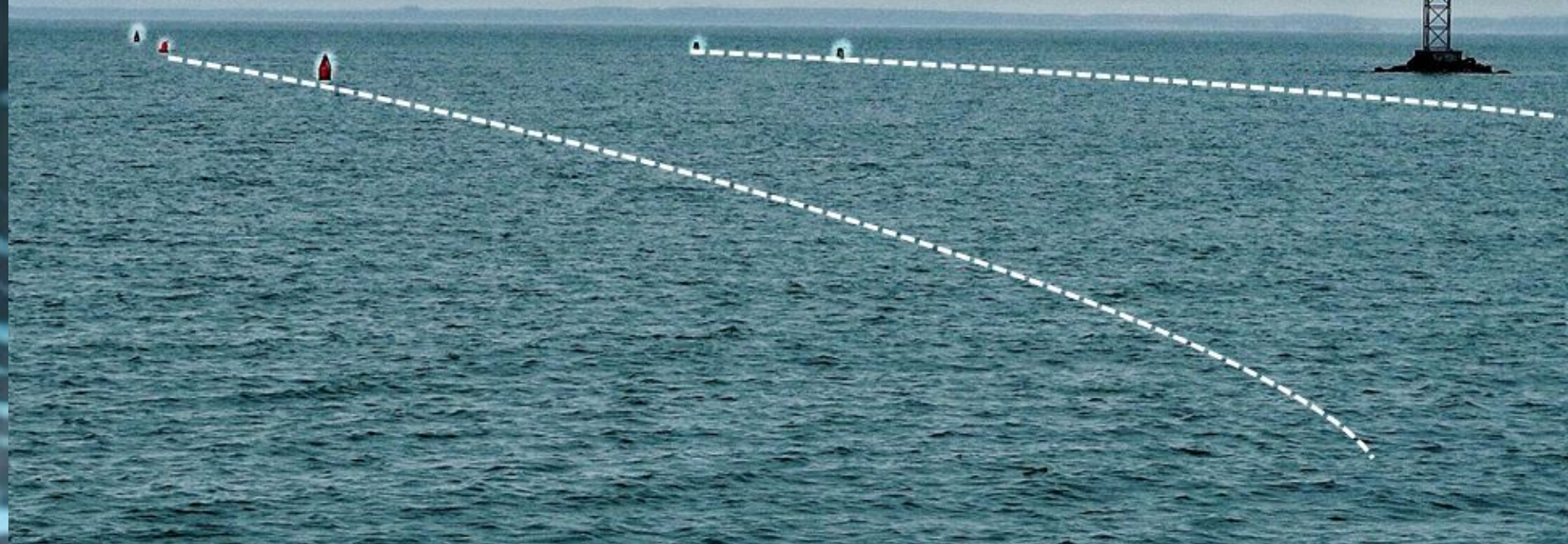


# CHANNEL - MARKS & COURSE FOR LEAVING THE HARBOR



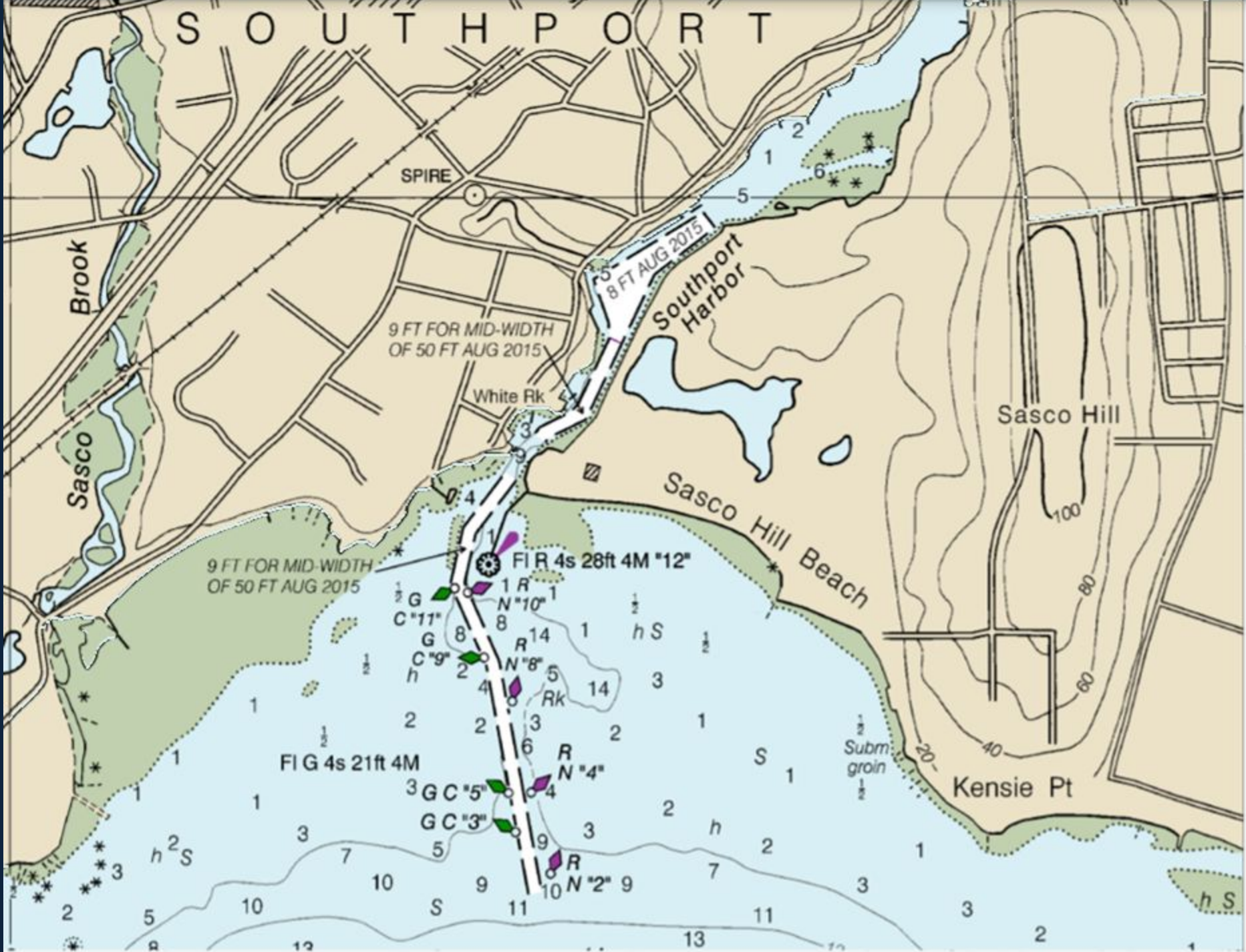


# CHANNEL & BUOYS - SOUTHPORT HARBOR ENTRANCE





# S O U T H P O R T

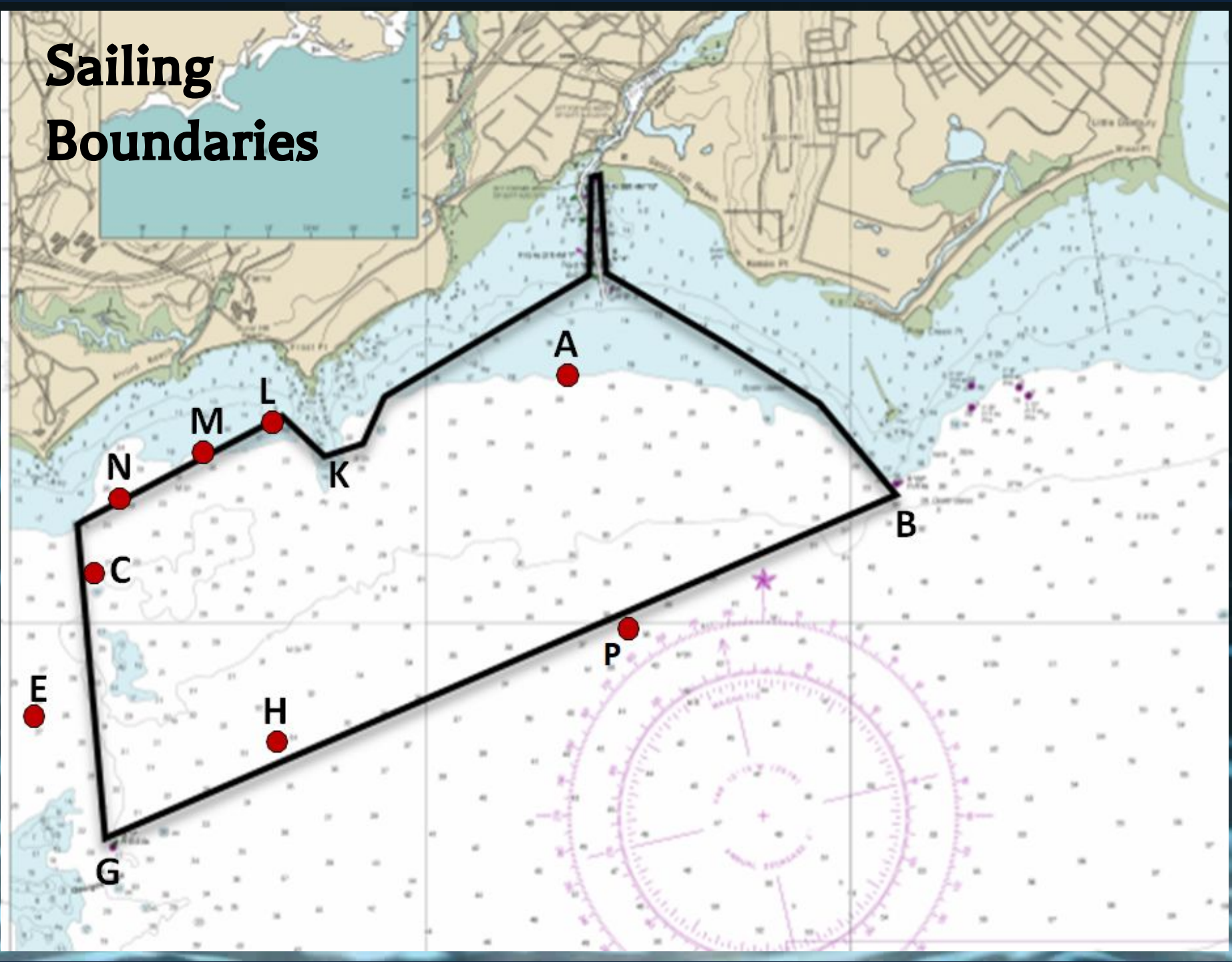




## KNOW THE SAILING BOUNDARIES

- Sail out the harbor through the channel, marked by the red nuns and green cans
- Remember the three Rs: red, right, return on the way in!
- Never sail down the harbor, toward Pequot YC
- Avoid sailing anywhere near the edges (within 30 feet) on the way out, especially on the right side, because of the shoal areas!
