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Sailing

# *Safety Equipment Requirements Us Sailing*

*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*

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*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*

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*sailing coach at the US Naval Academy, and has conducted sailing clinics across the country. Once you have spent time under sail, you will notice that people on sailboats tend to wave at each other. 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*

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*prepared, life under the sail is more enjoyable.*

*Chapman is the foundation reference for all boaters and sailors with essential information on boat handling and seamanship skills on coast and inland waters. With three million copies sold, Chapman Piloting & Seamanship is the one comprehensive resource boaters at all levels of experience trust for everything they need to know to set out on the water. It addresses the best traditions of seamanship with cutting-edge practices, gear, and technology. Along with 1500 color photos, charts and drawings, this edition includes:*

- Navigating by day or night in any weather*
- Trailerboating*
- Getting underway*

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*or returning to a marina or mooring under power or sail • Anchoring and weighing anchor • Operating a gas or diesel engine—inboard, outboard, or sterndrive • Using radar and communicating by radio • Sharing the water with other boats • Handling lines and making them fast • Reading the weather and keeping your crew safe with the latest advice on safety equipment*

*The 4,200-entry index makes it easy to quickly access any topic, and the glossary and source information directs the reader to vital information on weather, tides, and aids to navigation. Used and recommended by the U.S. Coast Guard Auxiliary, the U.S. Power Squadrons, and other boating*

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*educators, Chapman is today—and has been for more than a century—the boating book of record.*

*The National Standard for Quality Sailing Instruction*

*International - Inland*

*Learn Sailing Right!*

*Memoir of a Sailor's Voyage in a Bygone Era*

*An Entry-Level Training Manual for Race Committees*

*Fast Track to Cruising*

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-

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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 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

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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



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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

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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 handling, and hardware, from hanked-on headsails to the latest top-down

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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

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communication, including VHF, AIS, SSB, satellite phones, and beacon signaling (EPIRBS, PLBS)

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

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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 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

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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

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

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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

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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 Art of Seamanship

How to Sail with Dogs

The Annapolis Book of  
Seamanship

Basic Keelboat

North U Match Racing Playbook

The Complete Sailor, Second  
Edition

**This, the second edition of A  
Guide to Planning and  
Cruising the Great Circle  
Route Around the Eastern**



**USA, documents a motor yacht "cruise of a lifetime," the 5,400-mile circumnavigation of the Eastern United States. Author Bick Remmey refers to this voyage as the longest one-way inland cruise possible in the US. Bick shares the details of his 5 years of planning and 18 weeks of journeying with his wife aboard their 36-foot aft-cabin motor yacht Nittany Navy. The cruise took Bick and Jeri through several of the Great Lakes, down the Mississippi, across the Gulf of Mexico, up the coast of Florida, north through the Intercoastal Waterway, up the**

**Jersey Shore, and finally back to home port in Avalon, New Jersey. Bicks experiences provide invaluable planning and cruising information for anyone considering this voyage."Bick's book contains considerable information for anyone planning this trip. Each leg of the cruise is detailed, along with information about facilities and attractions, and what charts are necessary." Stan Osowski, The Trenton Times**  
**Written to complement the ASA's teaching methods, Cruising Fundamentals addresses small-boat**

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**daysailors who wish to move on to overnight cruising in a larger boat-one more than 27 feet long. The book leads the reader through five progressively more advanced levels of boat handling, each divided into sections covering knowledge and techniques that can be learned ashore and those best learned underway. A chapter called "Sailing the Cruising Yacht, " for example, presents important information on readying the boat for sail, VHF radio protocol, and right-of-way rules before examining such topics as heaving-to and**

**steering a compass course. This effective and logical progression makes the book a great learning tool not just for those graduating from smaller to larger sailboats or from daysailing to cruising, but for inactive sailors needing a refresher and for anyone planning bareboat charter. The volume includes material on all aspects of piloting, maneuvering under power, managing the galley, diesel maintenance, passagemaking, and anchoring. Presents simple, systematic explanations of basic seamanship, navigational**

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**techniques, and competitive tactics, and describes crew duties in racing and cruising situations**

**Desirable and Undesirable Characteristics of Offshore Yachts**

**Race Management Handbook**

**Sailing Fundamentals**

**Learn to Sail**

**Shaped by Wind & Wave:**

**Musings of a Boat Designer**

**Understanding the Racing**

**Rules of Sailing Through 2024**

***Would you have sailed a 30-foot sailboat to the South Pacific before GPS navigation and accessible ocean weather forecasts existed? In 1976,***

***after graduating from Harvard College, Mike Jacker embarked on a year-long voyage aboard Rhiannon with two friends named Louis and Clark. The three Midwestern boys had never experienced ocean sailing. Mike's captivating narrative takes you along on his remarkable adventures at sea and on land. This compelling memoir, told with the benefit of four decades of hindsight, portrays an engaging voyage of personal discovery that depended on thoughtful planning, resourcefulness, and good luck. Mike***

