

# Safety Equipment Requirements Us Sailing

Race Management HandbookFastnet, Force 10: The Deadliest Storm in the History of Modern Sailing (New Edition)Offshore Sailing: 200 Essential Passagemaking TipsSkipper's Safe Boating CourseBasic KeelboatThe Annapolis Book of SeamanshipThe Sailing BibleElvstrøm Explains the Racing RulesSailing FundamentalsSwimming and Water SafetySailing SoloSafety at SeaStart Powerboating RightSailing and SeamanshipFundamentals of Sailing, Cruising, and RacingCatamaransBoater 101Happy Hooking - The Art of AnchoringCorinthian ResolveThe Annapolis Book of SeamanshipThe Complete Sailing Manual, 4th EditionFirst SailFast Track to SailingHow to Sail with DogsStart Windsurfing Right!The Annapolis Book of Seamanship: Third EditionLearn to SailThe Art of SeamanshipCruising FundamentalsKids in the CockpitSailing a Serious Ocean: Sailboats, Storms, Stories and Lessons Learned from 30 Years at SeaSailing with Scoundrels and KingsChapman Piloting and Seamanship 68th Edition6 Case HistoriesSailing Made EasyUnderstanding the Racing Rules of Sailing Through 2024Small Boat Sailing Instructor GuideSailing to the ReefsFast Track to CruisingNavigation Rules

## Race Management Handbook

Once you have spent time under sail, you will notice that people on sailboats tend to wave at each other.

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For many, sailing is a passion to be enjoyed for a lifetime. But sailing is challenging. And, in fact, at times can be dangerous. Therefore, safety at sea is a paramount importance. To maximise your enjoyment on the water, you must have confidence in yourself, your boat, equipment and crew. Basic Keelboat, help you learn to sail with all the skills required for safety at sea. For newcomers, careful study and practice is essential. When you're prepared, life under the sail is more enjoyable.

### **Fastnet, Force 10: The Deadliest Storm in the History of Modern Sailing (New Edition)**

### **Offshore Sailing: 200 Essential Passagemaking Tips**

With many trophies to his credit, Dennis Conner passes on all the invaluable lessons he learnt in a course of instruction for beginning sailors everywhere. '

### **Skipper's Safe Boating Course**

The authorized history of the famous yacht race

### **Basic Keelboat**

Includes Errata Sheet of Notice to Mariners (NTM) 22/13. This book contains a complete copy of the

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Inland and International Navigation Rules as presented by the United States Coast Guard. The Coast Guard requires that an up-to-date copy such as this one be carried on all vessels 12 meters (39 feet) or more in length at all times. In addition to a complete copy of the USCG edition (COMDTINST M16672.2D), Paradise Cay Publications has added the following features to make our book more useful and comprehensive. 1) We have created an Annotated Contents. This added feature will help guide the reader to a desired rule. The topic of each subsection of the rules has been noted for quick reference along with the page numbers for Inland and International Rules. 2) We have updated this edition for corrections presented in Notice to Mariners up through November 15, 2004. 3) We have included detailed instructions on how to log on to the NGA (National Geospatial-Intelligence Agency, formerly NIMA) website and update this Rules Publication.

### **The Annapolis Book of Seamanship**

Offers advice on sailing skills, safety equipment, the mechanical operation of the boat, navigation, emergency procedures, troubleshooting, and marine etiquette.

### **The Sailing Bible**

Adam goes sailing with his cousin Beth, who teaches him about sailboats and how to handle them, safety at sea, and other things sailors need to know, just in time for him to put his knowledge to good use when a

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storm comes up

## **Elvstrøm Explains the Racing Rules**

Co-published with McGraw-Hill Education.

## **Sailing Fundamentals**

In a book that is sure to become a classic, internationally respected boatbuilder, yacht manager, and delivery skipper Bill Seifert shares his hard-won solutions to a host of boat design, construction, and equipment issues and seamanship dilemmas. Unlike other books on the subject, *Offshore Sailing* doesn't just tell readers what to do for safe and comfortable passage making; it shows them how to do it with clear, step-by-step instructions and nearly 200 detailed drawings and photographs.

