



**ISSA**

**DINGHY**

**SKIPPER**

**HANDBOOK**



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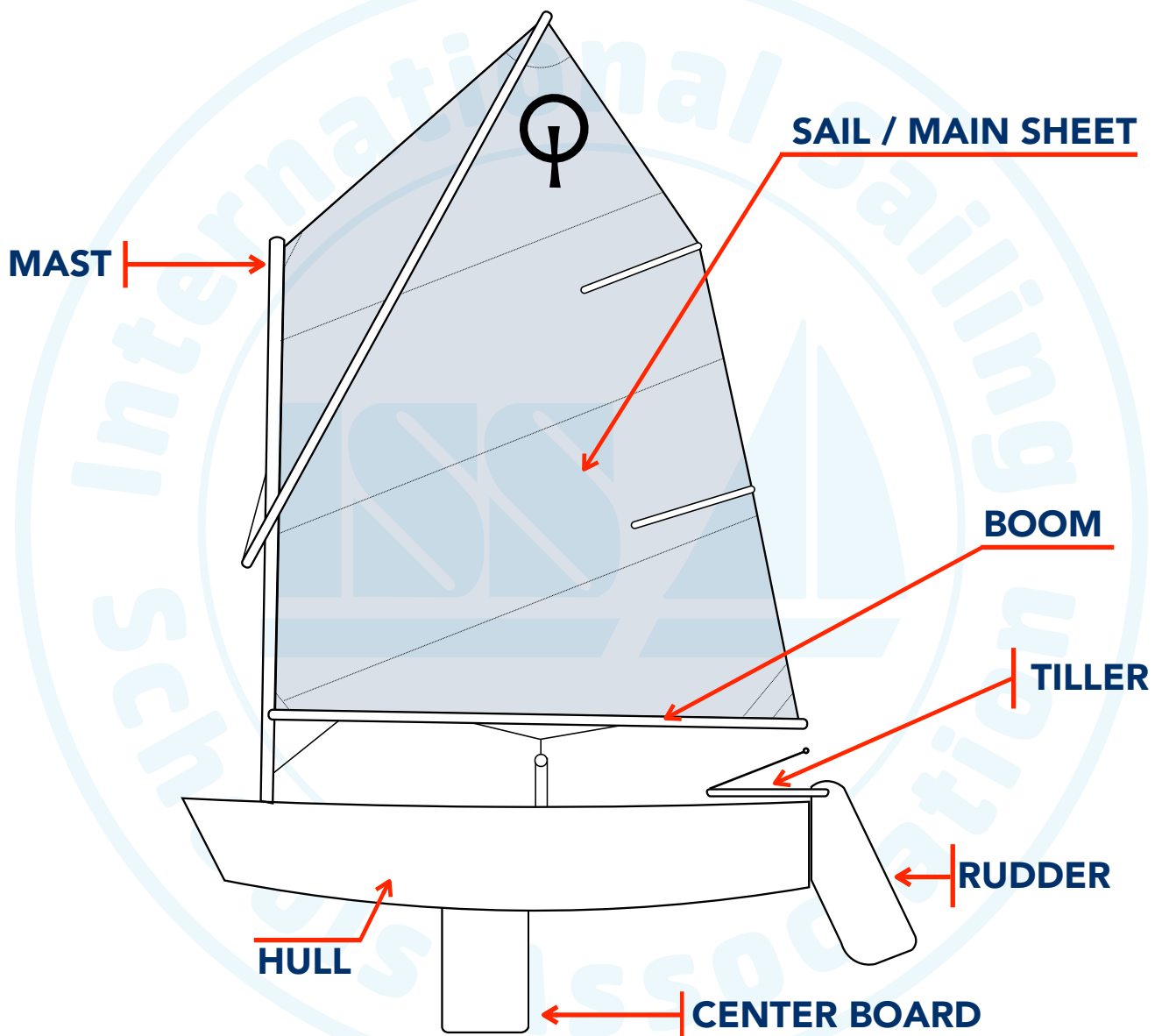
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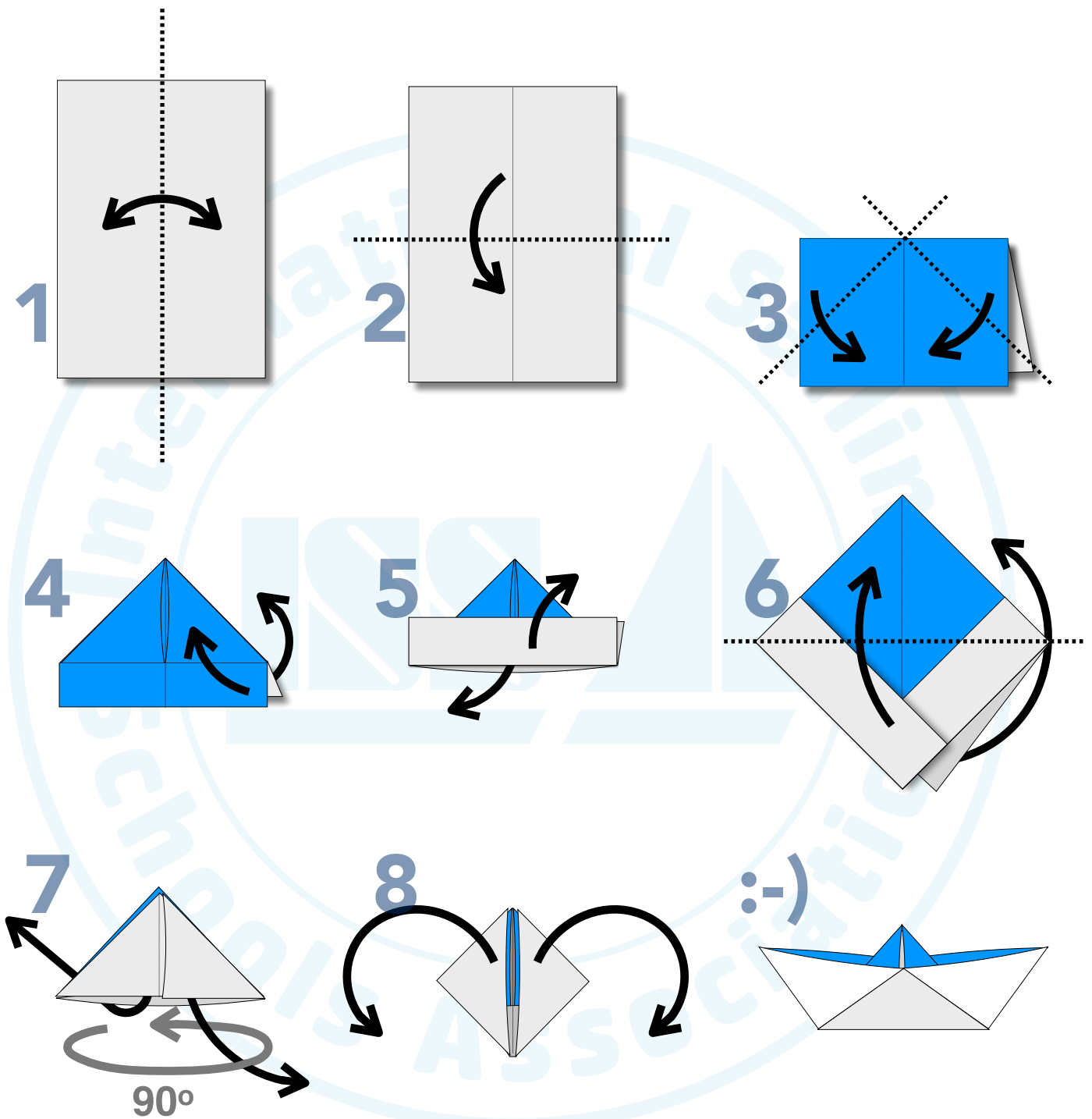
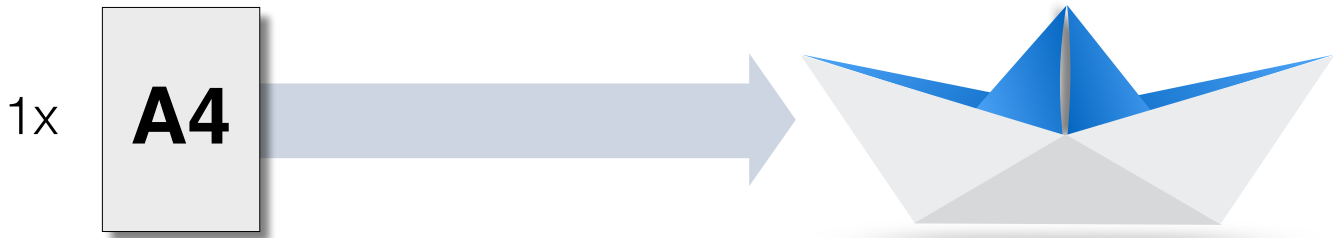