***evocatively conveys his awe of the open ocean while authentically chronicling the vicissitudes of small boat cruising during a simpler era. Sail aboard Rhiannon to: Gulf of Mexico during hurricane season. Isla Mujeres and Cozumel, Mexico. Belize . Panama Canal Zone. Galapagos . Marquesas. Tuamotus. Society Islands. Cook Islands. Hawaii Readers of Taken by the Wind will relive the crew's transformation from nervous uncertainty to quiet confidence as the boys gradually prove their untested***

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***celestial navigation skills and self-sufficiency. Taken by the Wind features:· Color photos· Hand-drawn maps· An extensive Glossary ·***

***Informative Appendices Mike's sailing narrative is recounted in a straightforward readable prose. This book is suitable for sailors and non-sailors of all ages who dream of a sailing adventure to the South***

***Pacific. EXPERIENCE THIS ONCE-IN-A-LIFETIME***

***JOURNEY AND ESCAPE ABOARD RHIANNON WITH MIKE TO A BYGONE ERA.***

***Whether out for an afternoon's sail or embarking on a long***



***offshore passage, there is always an element of chance and uncertainty about being at sea. To be responsible for the wellbeing of both crew and vessel, a good skipper needs to know their limitations and ensure they are operating well within the margins of safety. Safe Skipper is a practical and thought provoking guide for yacht skippers of all levels of experience, full of invaluable advice and tips on how to reduce to the minimum the risks of mishaps and equipment failure at sea. There's a wide range of information on seamanship,***

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***preparation, seaworthiness, gear, boat handling, leadership, teamwork, watch keeping, communications, navigation, weather and emergency procedures, all delivered in a highly practical, lively, non-preachy fashion. Included throughout are useful checklists, box-outs and case studies of accidents and their causes, with survivors' testimonials and explanations of how disasters were avoided, or could have been, all of which provides valuable lessons for everyone who goes to sea.***

***This eBook is a collection of***

***random writings by a boat designer explaining boat design in layman's terms, explanations of various boatbuilding methods, how to loft the lines of a boat, effects of decisions made about hull shape, how to turn the hull over and many other boating subjects that you will not find in other books about boat design. It includes a chapter on recommendations for sailing around the Cape of Good Hope as well as one recording the only circumnavigation ever done in an open boat.***

***Join the Race Committee***

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**Team!**

***The Complete Guide for All  
Sailors from Novice to  
Experienced Skipper 2nd  
edition***

***The Complete Sailing Manual  
The Racing Rules of Sailing  
for 2021-2024***

***Fourth Edition***

***Chapman Piloting &  
Seamanship 69th Edition***

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.

This is not just an

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instructional  
book---it's an insight  
into a sailor's approach  
to the sea, boats, and  
the ever-changing  
dynamic of wind on the  
water "A learn-to-sail  
book with  
heart."--WoodenBoat "A  
real winner...a  
masterful blend of  
straightforward text  
with delightful and  
instructive  
illustrations. Quite  
simply a great primer on  
sailing and the world of  
boats for readers of all  
ages."--Cruising World

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"Teaches sailing with flair and poetry."--SAIL

"A great walk-through for the novice, both entertaining and thorough."--Sailing

"Sits in a class by itself. Elegantly simple, encyclopedic in scope, and a delightful reference for any novice—with lots to offer intermediate sailors,

too."--Kalamazoo Gazette  
If you never sailed, sailed once, or have sailed for a lifetime, this book is perfect for

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beginners but deep enough content for those interested in going beyond basics. Revised and expanded to include racing and GPS navigation, The Complete Sailor is not just a how-to sail book, but a book that teaches you how to become a sailor. Inside you'll find: An all-in-one, comprehensive introduction to sailing Up-to-date information on techniques and approaches offered by the changing nature of the sport Exquisite pen-

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and-ink illustrations

Topics include: Wind Sense; Working Winds; Getting Underway; The Boat; Rigging; Sails; Under Power; Rules of the Road; Anchoring; Ropework; Marlinspike Seamanship; Emergencies; Sea and Sky; Navigation; Racing; Trailering

This series is about sailing faster and smarter and with greater confidence. Where sailing is simplified for beginners as they learn fundamental skills and concepts,



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intermediate sailors are ready for deeper explanations and some of the details behind how a sailboat works.

How to Go from Novice to Cruise-Ready in Seven Days

Federal Requirements for Recreational Boats

A Guide to Planning and Cruising Around the Eastern USA

Swimming and Water Safety

A practical guide to managing risk at sea

Liquid Fuel Systems

Sailing Made Easy is the first step in

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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 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-

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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.

This practical guide to offshore sailing will appeal to all those sailors who have honed their skills as day sailors, racers and coastal sailors and who are now planning to go further and become bluewater sailors. Who doesn't dream of sailing to the Caribbean or the San Juan Islands, making landfall in Bermuda or Tahiti, crossing the Atlantic and exploring the Med, or even circumnavigating the globe? Ed Mapes, a USCG certified Master Mariner, sailing instructor and

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delivery skipper, has distilled his years of sailing and sail training experience in this book. From his many seminars at boat shows and training cruises he knows not only what the basics are but also what questions are most frequently asked. Here, he takes us from practical and psychological preparation to equipping your boat, navigation skills, heavy weather and eventually landfall. In addition, he covers dozens of other topics such as the safety and education of children aboard, how to deal with medical problems and what to expect when the Coast Guard boards your vessel. By taking you further offshore with skill and confidence this book will get you closer to the bluewater

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cruise of a lifetime.

The only sailing manual you will ever need, covering everything from sailing basics to making repairs and mastering navigation. The undisputed market leader in sailing guides, this fully revised and updated sailing manual, with a foreword by quadruple Olympic gold medallist Sir Ben Ainslie, answers questions about any sailing situation, with thorough coverage of all aspects of sailing and boat ownership. In DK's *The Complete Sailing Manual*, former British national champion Steve Sleight offers a wealth of expert advice and guidance in the form of a complete course on seamanship, which is brought to life with breathtaking action

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photography and clear instructions. Fully revised, this new edition features all of the latest developments in sailing--including foiling, long-distance cruising, and high-speed apparent-wind sailing--and navigation, with technology such as modern performance systems and electronic navigation. It also highlights the latest rules, regulations, and best practices necessary for every avid sailor, from the novice to the seasoned seaperson. Includes essential information, handy diagrams, and step-by-step illustrations, The Complete Sailing Manual is the ultimate sailing ebook to keep by your side when you're out on the waves.

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Safety at Sea

A Guide to Safety Under Sail and  
Personal Survival

Junior Big Boat Program Guide

100 Tips for a Pet-Friendly Voyage  
(B/W Paperback)

Understanding the Racing Rules of  
Sailing

Chapman Piloting & Seamanship

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

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

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



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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

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

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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

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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

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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

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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 modern

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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

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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.

Sailing Made Easy  
Boating Skills and  
Seamanship

The Sailing Bible

Safe Skipper

Navigation Rules

Safe Boating Guide

The learn-to-sail book for when



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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 leisurely sailing.

Understanding the Racing Rules  
of Sailing  
Sailing  
Fundamentals  
Simon and  
Schuster

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Through 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 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.

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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 Countr  
Taken by the Wind  
Fundamentals of Sailing, Cruising, and Racing

Intermediate Sailing

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Safety, Rescue and Support  
Boat Handling

The Official Manual For The ASA  
Basic Keelboat Sailing Course  
(ASA 101)

**The Junior Big Boat Program Guide provides you with all the resources (except for the boat) to run the US Sailing's Junior Big Boat Sailing program at your own location. The Guide provides a step-by-step blueprint for setting up the program, eight (8) lesson plans, an "owners checklist" and a copy of the U.S. Coast Guard exemption which allows for Level 1 Instructors to facilitate the program without creating a "for hire" situation. The Guide also includes the Cue Cards which provide a positional guide for**

**the sailors involved in the program.  
The Guide also pairs with Basic  
Keelboat.**

**Surveys trends in yacht design,  
discusses safety, modern  
construction techniques, spars,  
rigging, sails, and auxiliary  
equipment, and describes five good  
boats.**

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

**Fast Track to Sailing  
Performance Sailing and Racing  
Start Powerboating Right  
Learn to Sail in Three Days  
Cruising Fundamentals  
Further Offshore**

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**From a racing master, all the knowledge you need to make your boat go faster and safer in any condition In Performance Sailing and Racing, Steve Colgate explains how to improve your sailing and push your boat to higher but safer speeds. He shows you how get your boat to perform as it was designed--with grace and an ease of motion--and to sail at a fast speed that can get you out of situations more quickly and arrive at your destination sooner. Used as one of the text books at the many branches of the Colgate Sailing School, Performance Sailing and Racing will help you get started in racing and improve as you learn. Even veteran sailors will pick up some new tips and tricks to becoming a successful racer. End-**

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**of-chapter quizzes reinforce what you learn so you can use your knowledge confidently on the water. Sail faster and smarter: Get the picture with clear, colorful photos and graphics Master vital topics relating to boat speed--sail trim, sheet lead angles, steering differences in light and heavy air Learn even those daunting topics, including using a spinnaker and understanding polar diagrams With this master teacher's wisdom on all the factors that make your boat sail better, you'll win the next race or just blow past the other boats in the outer harbor.**

**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**

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**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 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**



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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

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**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**  
**Evolving Skills, Exploring Oceans, and Handling Wind, Waves, and Weather**  
**A Practical Guide for Sailors**  
**The Great Circle Route**