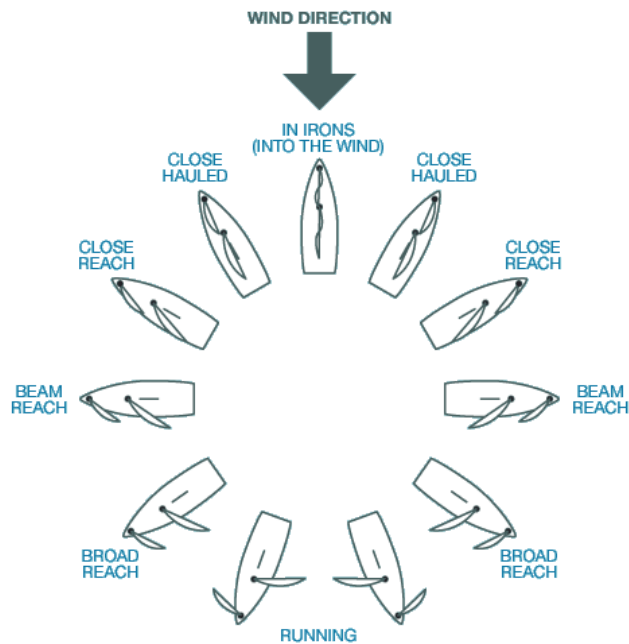


# POINTS OF SAIL



## Overview:

- 360 degrees
  - ◆ With 0 or 360 degrees being Irons (into the wind)
  - ◆ 90 degrees in both directions = beam reach
  - ◆ 180 degrees, facing directly away from the wind = running

## Irons:

- It is physically impossible to sail directly into the wind, but when you are in irons you are going as close as possible. Irons is sometimes referred to as "no man's land," because you do not want to be in irons, your boat will either stop sailing or sail backwards.

## Reaching

- As the boat's course turns away from the wind it is described as reaching
  - ◆ Reaching is the process by which the wind is coming across the boat. Reaching can be divided into three different courses, **Beam Reaching**, where the wind comes across the boat at a 90-degree angle, **Close Reaching** as the course gets closer to close hauled and **Broad Reaching** where the course is further downwind beyond the 90-degree mark.

## Sail Trim

- The reason why knowing your points of sail is important is because you are going to adjust your sail trim accordingly, as crew you will also adjust your position in the boat at times
  - ◆ Sailing Upwind: sail is pulled in very tight, boom over inside of the boat
    - Crew sitting facing the skipper, the stern (back) of the boat
  - ◆ Sailing Downwind/Running: sails are let out—when running almost completely, if not completely
    - Crew sitting facing the bow (front) of the boat

## Glossary:

- **Irons**: sailing as close to directly into the wind as possible
- **Close Hauled**: sailing as close to the wind as possible without being in irons
- **Close Reach**: When the boat is sailing above the 90 degree mark close to close hauled
- **Beam Reach**: wind is coming across the boat at a 90 degree angle
- **Broad Reach**: when the boat is sailing further downwind beyond the 90 degree mark
- **Running**: sailing directly away from the wind