# Yacht Construction



# OPTIMIST

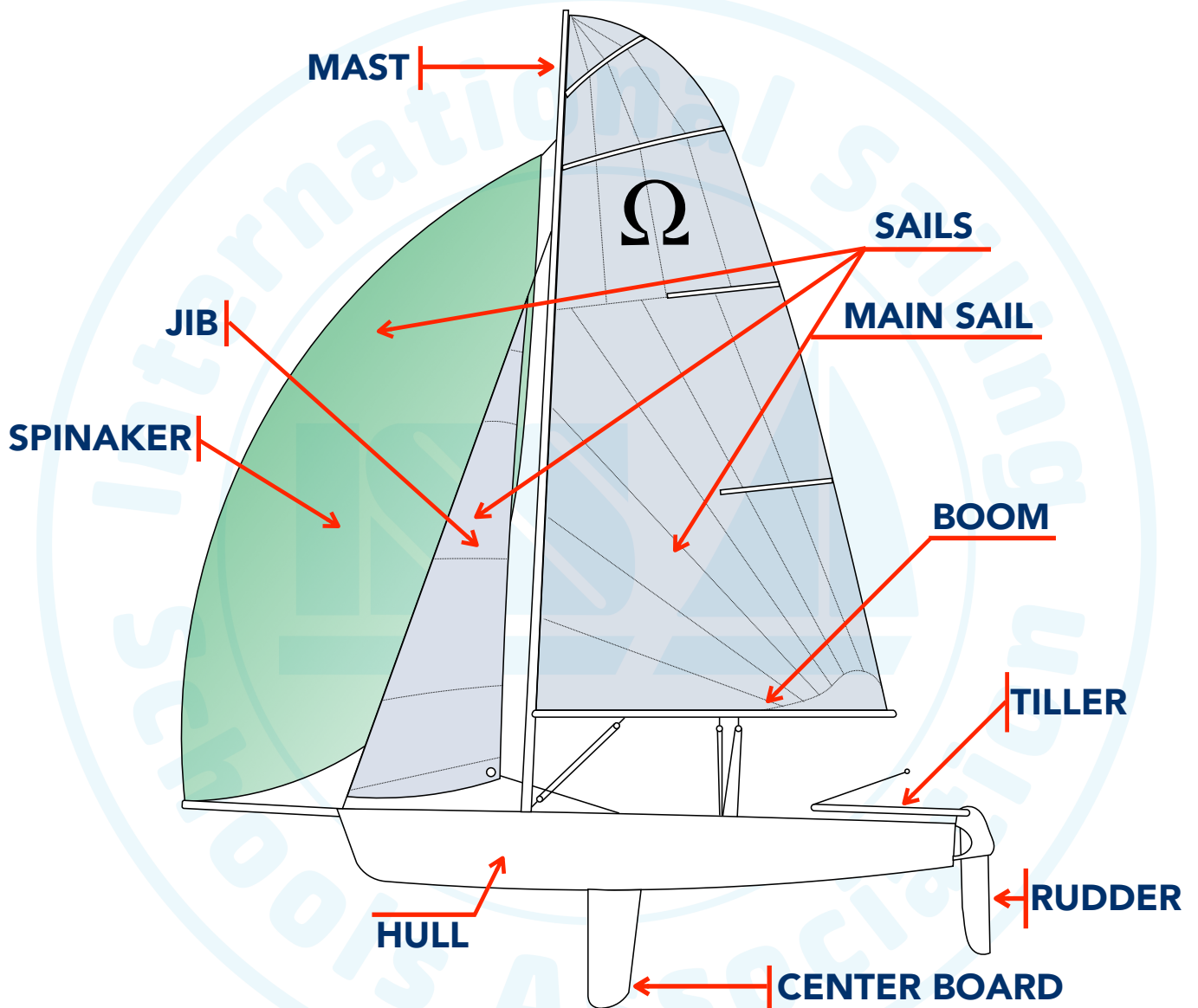




# Yacht Construction

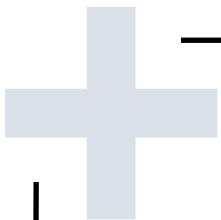
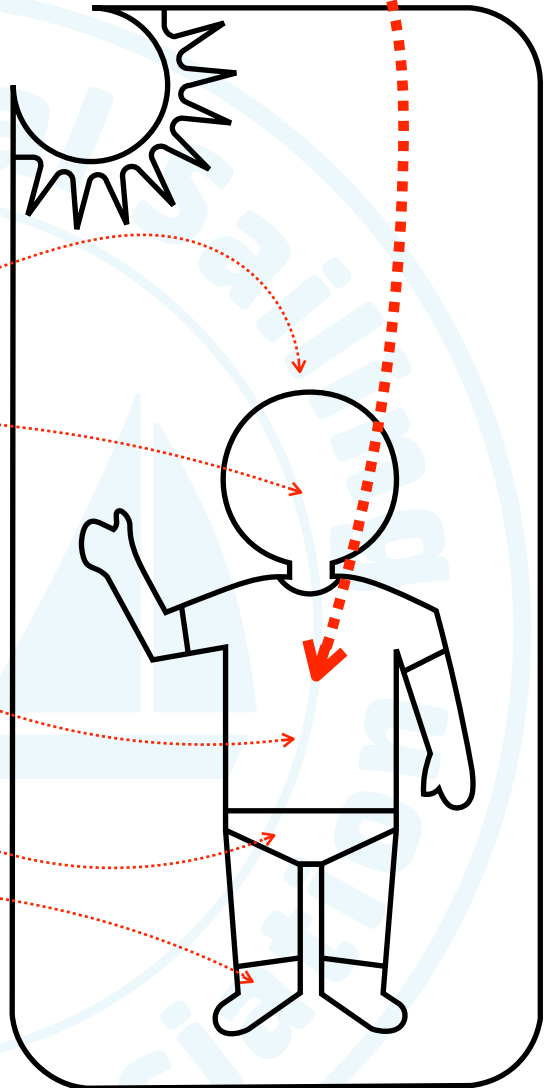


# OMEGA

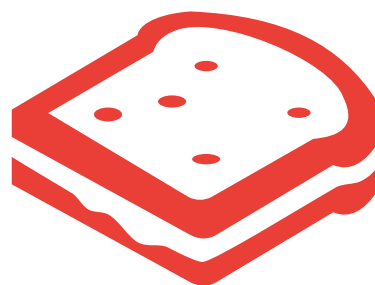
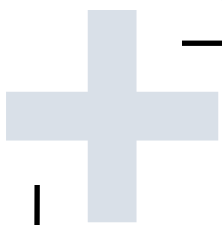
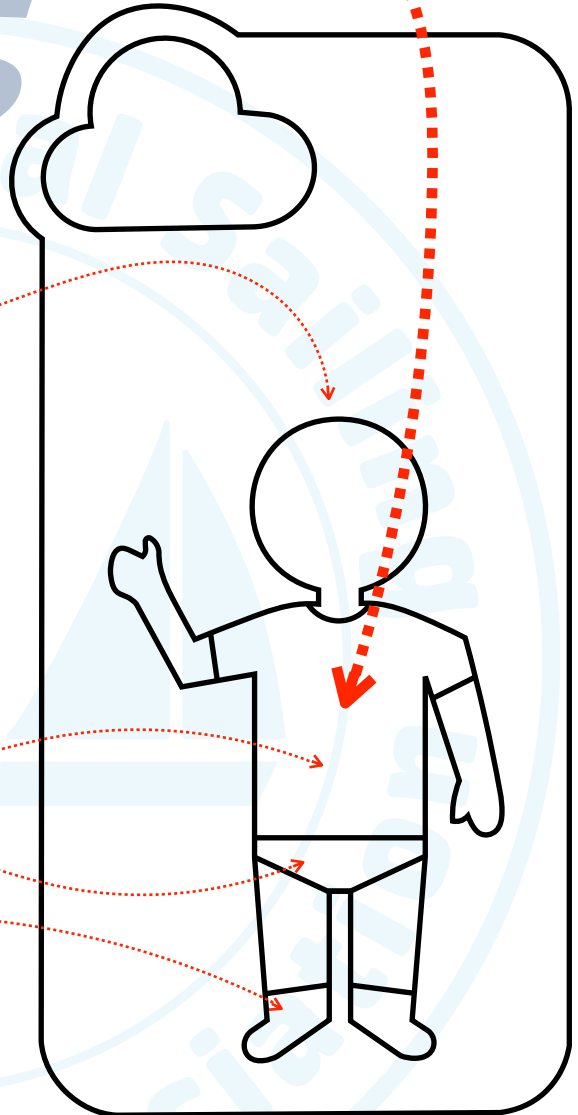
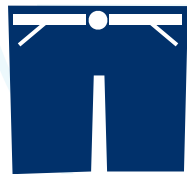


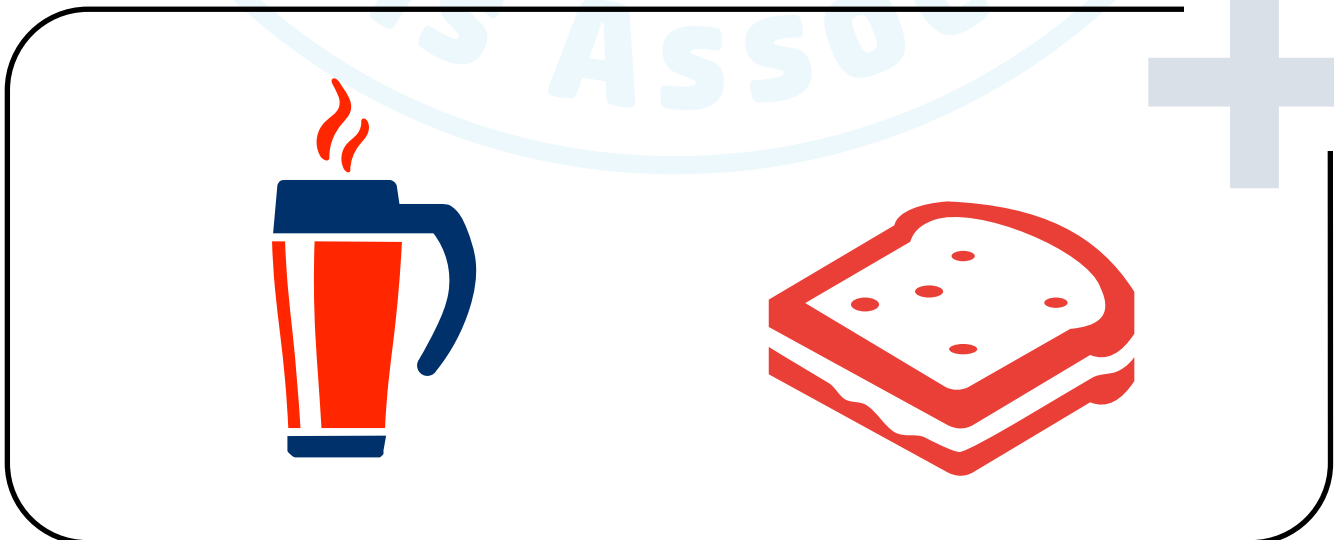
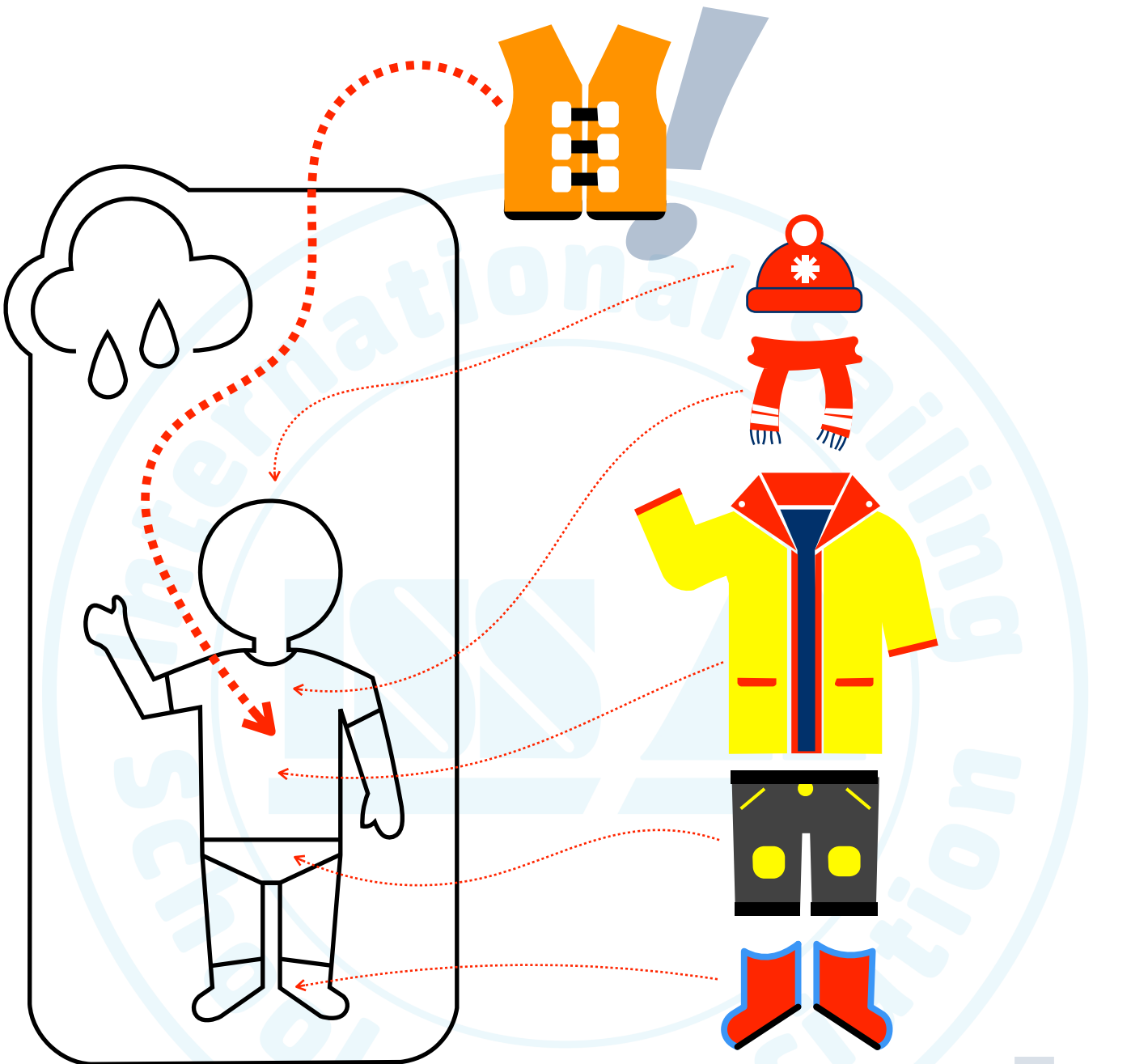


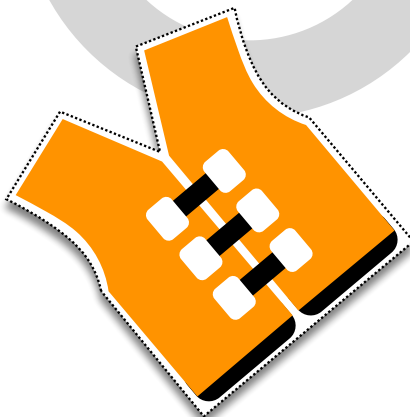
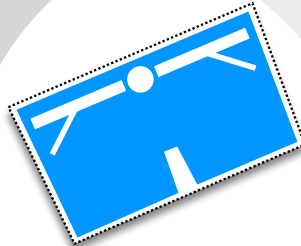
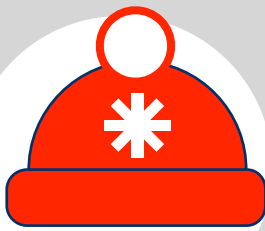
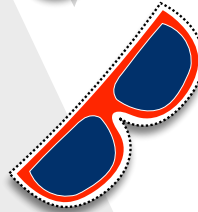
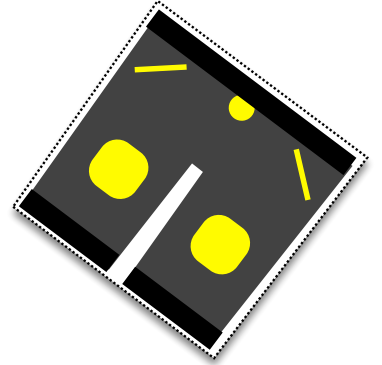
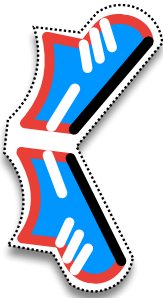
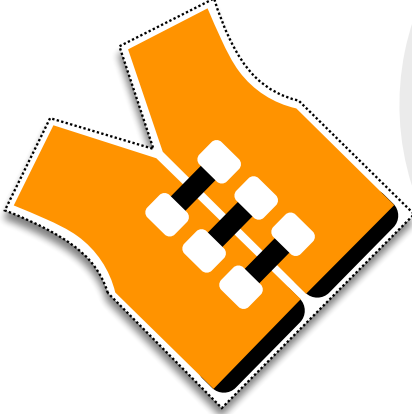
# Clothing & Equipment







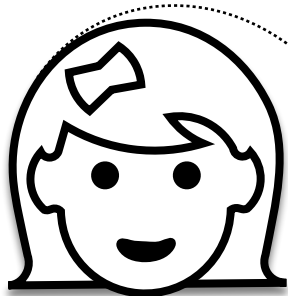
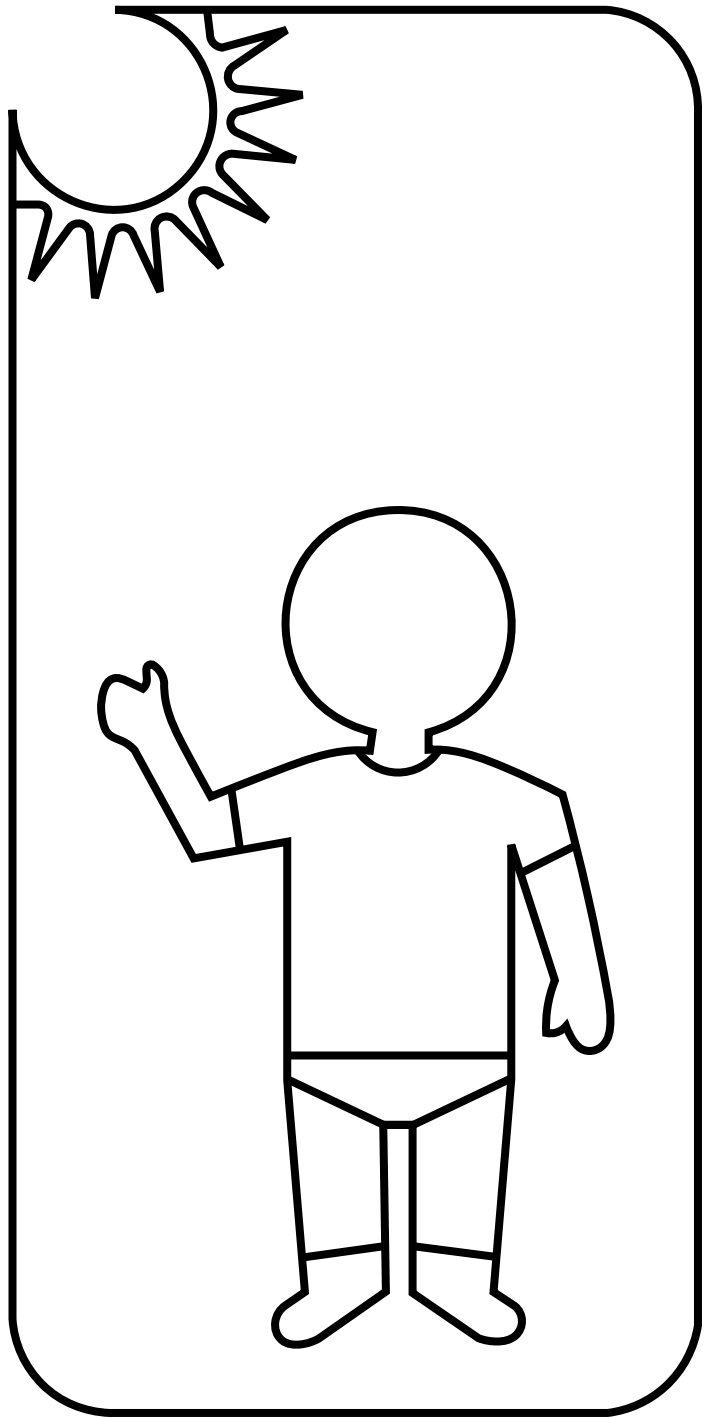
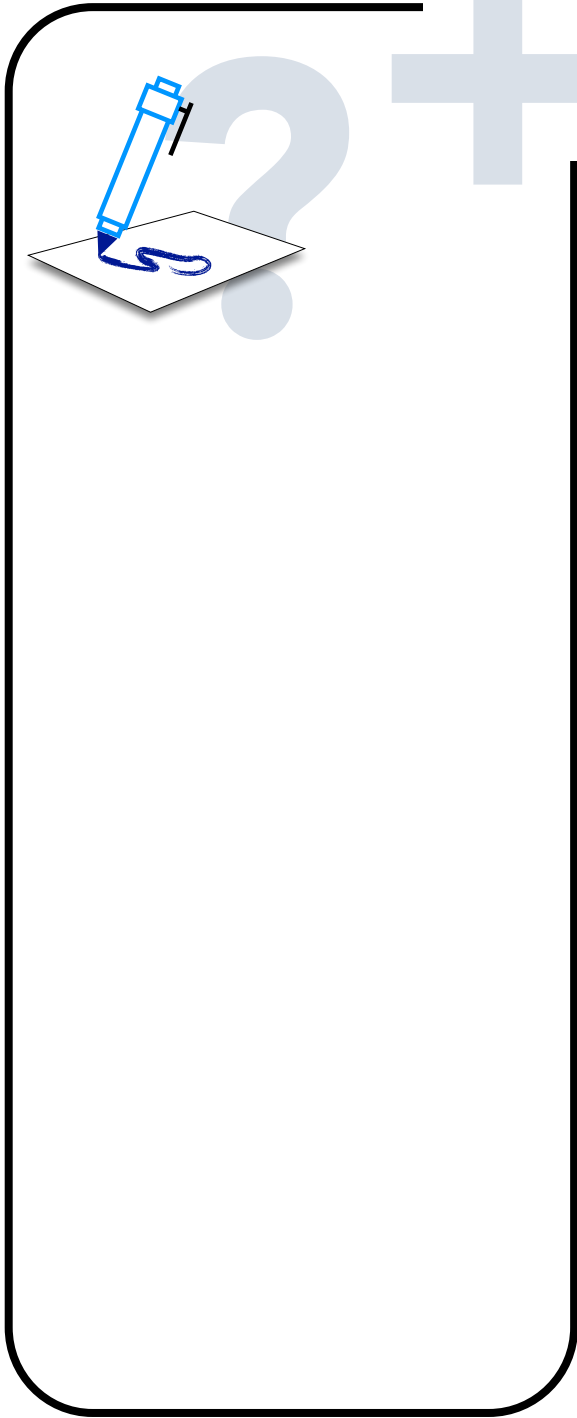




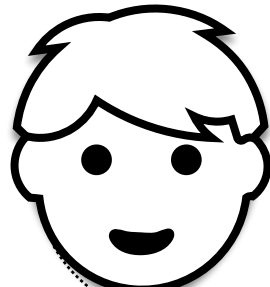




NAME \_\_\_\_\_



OR







NAME \_\_\_\_\_

A large rounded rectangular frame divided into two vertical sections. The left section contains a blue marker drawing a blue squiggle on a white square, with a large, faint question mark and a plus sign behind it. The right section contains a simple line drawing of a person standing with one arm raised, positioned below a cloud shape.

