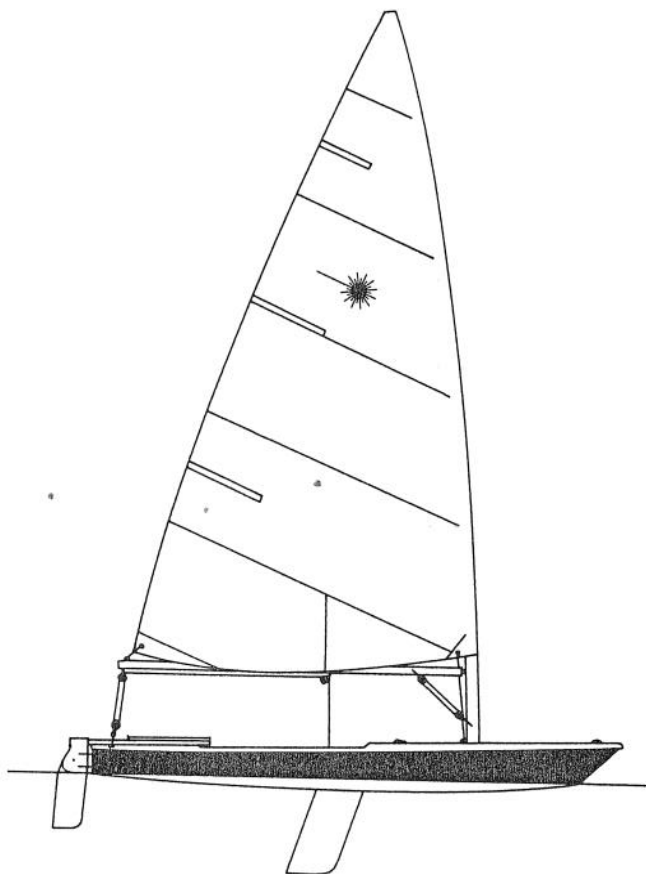




7-11. The Laser.

it is temporarily jammed in a cam-action jam cleat in such a way that the sheet may be released instantly with an upward pull. The skipper should always hold the helm in one hand. This leaves only one hand for tending the sheet, and it becomes awkward when it is necessary to trim the mainsail in very much. It is sometimes necessary for the skipper to hold the sheet in his teeth while he slides his hand up the rope for a higher grip when pulling in the sail. In a fresh breeze it is often necessary for the crew to help with this operation. The helmsman's hands should usually be in constant motion slacking or trimming the mainsheet and/or moving the tiller to weave the smoothest course through the waves and to respond to puffs or lulls. When the boat is beating in a moderate breeze, the tiller should not be jammed over violently, but it should be moved quite rapidly. In light airs, of course, a slower, smoother tiller action is used.

Planing in a small dinghy is an exhilarating experience. This is when the boat lifts up and breaks away from her speed-retarding wave system. Requirements for planing are a strong breeze and a light displacement hull having a flat run aft. Following seas are extremely helpful. A plane is usually attained most easily when sailing between a broad and a beam reach. To get on a plane the helmsman

