

# POINTS OF SAILING

The direction in which a boat is being sailed is often described in relation to its angle to the wind. Collectively, these angles are known as the "points of sailing". When you change from one point of sailing to another, the sails, the centreboard, and the position of the crew all need to be adjusted to suit the new angle of the boat in relation to the wind.

## SAILING COURSES

Various terms and phrases are used to clarify the direction and type of sailing course that you are on and to describe exactly what the boat is doing in relation to the wind.

**LUFFING AND BEARING AWAY**  
If you turn the boat towards the wind you are luffing (or luffing up), if you turn away from it you are bearing away.

**UPWIND AND OFFWIND**  
All courses that are closer to the wind (heading more directly into it) than a beam reach are called upwind courses. Those further away from the wind than a beam reach are known as offwind, or downwind, courses.

**PORT AND STARBOARD TACK**  
The boom's position is used to describe which tack you are on. If it is over the port side of the boat you are on starboard tack. If it is over the starboard side you are on port tack. Even on a dead run with the wind directly astern you are still on one tack or the other, depending on which side your boom is on.