A row of three cutout shapes: a girl's face on the left, a large word 'OR' in the center, and a boy's face on the right. Dotted lines and scissors indicate where to cut out each face.







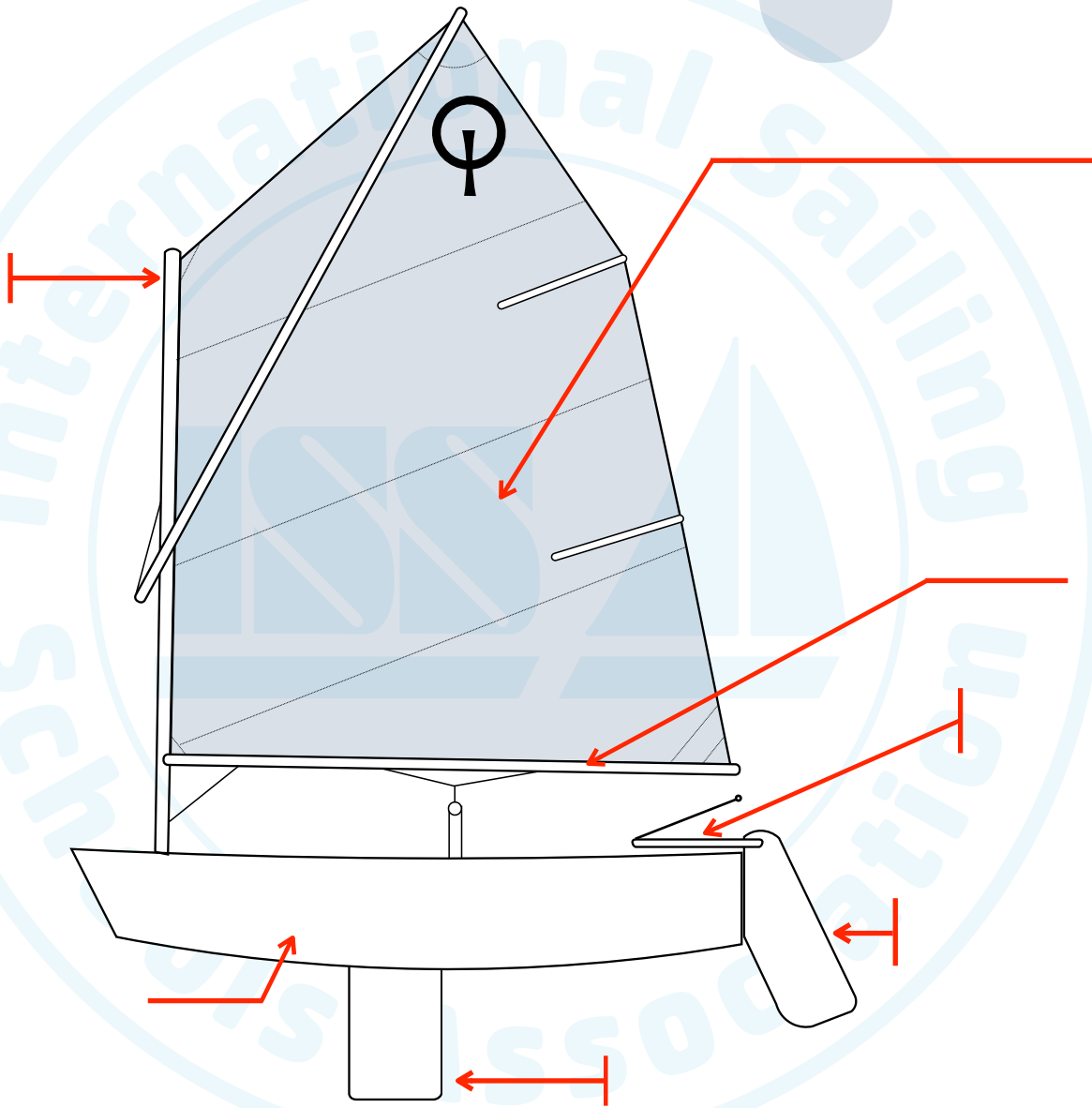
NAME \_\_\_\_\_

A large rounded rectangular frame divided into two vertical sections. The left section contains a blue marker drawing a blue line on a white square, with a large, faint question mark behind it. The right section contains a line drawing of a person standing under a cloud with two raindrops falling. A large plus sign is positioned between the two sections.

A row of three line drawings for a cutting exercise. On the left is a girl's face with a bow in her hair, with a pair of scissors icon below it. In the center is the word 'OR' in large, light blue letters. On the right is a boy's face, with a pair of scissors icon below it. Dotted lines indicate the cutting path around the faces.



# Yacht Construction





## Basic SAFETY Rules

**ALWAYS**  
**LISTEN TO THE INSTRUCTOR**

**CHECK THE WEATHER FORECAST**  
with the Instructor

**HOLD ON TO SOMETHING** 

**WEAR SAFETY JACKET** 

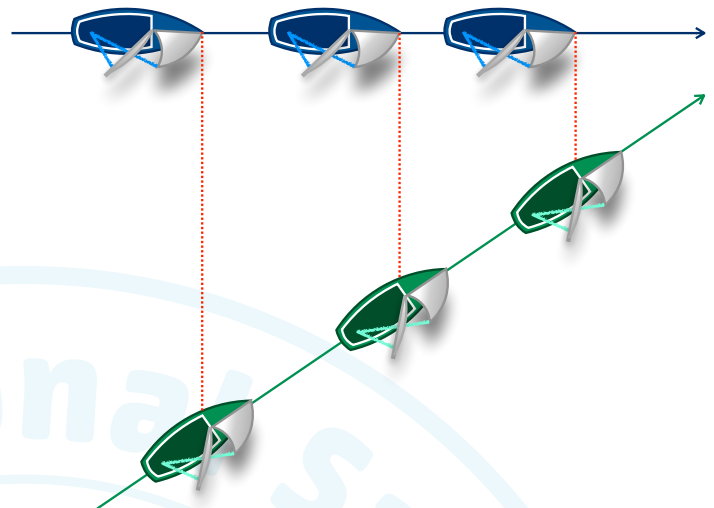


# Risk of Collision

When there is deemed to be a risk of collision

- One vessel is the **GIVE WAY** vessel
- The other is the **STAND ON** vessel

If there is a **CONSTANT BEARING** between the two vessels which are approaching each other there is a risk of collision.



## Rules of the Road

### UNDER SAIL

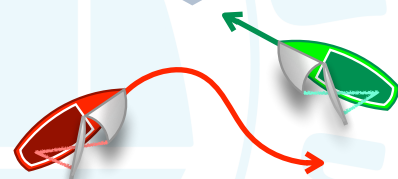


#### Starboard Tack Rule

Wind on the Starboard side of the vessel

- **STARBOARD TACK** boat is the **STAND ON** vessel.
- **PORT TACK** boat is the **GIVE WAY** vessel.

WIND



### UNDER SAIL

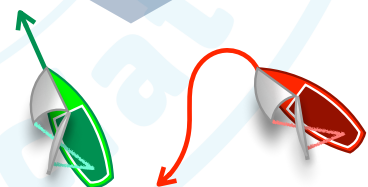


#### Windward Rule

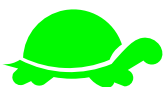
The boat nearest the wind is the Windward boat. The boat furthest from the wind is the Leeward boat

- **LEEWARD** boat is the **STAND ON** vessel.
- **WINDWARD** boat is the **GIVE WAY** vessel.

WIND

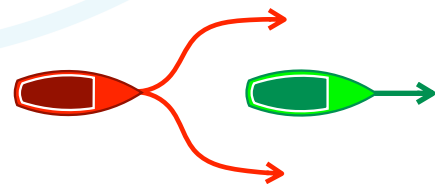


### UNDER SAIL OR POWER

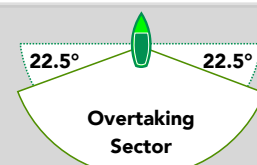


#### Overtaking Rule.

- The vessel **BEING OVERTAKEN** is the **STAND ON** vessel.
- The **OVERTAKING** vessel is the **GIVE WAY** vessel



Overtaking is defined as coming from more than 22.5° abaft the beam (the angle a stern light becomes visible).