## **Swimming and Water Safety**

Wind, waves, weather, and water demand the practiced art of seamanship "Planning and reacting to the unanticipated are the flip sides of seamanship. This blending of pre-voyage preparedness with effective on-the-water response is learned rather than inherent--together they define the art of seamanship." -- Author RALPH NARANJO Each time a sailboat casts off its docklines the sailor enters a marine realm that demands knowledge, preparedness, vigilance, and coolheadedness--these qualities are the foundation of good seamanship. Both an art as well as a science, seamanship is also the mastery of numerous practical

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details, from the best choice of line for a jib sheet to an accurate assessment of the passage of a deep low-pressure system. Around-the-world sailor Ralph Naranjo--technical expert, ocean racer, former Vanderstar Chair at the U.S. Naval Academy--delivers a priceless reference for anything that comes up while on the water, sharing all the knowledge today's sailors need to "hand, reef, and steer"--an enduring reference to the collective skills of the bluewater sailor. Naranjo's vast knowledge is supported by real-life examples of sailing mishaps, sample itineraries, vibrant photos, as well as first-hand accounts and sidebars from top sailors and marine experts, including Shelia McCurdy, Chuck Hawley, Lee Chesneau, and Paul Miller, N.A. Seamanship is a dynamic art, demanding full attention from the sailor amidst a constant flow of information and knowledge. The Art of Seamanship will improve your problem-solving skills, whether daysailing around the harbor or voyaging around the world. You'll learn: The attributes of a good skipper and crew—including physical and mental agility, effective communication, and knowledge-based decision making Fine-tuning your voyaging with the seaworthiness of your boat and the capability of your crew in mind Using weather information and routing resources to lower risks and raise rewards Developing advanced boat-handling skills—including heaving-to, towing a drogue, reefing, setting storm sails, and kedging Lines, line handling, and rigging--making sure the right strings are attached, including an in-depth look at modern rope construction Anchoring--the art of staying put--with a realistic look at tackle from lunch hooks to storm anchors Sails, modern sail material, sail trim, sail

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handling, and hardware, from hanked-on headsails to the latest top-down furlers Navigating in the satellite age, including paper and digital chartplotting, how to best use the new equipment, plus understanding the role of celestial navigation as a fail-safe Sailboat design and dynamics, including the role of vessel structure and stability and a look at what your current boat has to offer and what to look for in a new boat Sharing crowded waters and understanding the reasons behind the "rules of the road" How to be ready for any emergency, including fire, crew overboard, a flooding bilge, or the need to abandon ship Establishing reliable communication, including VHF, AIS, SSB, satellite phones, and beacon signaling (EPIRBS, PLBS)

### **Sailing Solo**

The Sailing Bible is the complete, hands-on manual packed with detailed step-by-step diagrams, lively action photos, and helpful advice on getting the most out of your sailing at whatever level. Whether you are a dinghy or yacht sailor just learning the basics or wanting tips on sailing with the best, this is the book that will give you all the answers you are looking for. It's all in here!

- What type of dinghy or yacht?
- Cruising and racing
- Launching, helming and capsizing
- Mastering the trapeze
- Sailing with a spinnaker
- Managing a crew
- Reading the weather
- Racing techniques and tactics
- Buoyage, tides, charts and navigation
- Anchoring and marina berthing
- Knots, ropes and flags
- Boat etiquette and seamanship
- Rules of the road, safety and

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emergencies -Boat maintenance and repair and much more This second edition has been revised throughout and brought completely up-to-date, including new techniques and new approaches to navigation, first aid and berthing. 'It's a beautifully designed book, with glossy photos, diagrams and clear text, and a great read whether you're just starting out or looking to improve your skills' Practical Boat Owner 'Lavishly illustrated, sharp photography a first-class introductory text' Yachting Monthly

### **Safety at Sea**

Within these pages is a program for student certification and an extensive educational and training program for instructors themselves. It is one of the most highly developed and effective national training systems in the world. This book, in conjunction with qualified instruction places the emphasis on getting on the water quickly and learning windsurfing skills 'by doing'. This will make you learning experience more exciting and immediately satisfying.

