

CAN SAIL 1 Checklist

Name: _____

Boat: _____

		I Tried	I Crewed	I Helmed
Balance	Sail using correct body positioning/posture			
	Adjust body to keep boat flat			
Sail Trim	Trim sails accurately while sailing to a point			
	Luff tell tales fly more than 50% of the time			
	Luff sails to depower			
Direction	Trim sails for a close hauled course for 5 minutes			
	Steer to keep tell tales flying while sailing			
	Sail within defined boundaries			
	Control steering with intentional movements			
	Identify and sail within 3 boat lengths of a point			
Head Up	Manoeuvre to avoid boats and hazards			
	Head up to close hauled from any point of sail			
	Trim mainsail using double handed sheeting			
	Steer boat smoothly while heading up			
Bear Off	Keep boat flat while heading up			
	Bear off from a close hauled course			
	Ease sails while bearing off			
	Steer boat smoothly while bearing off			
Tack	Keep boat flat while bearing off			
	Check for other boats before tacking			
	Communicate tack to sailing partner/other boats			
	Tack from gunwhale to gunwhale			
	Crew switches jib as front 1/3 of sail backs			
	Cross boat facing forward with aft foot first			
Gybe	Helm sits on new gunwhale and straightens out boat			
	Helm switches tiller after tack is complete			
	Check for other boats before gybing			
	Communicate gybe to sailing partner/other boats			
	Crew switches jib as it backs			
	Helm pre-gybes tiller extension			
	Helm straightens course as boom crosses boat			
Stop	Cross boat facing forward with aft foot first			
	Helm switches tiller after gybe is complete			
	Gybe boom as wind crosses leech of main			
	Stop boat intentionally by easing sails			
Go/Accelerate	Stop boat intentionally by steering into irons			
	Slow boat while sailing downwind			
	Trim sails to accelerate from a stop			
Seamanship	Skull to close reach from irons			
	Launch a boat safely out of the sailing facility			
	Dock or land a boat safely at the sailing facility			
	Rig sails, foils, and control lines on training boat			
	Identify wind direction while sailing			
	Right a capsized boat			
	Select appropriate clothing and PFD for sailing			
Physical Lit.	Receive and secure a tow line and tow behind coach boat			
	Store a water bottle in training dinghy each day			

Coach Name: _____

Coach Number: _____

Date: _____

Location: _____

Next Recommended Course: _____