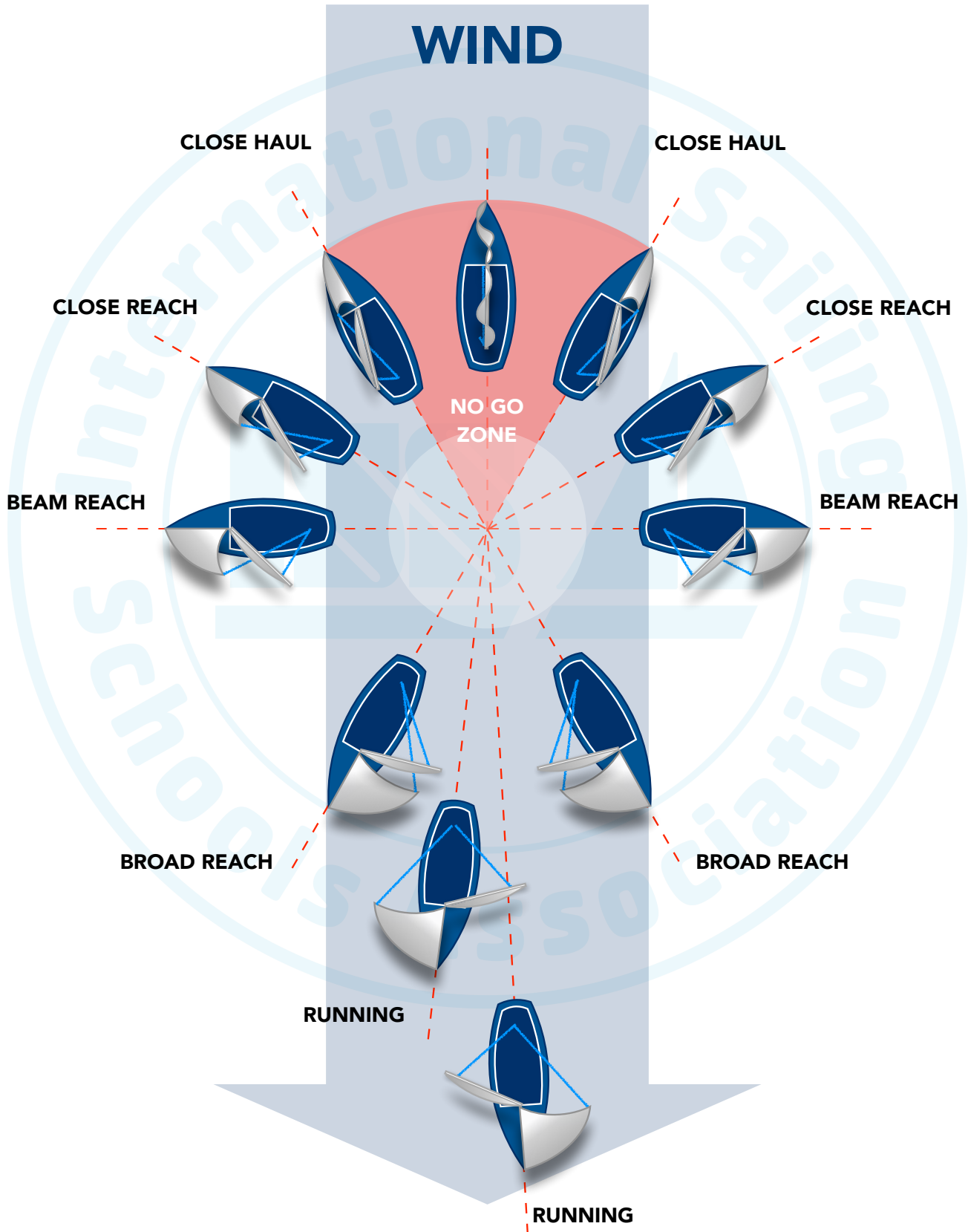
# NO PANIC



# Handling Yacht Under Sails

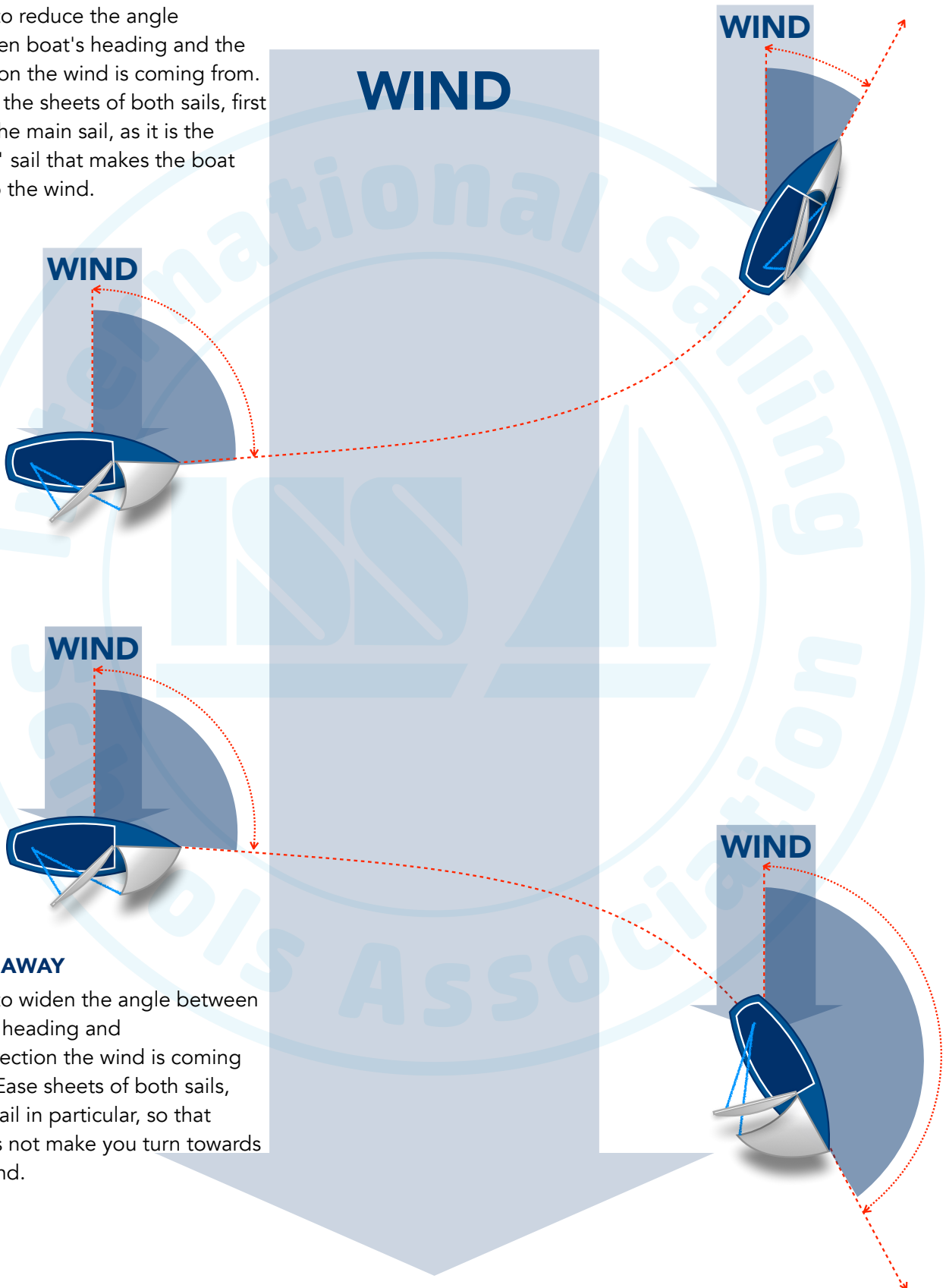


## POINTS OF SAIL



## LUFF UP

Steer to reduce the angle between boat's heading and the direction the wind is coming from. Winch the sheets of both sails, first of all the main sail, as it is the "back" sail that makes the boat turn to the wind.



## BEAR AWAY

Steer to widen the angle between boat's heading and the direction the wind is coming from. Ease sheets of both sails, main sail in particular, so that it does not make you turn towards the wind.



# Handling Yacht Under Sails



## TACKING

## GYBING

3

1

When you pass the "No go zone" the mainsail fills up with wind. Straighten the tiller and winch in the other tack jib sheet

To start the manoeuvre turn the tiller gently and winch in the main sail sheet quickly to bring the boom as close to the boat's centre line as possible

WIND

NO GO ZONE

NO GO ZONE

NO GO ZONE

2

2

Once you enter the "No go zone" let go of the working jib's sheet. No need to adjust the mainsail sheet.

Keep the tiller slightly turned. Once you pass the wind line, pull the other tack jib sheet gradually while slowly releasing the initial tack jib sheet. Release the main sail sheet to its working position

1

3

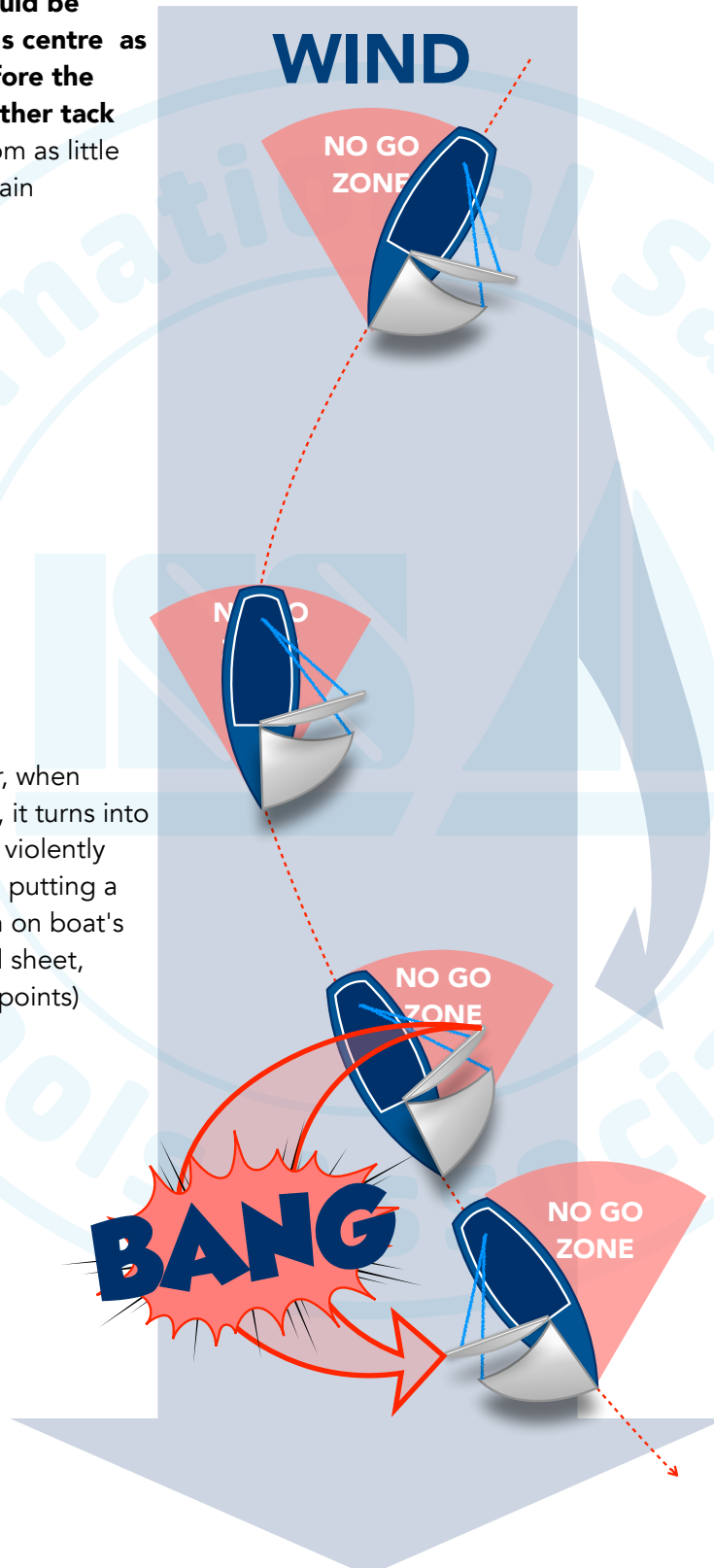
Sufficient speed is crucial for the manoeuvre. You might need to bear away a bit to gain it. When ready turn the boat's tiller distinctively - at least 30 degrees

Straighten up the tiller. Trim the sails. It might be wise to install a preventer