### **Start Powerboating Right**

Learn how to handle a cruising sailboat in as little as seven days—even if you've never sailed before! Who says you have to be an experienced daysailor before you can think about cruising? Steve and Doris Colgate know that most of us don't have that kind of time. At the Offshore Sailing School, the Colgates have helped more than 100,000 adults—three-quarters of whom

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started as beginning sailors or complete newcomers--take the helm of a midsize cruising sailboat. Now Fast Track to Cruising offers these proven instructional methods to all aspiring sailors with big dreams and little time. This is the very first guide that teaches sailing and cruising together, taking you from your first sail to independent cruising in one leap. You can make that leap in as little as seven days—as in the Colgates' "Fast Track to Cruising" course—or you can get there at a more leisurely pace. Either way, no other book will take you from your first tacking or docking maneuver to a mastery of navigation and diesel engines as efficiently as this one. "America's most experienced sailing instructors present a thorough and easy to understand look at cruising. Leisure time is precious. Safety is paramount. The Colgates will help you maximize your time on the water."--Gary Jobson, ESPN's lead sailing analyst and editor at large for Cruising World and Sailing World "Doris and Steve Colgate understand that people want to reach their sailing goals as quickly as possible and they've built the excellent Fast Track program to accomplish it."--Bernadette Bernon, former editorial director of Cruising World magazine "Together Steve and Doris Colgate have been teaching beginners to sail for over half a century. In Fast Track to Cruising they have included every concept and procedure you need to get yourself from a want-to-be sailor to one who is knowledgeable and competent to take the helm--with confidence and a smile."--Charles Mason, Executive Editor, SAIL magazine

## **Sailing and Seamanship**

The official learn-to-sail manual of the American Sailing Association and the United States Coast Guard Auxiliary, with over 150 line drawings and photographs. Written by America's foremost instructional authority, the new edition of Sailing Fundamentals combines the training programs of the American Sailing Association and the United States Coast Guard Auxiliary. The official learn-to-sail manual of the American Sailing Association, it is also used in the programs of many yacht clubs, colleges, and sailing groups. Unlike most introductory sailing books, which reflect the biases and idiosyncrasies of their authors, Sailing Fundamentals has been extensively pretested by ASA professional instructors to ensure that it offers the fastest, easiest, most systematic way to learn basic sailing and basic coastal cruising. This book covers every aspect of beginning sailing—from hoisting sail to docking and anchoring—and specifically prepares the learner to qualify for sailing certification according to international standards. Widely acclaimed author Gary Jobson has won several major races, including the 1977 America's Cup victory as tactician aboard Courageous. He was head sailing coach at the US Naval Academy, and has conducted sailing clinics across the country.

## **Fundamentals of Sailing, Cruising, and Racing**

"Happy Hooking - The Art of Anchoring" is a very readable book on boat anchoring. It is loaded with

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valuable information on anchoring tackle, anchoring technique, tying up and rafting, anchoring etiquette, as well as the occasional anecdote - simply stated a must have for any boater or sailor The second expanded edition of "Happy Hooking - the Art of Anchoring" features: More gear More photos More illustrations More independent reviews Experience from both sides of the Atlantic Personal anecdotes based on many thousands of miles of sailing and countless times anchoring Unless you are far offshore, at some point or another you are going to need to 'park' your boat. Just like knowing how to stop your car before you start is perhaps the most important part of driving, we feel that anchoring is perhaps the most important skill you can and should acquire in boating. Anchoring a boat can be a lovely dance in a harbor, or a painful and often embarrassing display of Homo sapiens' inability to plan or communicate. We will endeavor to help you find a combination of tackle and technique best suited for your circumstances when anchoring your vessel. By outlining how different anchors work, the pluses and minuses of different adjunctive pieces of equipment, the current thinking about how to deploy this equipment, and how to select an anchorage, we hope you will be armed with enough information to make some informed decisions about what might work best for you. If you could take only one piece of advice from these pages with you on your travels, perhaps you will remember what Tommy Moran, an old salt in the West of Ireland, advised time and again: "Anchor as though you plan to stay for weeks, even if you intend to leave in an hour." "Happy Hooking " EDITORIAL REVIEWS: Ocean Cruising Club "The definitive

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textbook on the subject." Cruising Club of America ""Happy Hooking" is well organized, well illustrated, and easy to read. It should be mandatory reading for novice sailors and charter operators would do well to place copies throughout their fleet. This would be an excellent gift to up-and-coming boaters." Captain John Jamieson, Author of Skipper Tips and Seamanship Secrets "The single most important guide to anchoring for the modern sailor of the 21st century. Easy to read and filled with super clear illustrations and drawings. Add "Happy Hooking-The Art of Anchoring" to your onboard list of "must have guides" for safe anchoring-whenever in the world you choose to cruise " SailWorld.com "Might be compulsory reading for the new sailor. Even the most experienced will find much new material here." Latitudes & Attitudes Seafaring "This is the bible for all things anchoring." Irish Cruising Club "It is hard to imagine a more comprehensive study of the topic. This is a remarkably easy book to read."

