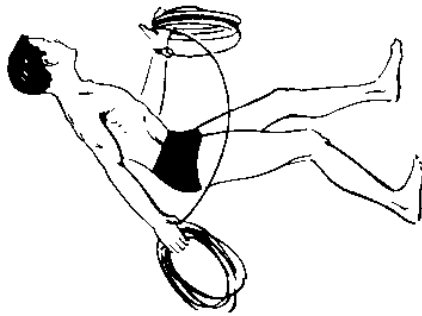


let the line go toward your target. If it's a long distance, the line held loosely in the other hand will follow the first part in the same direction. Don't let go of the end.

To *belay* a line is to stop it from running out by wrapping it around a cleat or other stationary point.

To *belay* a line on a cleat, for instance, take the slack out of the line and make a roundturn around the base of the cleat. Next, make two figure eights on the horns of the cleat by bringing the free end over one horn, under it, and then over and under the other horn. If there will be heavy strain on the line, do two more figure eights. If the cleat can be flogged by a flapping headsail or other force that could work the line off, finish the cleating with a half hitch over one horn. Then fack down or flemish the ends of the line on the deck near the cleat.



Heaving



Belaying or "making fast" to a cleat

Boat Safety

On land, if a vehicle you're riding in collides with something, catches fire, or overturns, you've got a problem. But think how much more serious your problem could be if these accidents happened when you were in a boat, perhaps miles from land and help.

Open water is a bad place to have an accident. This is why over the centuries, helping those in trouble has been the noblest tradition of the sea.

It is comforting to know that if you get into trouble on the water, tradition might ride to your rescue. But it's even more comforting to keep out of trouble in the first place. Here are some things to do—and not do—for safe boating.

- Wear a PFD (personal flotation device) on boats longer than 26 feet whenever the weather is rough, and on small boats *at all times*, regardless of weather conditions. (It is a good idea to always wear a PFD.)
- If your boat has lifelines, stay inside them.
- In a heavy wind, when the boat is hard to control, shorten sail.
- Keep an eye open for other boats at all times but especially after dark, and for flotsam big enough to damage your hull, centerboard, or rudder.
- Carry a strong flashlight, with strong, fresh batteries. It's the next best thing to seeing in the dark.