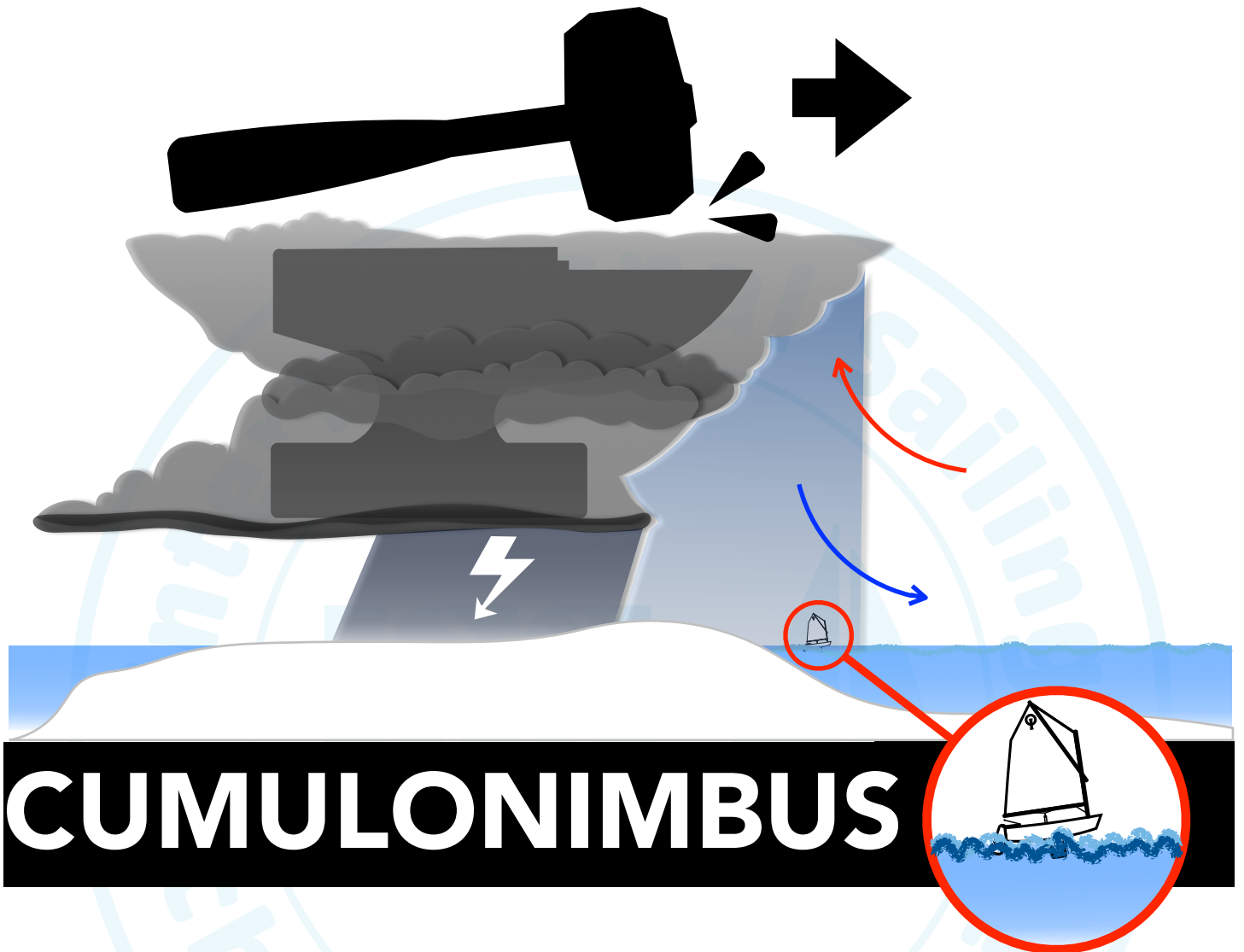
## DANGEROUS GYBE

It is crucial to control the main sail sheet. **The boom should be brought to the boat's centre as close as possible before the boat passes to the other tack zone**, leaving the boom as little room as possible to gain momentum.

If the boom is away from the boat's center, when crossing the wind line, it turns into a doom tool. It will fly violently to the other tack zone putting a lot of dynamic tension on boat's construction (main sail sheet, shrouds, boom fixing points)



# Meteorology



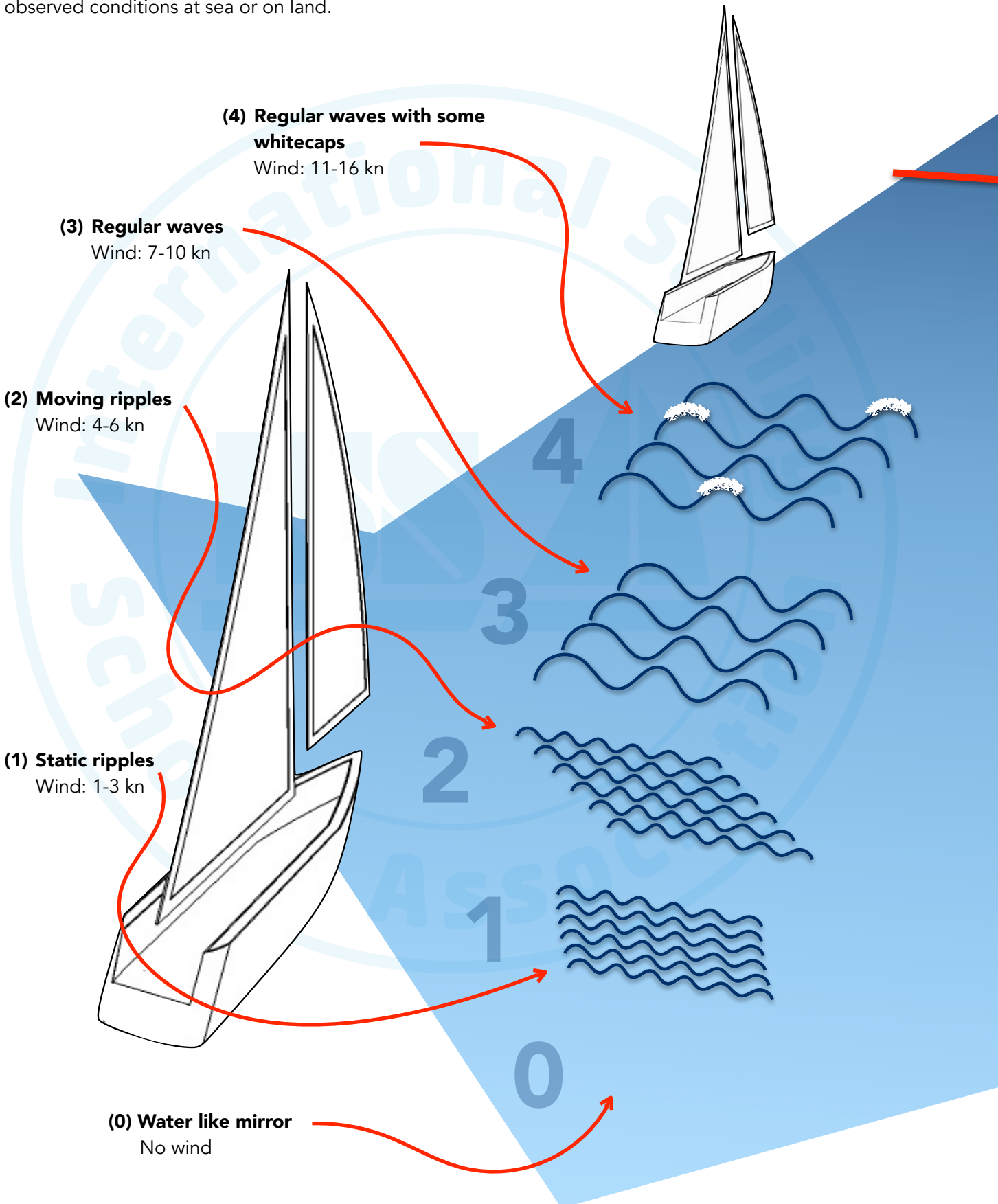
**CUMULONIMBUS**

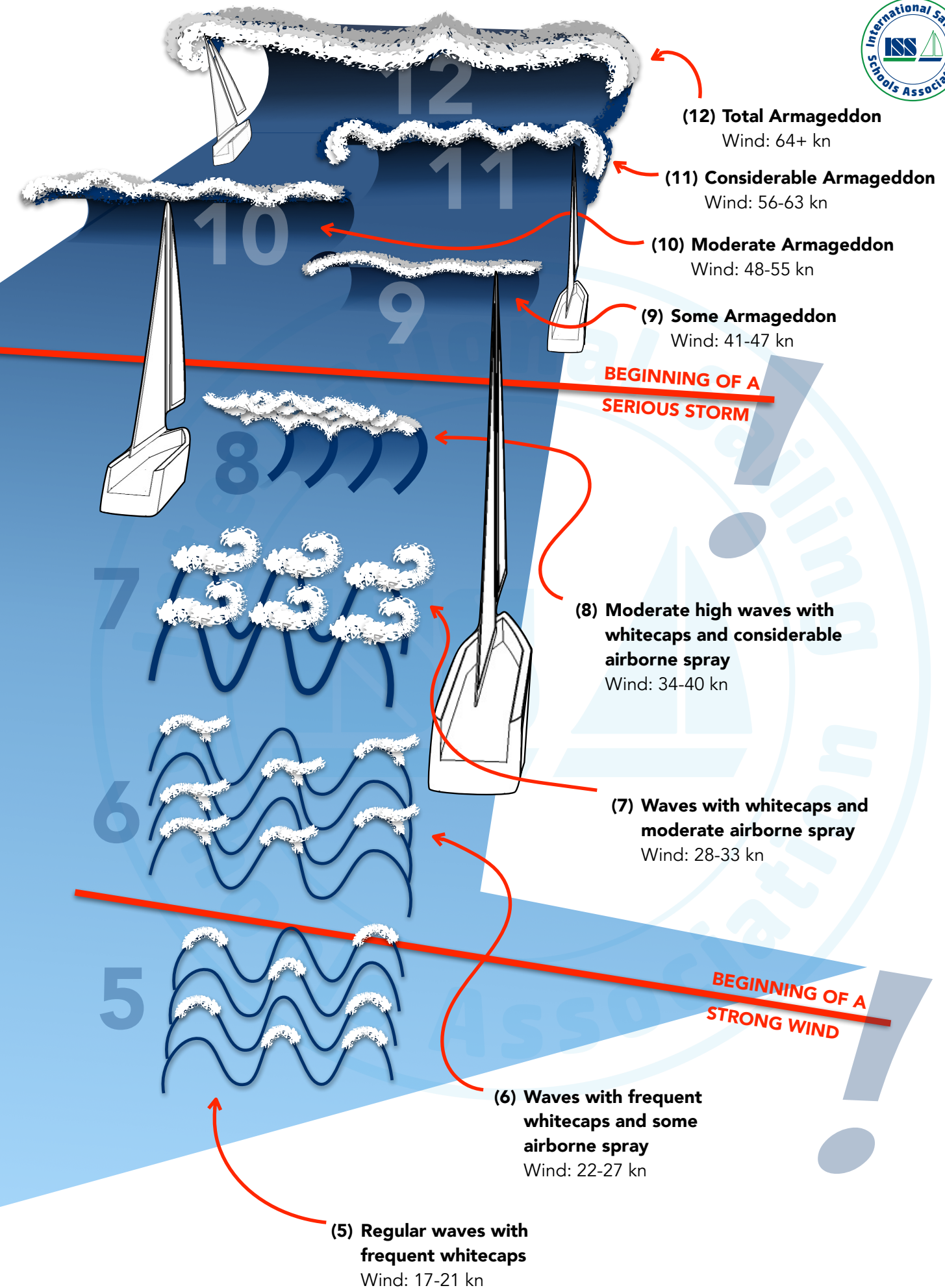
## Weather Forecast



# Beaufort Scale

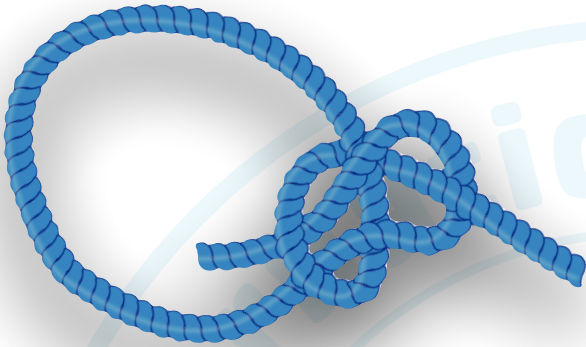
Beaufort scale is an empirical measure that relates wind speed to observed conditions at sea or on land.



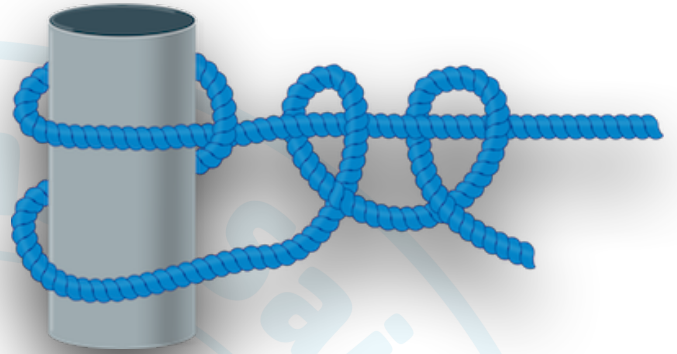


# Basic Knots

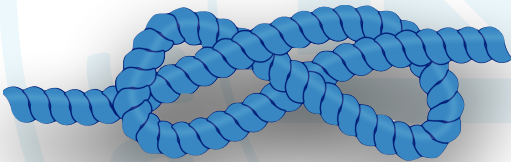
**BOWLINE**



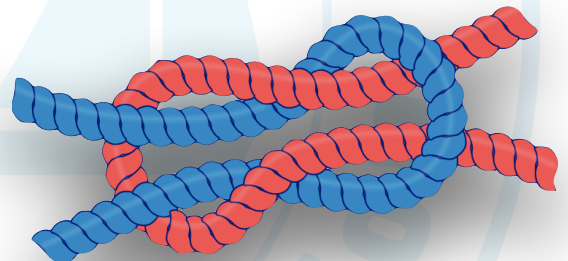
**ROUND TURN & TWO HALF HITCHES**



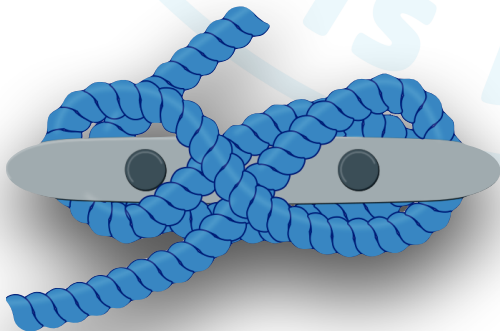
**EIGHT**



**REEF**



**HORN CLEAT KNOT**



**CLOVE HITCH**



# Race Start Signals



E.g.



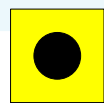
+



**5 min.**



or



or



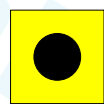
+



**4 min.**



or



or



+



**1 min.**



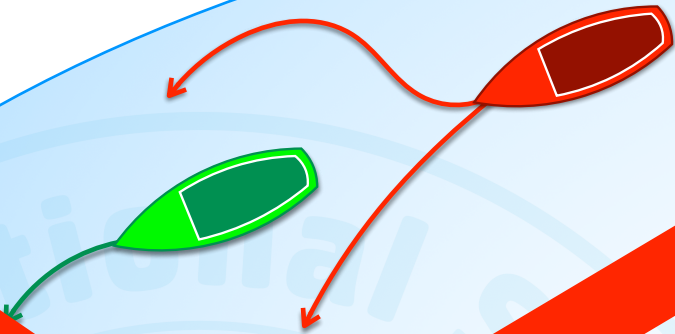
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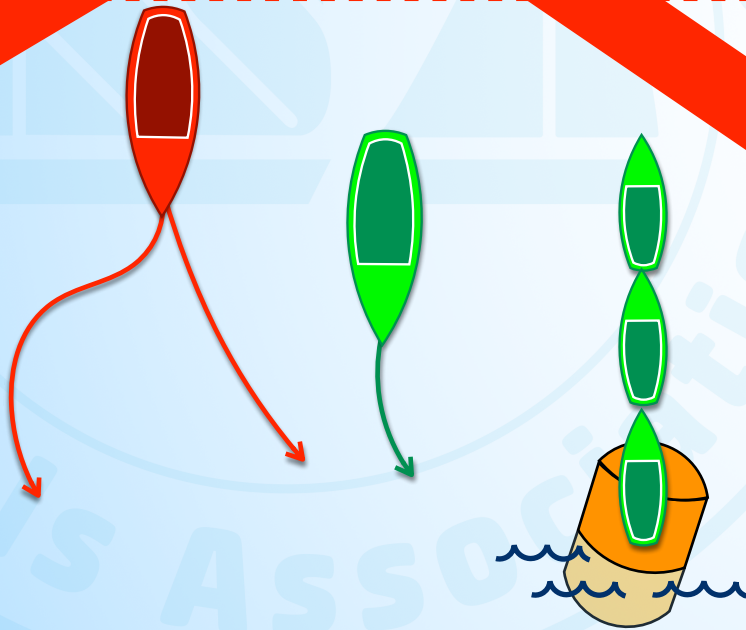
**START**

# Basic Racing Rules

1



2





# Basic Racing Rules

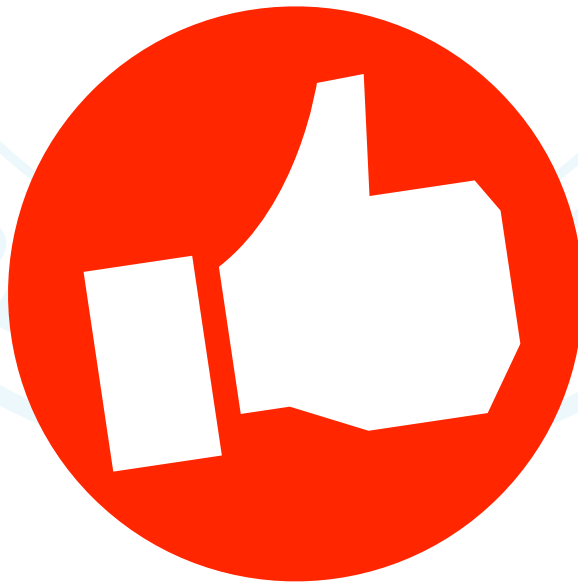
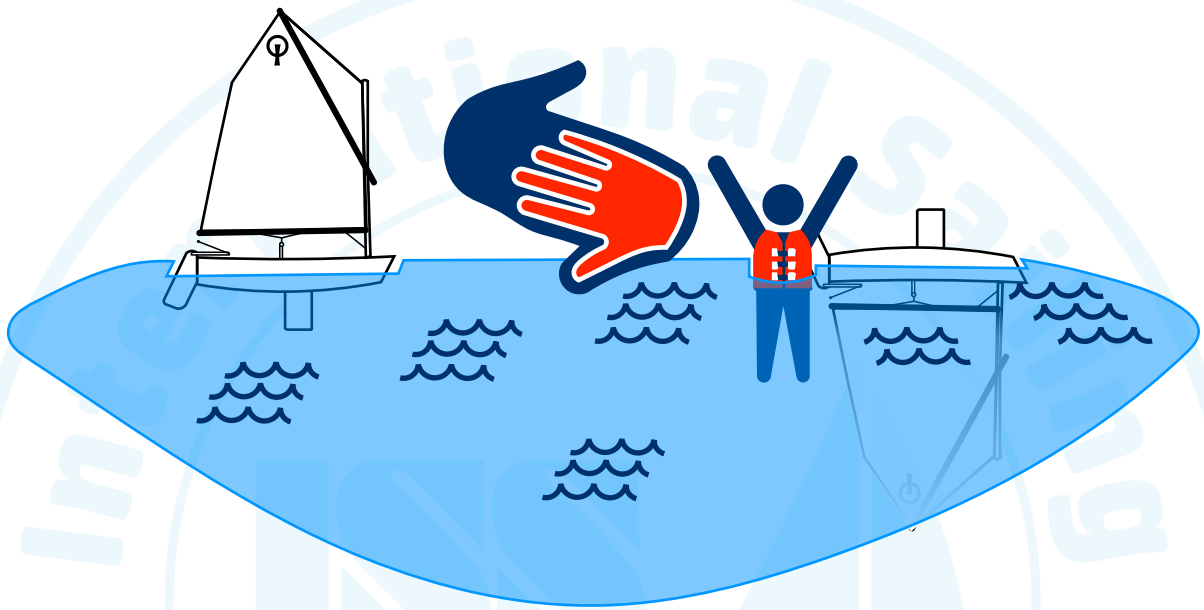


4

3

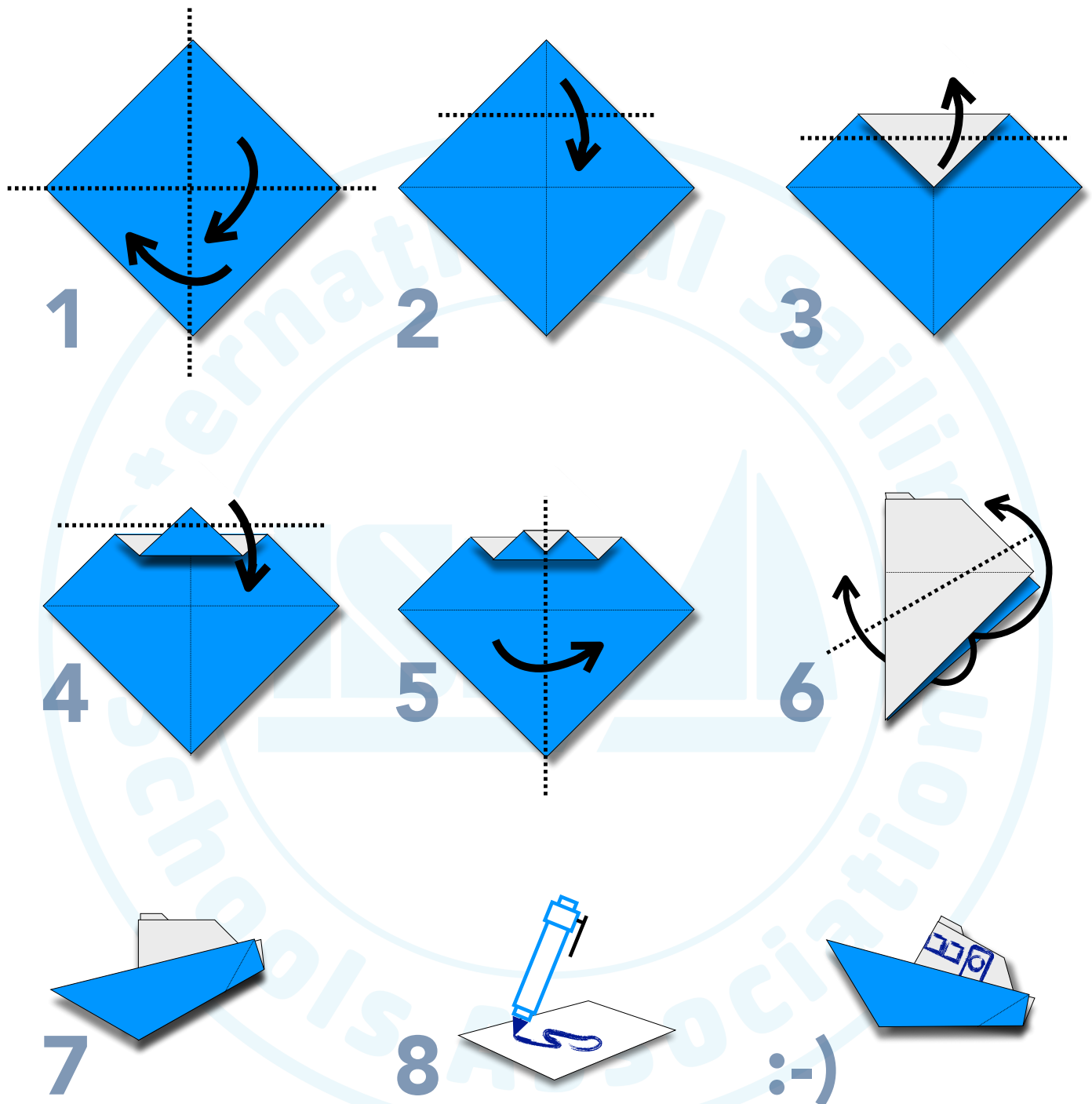
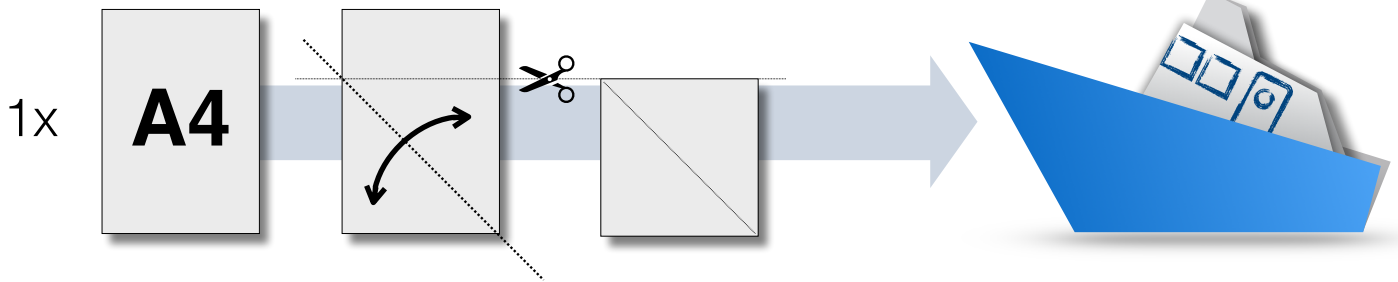


# Fair Play



# FUN

## ISSA Paper boat #2





# Environmentally Responsible Sailing

**Holders** of the International Sailing Schools Association **certificates** are the **elite** that knows how to sail safely and should also **care about the environment**. Help us promote Environmentally Responsible Sailing and preserve the nature for future sailors generations **by applying these few simple rules**.

## Use your sails as much as possible therefore reducing energy consumption



Sailing is a very environmentally friendly form of transport as it harnesses the wind and sea without detriment to the environment. Maximise the use of sails subject to safety and operational requirements.

## Segregate garbage for recycling purposes wherever possible



Recycling is an alternative to "conventional" waste disposal that can save material and help lower greenhouse gas emissions. Recycling prevents the waste of potentially useful materials and reduce the consumption of fresh raw materials, thereby reducing: energy usage, air pollution (from incineration), and water pollution. Search for segregated garbage bins in every marina.

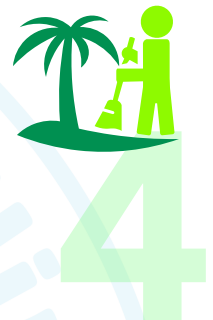
## Strictly enforce no waste being thrown overboard.



This is not even a matter of ecology but personal culture. Oceans and seas are huge, but that does not mean that another piece of paper thrown into the water does not make a difference. It does. It is your attitude that matters.

## Leave any beach or shore line you visit cleaner than when you arrived.

Leisure sailing can take you to many beautiful, paradise-like places. The community of sailors grows every year and it is constantly harder and harder to visit places untouched by a human hand. Some people do not regard that as a value and leave their trash behind them there. React and help to keep those places safe.



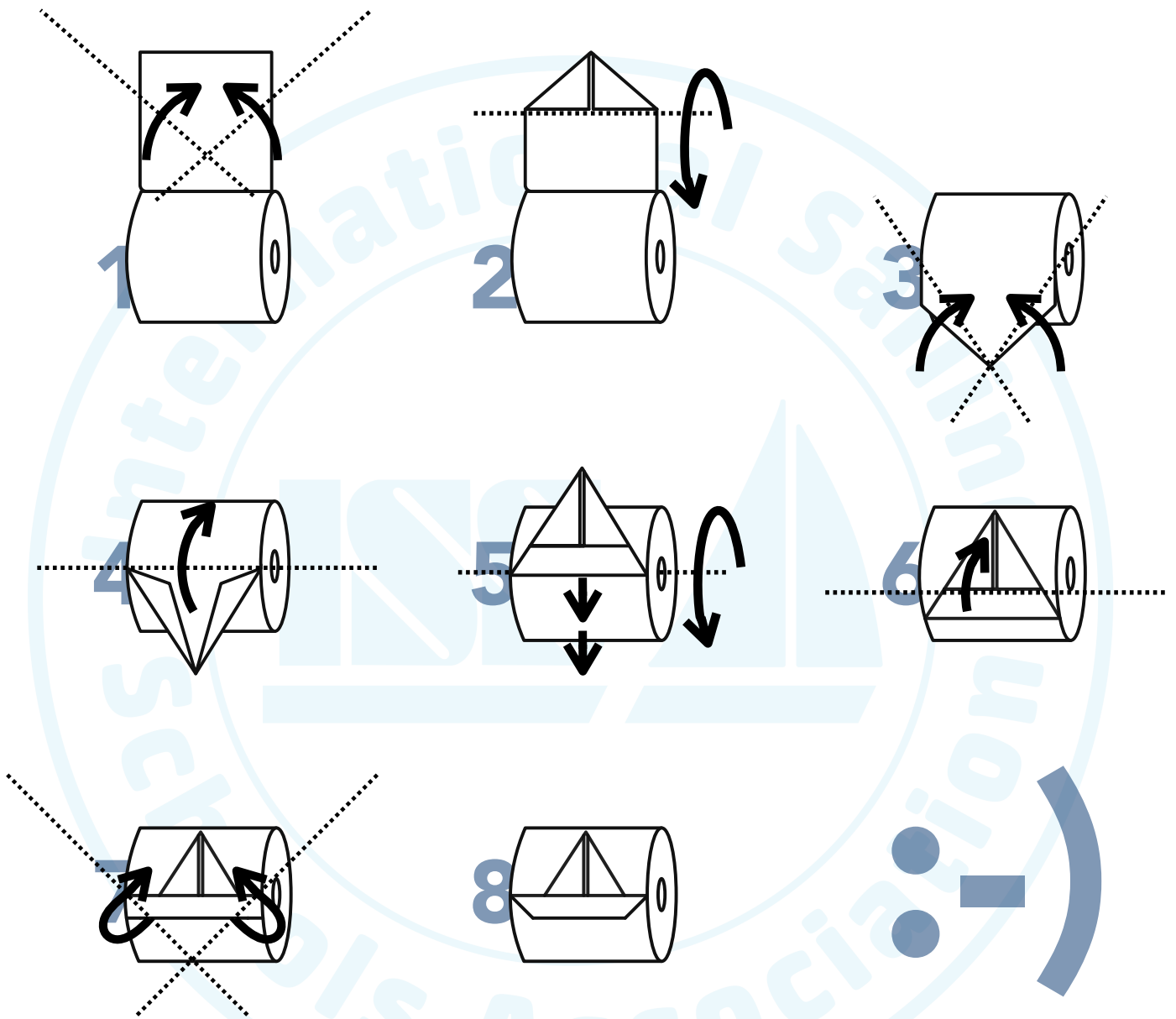
## Educate sailing guests on the ecology of the sea and shore.

You are the skipper. It is your responsibility to educate your crew on how to properly behave during your leisure yachting experience.



# FUN

## ISSA Toilet paper







# Topics Checklist

## THEORETICAL TOPICS

Yacht Construction	
Safety Issues	
Vessel Handling	
Rules of The Road	
Beaufort Scale	
Environmentally Responsible Sailing	

## PRACTICAL TOPICS

Safety Issues	
Vessel Handling	
Rules of the Road	
Basic Knots	

NAME

This is to certify that the student, \_\_\_\_\_  
has an understanding of the above topics and has achieved the level of

LEVEL

DINGHY SKIPPER LEVEL \_\_\_\_\_

NAME

Instructor \_\_\_\_\_

DD.MM.YYYY

Date \_\_\_\_\_

Instructor's signature \_\_\_\_\_



**ISSA.global**

*Wherever You Sail*