- The sailing boundaries are marked by Bell 22 to the Southeast, P to the South, G to the Southwest and K to the west

# Sailing Boundaries





## CSF REQUIREMENTS

- **Must be 18 years of age and older**
- **Must know how to swim**
- **Must know how to sail and/or kayak**  
(we are not a Sailing School)
- **Fill out the application and sign the waiver**
- **Take Safe Boating Course, check DEEP (Dept of Energy and Environmental Protection) website**
- **Read membership booklet and become familiar with CSF rules and procedures**
- **Pass a written test (sailors only)**
- **Pass a skills demonstration test, on the water**
- **Pay annual dues (May - Oct)**  
\$395. full time    \$250. weekdays only  
\$250. kayaks only  
(10% discount for seniors 62+)

# FOR MORE INFORMATION...

## Marine Supply Stores

- West Marine (Stratford, Norwalk, and Stamford)
- Boat Locker (Bridgeport)
- Landfall Navigation (Stamford)
- Bass Pro Shop (Bridgeport)

## Safe Boating Courses

- DEEP website or Windcheck Magazine (May issue)

## Private Lessons

- Ginny Worcester (203) 615-4165

## In Case of Emergency

- Marine Police (203) 254-4800 911 or Marine Channel 16
- Pequot Yacht Club (203) 255-5740 or Marine Channel 69



# QUESTION AND ANSWER



**REMEMBER, SAFETY FIRST!**