

CANSail 2

Instructor: _____

Student: _____

Balance

- Sail consistently with less than 15% of heel
- Adjust body position to keep boat balanced

Sail Trim

- Luff tell tales fly more than 90% of the time
- Adjust sail trim/heading for wind shifts
- Adjust sail trim for puffs and lulls
- Trim sails accurately on all points of sail
- Trim sails while steering (doublehanded sheeting)

Direction

- Steer to keep tell tales flying 90% of the time
- Adjust sail trim within 5 seconds of course change
- Use body weight to assist with steering
- Identify and sail within 1 boat length of a point
- Manoeuvre to avoid boats and hazards
- Identify wind direction while sailing

Head Up

- Head up within one boat length of mark
- Trim sails to keep them full while heading up
- Jib and main are trimmed at the same rate
- Keep boat balanced while heading up

Bear Off

- Bear off from a close hauled to a run and to the lee
- Bear off to within 15 degrees of chosen course
- Bear off within 1 boat length of mark
- Ease sails & adjust foils while bearing off
- Clear sheets to bear off
- Keep boat flat while bearing off

Tack

- Sight new course to tack into
- Communicate tack to sailing partner/other boats
- Perform all steps in correct sequential order
- Boat is controlled and balanced through tack
- Correct body position is maintained through tack

Boat Type: _____

Next Level: _____

Gybe

- Sight new course to gybe into
- Communicate gybe to sailing partner/other boats
- Perform all steps in correct sequential order
- Boat is controlled and balanced through gybe
- Correct body position is maintained through gybe

Stop

- Stop boat intentionally within 1 boat length of mark
- Stop boat intentionally by heading up and backing main
- Stop boat to leeward of coach boat and receive instruction

Go/Accelerate

- Accelerate from irons, close hauled, and a reach
- Adjust boat and sail trim as boat accelerates from a stop

Seamanship

- Launch and dock boat safely at sailing facility
- Tie a reef knot, figure 8, and bowline while rigging
- Identify local hazards and describe how to avoid them
- Right a turtled boat and continue sailing
- Describe how to identify and treat hypothermia & heat stroke
- Apply the following rules: S/P, LW/WW, Overtaking, Tacking

Physical Literacy

- Demonstrate proper nutrition & hydration for training
- Engage in daily games which promote flexibility

Comments