## Catamarans

'This book is a must-have for any serious racing sailor' – Sir Ben Ainslie, four-time Olympic gold winning sailor Paul Elvstrom is arguably the greatest Olympic sailor of all time. Proving that understanding the rules is crucial to winning, he devised this unique approach to explaining them using bird's-eye diagrams. His detailed explanations are applied to myriad racing situations, each cross-referenced to relevant case studies provided by World Sailing (formerly ISAF). Included with the book are a set of plastic boats, for

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use during protest hearings. They are transparent but coloured differently so can also be used with an overhead projector. This edition is completely revised to cover the new rules issued for 2021-24. It includes the full text of the latest rules, with a handy quick-reference guide highlighting the latest changes. There is also a confidence-building section on how to present your case in a protest, and the back cover shows the signal flags for instant easy reference on the race course. Long established as the most accessible and most trusted guide to the racing rules, Paul Elvstrom Explains is a must-have. Whether racing in a dinghy, keelboat or large yacht, it is the perfect pocket reference for those who want to win.

### **Boater 101**

Based on the sailing program of the U.S. Naval Academy, offers detailed instructions for all levels of experience on developing and maintaining effective sailing skills, in an edition that includes updates on equipment and safety.

### **Happy Hooking - The Art of Anchoring**

"The deadliest storm in the history of modern sailing"--Cover.

### **Corinthian Resolve**

Bernard Moitessier is a writer and one of France's most famous sailors.

## **The Annapolis Book of Seamanship**

### **The Complete Sailing Manual, 4th Edition**

This book, based on 13 years of research and personal experience, is the bible of boating with babies and children. Immensely practical and highly entertaining, it contains a wealth of information on every aspect of the business, including: Introducing children to sailing, ideas to keep them from being bored on board, and tips for turning a mutineer into a midshipman Safety and suitability of different types of yacht; features to look for and those to avoid Dinghies suitable for use as both tender and sailing craft Personal safety and an in depth look at different types of children's lifejackets Ideas to help you cope with seasickness, or even avoid it altogether Absolutely everything you need to know about sailing or cruising with a baby Ocean cruising with kids, including home education.

### **First Sail**

Sailing Made Easy is the first step in a voyage that will last you the rest of your life. It is a gift from a group of dedicated sailing professionals who have committed their lives to sharing their art, their skill, and their passion for this wonderful activity. This book, which Sailing Magazine called "best in class" upon its release in 2010, is the most comprehensive education and boating safety learn-to-sail guide to date. It is also the official textbook for the ASA Basic Keelboat

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Standard (ASA 101). Incorporated in the textbook are useful illustrations and exceptional photographs of complex sailing concepts. The text's most distinguishing feature is its user friendly "spreads" in which instructional topics are self-contained on opposing pages throughout the book. There are also chapter end quizzes and a glossary to help those new to sailing to navigate their way through the extensive nautical terminology.

### **Fast Track to Sailing**

A lavish, full-color chronicle of the most grueling single-handed yacht races in the world Ever since Joshua Slocum circumnavigated the globe in 1895-98, sailors have dreamed of taking to the high seas alone. Many have devoted their lives to the dream; some have given their lives. With gorgeous, full-color photography and dramatic prose, *Sailing Solo* pays homage to the world's greatest sailors as it explores every major single-handed race, from the pioneering Ostar to the grueling Figaro, to the ultimate of all solo competitions, the Vendee Globe, in which sailors surf down 40-foot waves at speeds in excess of 20 knots, thousands of miles from any help. Single-handed racing has never been more popular. As many as 200,000 people braved winter weather to witness Ellen Macarthur's completion of the Vendee Globe in 2001. The author, a veteran single hander, traces the history of each race, introducing the skippers and the incredible boats they fly solo--offering readers a unique and awe inspiring glimpse into what makes sailors tackle that ultimate of all challenges: sailing

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alone.

### **How to Sail with Dogs**

Offers information based on the sailing program of the U.S. Naval Academy, giving detailed instructions for all levels of experience on developing and maintaining effective sailing skills

### **Start Windsurfing Right!**

Surveys the latest developments in safety systems, marine electronics, radar, and communications, and includes information on tides, and currents, weather, and navigation.

### **The Annapolis Book of Seamanship: Third Edition**

### **Learn to Sail**

A fun, informative way to learn about boating safety and environmental awareness, the Boater101 course, which includes this book, is approved by the National Association of State Boating Law Administrators and recognized by the U.S. Coast Guard as acceptable to the Recreational Boating Safety Program. Included are expert information from Marine University on boating safety and terminology, boat designs and classifications, boat motors, water activities, registration/numbering/documentation, boating required/recommended safety equipment, trailering,

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pre-departure preparation, U.S. aids to navigation, navigation tips, lines and knots, safety issues, weather, tides, rules of the "road," anchoring, docking/mooring, boating under the influence, aquatic nuisance species, disposal of toxic substances, proper garbage/waste disposal, state regulations, glossary, index, and boat operations checklist, float plan and pre-departure checklist.

### **The Art of Seamanship**

Hop aboard for a wild sail across the oceans of the world with John Jourdane. This book chronicles 45 years of John's life sailing with oceans of the world. Travel from sailing sabots in California to sailing with Kings in Europe; from sailing the trade winds of Hawaii and Tahiti to racing around the world in the icy Roaring Forties near Antarctica; from cruising the beautiful atolls of Micronesia to visiting the wild game parks of South Africa. John is one of the world's most experienced offshore sailors, having sailed over 300,000 miles. He has crossed the Pacific Ocean 47 times, the Atlantic 12 times, and has circumnavigated the world 3 times, including 2 Whitbread Round the World Races. If you have an ounce of saltwater in your blood, you will love this book.

### **Cruising Fundamentals**

Through our exhaustive research and real-life experiences sailing the world with two beagles, we share 100 tips about how to plan, prepare, and potty train for fun, safe sailing with your four-legged crew

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members. Learn about traveling with pets by air and by sea, potty training and exercising on board, first aid at sea, establishing routines, and keeping your pet SAFE! We also cover detailed customs requirements for U.S.- and European-based dogs entering into dozens of countries in Europe, Northwest Africa, Atlantic South America, the Caribbean, and North America. Chapters include: - Pet-Friendly Boats - Traveling with Dogs by Air - Traveling with Dogs by Sea - First Aid for Dogs at Sea - Safety at Sea - Potty Training on Board - Establishing Routines - When the Destination is not Dog Friendly - Surviving Extreme Temperatures (Staying Warm/Keeping Cool) - The Downside and the Upside of Sailing with Pets - Bonus: How to Sail with Dogs Survival Kit - General Guidelines and Requirements by Country

### **Kids in the Cockpit**

### **Sailing a Serious Ocean: Sailboats, Storms, Stories and Lessons Learned from 30 Years at Sea**

The learn-to-sail book for when you are in a hurry to gain your sea legs At the Offshore Sailing School, the Colgates have taught more than 100,000 adults how to sail. Now they are making their proven instructional methods available to you so you can fulfill your sailing dreams in little time. Though designed around three days of intensive instruction, the book adapts easily to any learning pace. You can master the fundamentals in three days--or over a summer of

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leisurely sailing.

## **Sailing with Scoundrels and Kings**

The modern cruising catamaran has arrived. The arguments are over and the verdict is in--cruising catamarans comprise a rapidly growing percentage of the cruising fleet worldwide. Their advantages of space, stability, speed, and handling under power are truly compelling, and modern cats are every bit as reliable as monohulls. This long overdue, in-depth guide will help you choose and cruise the right catamaran for your needs. "An authoritative guide for novices and experienced sailors; the best book written on the subjects since the early 1990s."--"Trimaran" Jim Brown, renowned multihull designer "In Catamarans, Gregor Tarjan shares his enthusiasm for yachts with two hulls, based on years of sailing all types. An excellent introduction."--Dick Newick, legendary catamaran and trimaran designer "If you are contemplating spending hundreds of thousands of dollars on a cruising catamaran, the small price of this book is probably the best investment you could possibly start with."--from the Foreword by Charles K. Chiodi, publisher of Multihulls Magazine

## **Chapman Piloting and Seamanship 68th Edition**

### **6 Case Histories**

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This self-paced independent study guide is for those interested in safe, legal boating. It includes navigational and safe operating rules, boat equipment and safety devices, emergency equipment and procedures, personal limitations and responsibilities, boating laws, and regulations and licenses.

### **Sailing Made Easy**

### **Understanding the Racing Rules of Sailing Through 2024**

Completely revised and updated to address changes in technology, this new edition is the definitive guide to the art and science of sailing. Since the publication of the widely hailed first edition in 1983, *The Annapolis Book of Seamanship* has set the standard by which other books on sailing are measured. Used throughout America as a textbook in sailing schools and Power Squadrons, *The Annapolis Book of Seamanship* thoroughly and clearly covers the fundamental and advanced skills of modern sailing. This edition of *Annapolis* is a major overhaul. Over half the book has been revised; old topics and features have been updated, and many new ones have been introduced. The design has been modernized, and many color illustrations have been added. As big and detailed as *Annapolis* is, the wealth of technical information (including dozens of step-by-step instructions) is presented here in a way that is uniquely readable; it's both useful and easy to use. This is because John Rousmaniere and artist Mark

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Smith bring to Annapolis decades of experience both as sailors and as professional communicators.

Annapolis emphasizes the standard skills and proven methods that eliminate error and confusion, ensure security in emergencies, and allow every sailor more time for enjoyment on the water. Much has changed on the water since 1983 when this book was originally published. Black buoys are now green, the Global Positioning Satellite navigation system (GPS) is almost universally used, new types of anchors and sails have appeared, safety skills and gear are vastly improved, many more women are commanding boats, and catamarans and trimarans are common where only monohulls used to sail. But for all these modern developments, the basic skills and spirit of sailing have not changed at all. Sail trimming, keeping up steerageway, maintaining the dead reckoning plot, heaving-to -- these fundamentals are as important now as ever and receive much attention here. Among the innovations in this edition are: \* Basic skills in early chapters: Fundamental sailing and boat-handling skills and gear, which are introduced in chapters 1, 2, and 3. \* "Hands On" segments: Three dozen special sections, each devoted to a particular seamanship problem and an expert solution. \* More how-to tips: Additional rules of thumb that guide a crew quickly and successfully through seamanship problems. \* New coverage of multihulls: Advice on evaluating, anchoring, and handling catamarans and trimarans under sail (including in storms). \* More on emergencies: New material on emergencies, safety, and heavy-weather sailing, including a section on preparing a docked boat for a hurricane. \* Equipment updates: Expanded coverage of the use and care of

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modern gear and hardware, including radar, GPS, rescue devices, and asymmetrical spinnakers. \*

Terminology: Full definition and illustration of major terms when they're first introduced, with alternative language provided in parentheses. \* Gender: The use of feminine personal pronouns, which reflect the fact that more women are captaining and sailing boats than ever before. From navigation and seamanship to boat and gear maintenance, from pleasure cruising to heavy-weather sailing, here is the definitive, state-of-the-art guide that provides systematic step-by-step techniques to see you through every situation on deck and in the cockpit.

### **Small Boat Sailing Instructor Guide**

#### **Sailing to the Reefs**

This 220-page book was written to accompany US Sailing's Safety at Sea course, which shares best practices with both aspiring and experienced offshore sailors.

#### **Fast Track to Cruising**

An essential reference book for sailing enthusiasts, now in its fourth edition with a foreword by quadruple Olympic gold medalist Ben Ainslie. Learn the basics of sailing, master navigation, and maintain your boat with *The Complete Sailing Manual*, written by instructor and former British national champion Steve Sleight. This authoritative text has clear, annotated

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diagrams and photographs that answer questions about any sailing situation with thorough coverage of all aspects of sailing and boat ownership. Look up how to rig a dinghy, tie basic knots, or save someone who fell overboard. Revised and updated to include the latest developments in equipment, safety, and activities, including foiling, long-distance cruising, and high-speed, apparent wind-sailing, and newest technology such as modern performance systems and electronic navigation. All rules, regulations, and best practices are also up to date. From the novice to the experienced sailor, *The Complete Sailing Manual* is the perfect book for anyone interested in sailing.

### **Navigation Rules**

Discusses the history and techniques of swimming and diving, safety rescue techniques, and skills for a variety of aquatic activities.

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