

CANsail 2 Checklist Name:

Boat:

		I Tried	I Crewed	I Helmed
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			
Direction	Trim sails while steering (double handed sheeting)			
	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			
Head Up	Manoeuvre to avoid boats and hazards			
	Identify wind direction while sailing			
	Head up within one boat length of a mark			
	Trim sails to keep them full while heading up			
Bear Off	Jib and main are trimmed at the same rate			
	Keep boat balanced while heading up			
	Bear off from 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 a mark			
Tack	Ease sails & adjust foils while bearing off			
	Clear sheets to bear off			
	Keep boat flat while bearing off			
	Sight new course to tack into			
	Communicate tack to sailing partner/other boats			
Gybe	Perform all steps in correct sequential order			
	Boat is controlled and balanced through tack			
	Correct body position is maintained through tack			
	Sight new course to gybe into			
	Communicate gybe to sailing partner/other boats			
Stop	Perform all steps in correct sequential order			
	Boat is controlled and balanced through tack			
	Correct body position is maintained through gybe			
Go/Accelerate	Stop boat intentionally within 1 boat length of a mark			
	Stop boat intentionally by heading up and backing main			
Seamanship	Stop boat to leeward of coach boat and receive instruction			
	Accelerate from irons, close hauled, and a reach			
Physical Lit.	Adjust boat and sail trim as boat accelerates from a stop			
	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			
	Demonstrate proper nutrition & hydration for training			
	Engage in daily games which promote flexibility			

Coach Name:

Coach Number:

Date:

Location:

Next Recommended Course: