

## Community Sailing of Fairfield

### 2008 Safety Program

Introduction: The purpose of the CSF safety program is to ensure that all members possess a basic understanding of the following:

1. Knowledge of sailing.
2. The CSF member handbook.
3. The primary components and operating limits of the Ideal 18 sailboat.

Scope: The CSF safety program applies to all CSF active members.

Safety Requirement: CSF members with less than two years consecutive membership must pass a knowledge test and demonstrate sailing competency with a safety certified \* CSF member.

\* CSF members selected by the CSF board of directors to perform competency checks.

CSF members with two or more years consecutive membership must pass a knowledge test on an annual basis.

Recordkeeping: The CSF safety and standards committee will maintain training records for all active members.

Compliance: Each season active members must pass the knowledge test before sailing a CSF boat. Each season members with two or less consecutive years membership must pass the knowledge test and competency test before sailing a CSF boat.

CSF members who fail to satisfy annual compliance training will not be permitted to sail a CSF sail boat.

Penalties: The CSF board of directors in conjunction with recommendations from the CSF safety and standards committee will assess penalties to members who violate the CSF safety program.

Knowledge Testing: The CSF member handbook discusses much of the material required to successfully complete the knowledge test. Additionally all CSF members must demonstrate knowledge of the following:

#### Basic Sailing Knowledge

Identify the basic parts of the Ideal 18 and their function

Define the five points of sail  
Demonstrate how to cleat a line, tie a bowline and a stopper knot and how to coil and toss a line  
Discuss basic weather precautions  
Discuss basic LI Sound weather conditions and how to obtain them  
Discuss emergency procedures  
Person overboard procedures  
Towing procedures  
Anchoring procedures  
Identify the compass direction of the harbor  
Identify the compass direction in LI Sound

### Pre-Sail Planning

Boat sign out procedures  
Boat condition reports  
Current tide conditions  
Forecast tide conditions  
Current wind conditions  
Forecast wind conditions  
Harbor tide boundaries  
Harbor wind conditions  
Small craft advisories  
Proper positioning for rigging  
Boat and personal equipment check  
Hoist the sail, unfurl the jib, set appropriate luff tensions, coil and hang halyards and other lines

### Sailing

Takeoff from the dock  
Maneuvering efficiently in and out of the harbor  
How to get free from running aground  
Day mark and channel boundaries  
CSF boundaries  
Safe operating practices  
Right of way rules  
Landing and mooring

### Post Sailing

De-rigging operations  
Stowing the boat  
Applying the M line  
Hosing down the boat  
Maintenance write ups

## **Ideal 18 Boat Dimensions**

Length Overall (LOA)	17.85'
Waterline Length	14.35'
Maximum Beam	6.2'
Draft	3.25'
Displacement	1240 lbs.
Ballast/Displ. Ratio	55%
Sail Area	168 sq. ft.
Mainsail Area	108 sq. ft.
Jib Area	60 sq. ft.
Optional Spinnaker	245 sq. ft

## CSF Knowledge Test 2008

CSF Member Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. The line used to raise the main sail is the \_\_\_\_\_.
2. The \_\_\_\_\_ is the line that controls the angle of the main sail in its relation to the wind.
3. No more than \_\_\_\_\_ persons shall be permitted in a CSF sailboat at one time.
4. A beginner sailor must never sail a boat when the winds exceed \_\_\_\_\_ knots.
5. An intermediate sailor must never sail a CSF boat when the wind exceeds \_\_\_\_\_ knots.
6. The CSF boats must never be sailed when the wind exceeds \_\_\_\_\_ knots.
7. If you are not at the dock by \_\_\_\_\_ minutes past the hour, your boat reservation is voided.
8. T F Even if you have a reservation, you must sign the sailing schedule in the oar shed before sailing a CSF boat.
9. T F Not wearing a PFD by any member in your boat may result in the loss of your CSF sailing privileges.
10. Name five points of sail: \_\_\_\_\_  
\_\_\_\_\_

11. Tacking is when the \_\_\_\_\_ crosses into the wind.
12. Gybing is when the \_\_\_\_\_ crosses into the wind.
13. A \_\_\_\_\_ tack vessel must give way to a \_\_\_\_\_ tack vessel.
14. Circle the correct answer: Head up Head down means to turn the boat closer to the wind,
15. Southport Harbor runs predominately:
- A. East – West
  - B. North – West
  - C. North – South
  - D. West – South
16. Name a great wind indicator you can use to show the direction of the wind in the harbor at Ye Yacht Yard.
- \_\_\_\_\_
17. T F When someone tells you the wind is *out* of the north, he/she means the wind is blowing from the south to the north.
18. T F When you arrive back to the dock and the person who has the next reservation is not right there, you can lower the sails and cleat the boat off on the side of the dock.
19. T F Always position your boat into the wind before hoisting your sails.
20. The prevailing breeze comes from the \_\_\_\_\_ which means that you generally have to \_\_\_\_\_ out of the harbor.
21. On the way in, you generally are on a \_\_\_\_\_ which means you have to have your sail \_\_\_\_\_ in order to sail efficiently in.
22. A Northwest breeze is tricky to sail in because it is usually \_\_\_\_\_ and \_\_\_\_\_.
23. Always know the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ before heading out to sail.

24. An effective way to get out of irons is to \_\_\_\_\_ the jib.

25. List three ways you can effectively get off from running aground.

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26. If the tiller is hard over and the boat IS NOT turning, what is the problem?

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27. List the required and recommended safety equipment already on board the Ideal 18s.

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28. What personal safety equipment does CSF require and recommend that you bring?

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29. What is the safety position and when would you use it?

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30. In a man overboard situation, what point of sail should you be on when you are in your final approach toward the person in the water?

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31. Should you position your boat to windward or leeward of the person in the water? Circle the answer.

32. What do you look at to know that you are sailing efficiently upwind? \_\_\_\_\_

33. In case of an emergency call the \_\_\_\_\_.

Their number is \_\_\_\_\_.

34. T F Always show courtesy and respect toward other boaters and people fishing.

35. On a map mark the sailing boundaries and the shoal areas to avoid at low to mid tide.

### Useful Sailing Websites

The following web sites are very useful for knowing current weather conditions on Long Island Sound:

[http://www.ndbc.noaa.gov/station\\_page.php?station=44022](http://www.ndbc.noaa.gov/station_page.php?station=44022)

This site gives updated weather conditions every fifteen minutes at a buoy located in the middle of Long Island Sound.

<http://www.wunderground.com/wxradio/index.html>

This site gives the marine weather forecast for NY and CT on Long Island Sound.

<http://tides.com/gifs/bridgept.gif>

This site shows a great graphic for the tide at Bridgeport, CT

<http://www.nationalgeographic.com/volvooceanrace/interactives/sailing/index.html>

This site is a sailing simulator and it is a great training aid for understanding the effects of wind on a sailboat.