



# CANSail Progress Report

Name \_\_\_\_\_

Date \_\_\_\_\_

Boat \_\_\_\_\_

Instructor \_\_\_\_\_

Next Recommended Course \_\_\_\_\_



## Steering

- Directions
- Head Up
- Bear Off

## Balance

- Correct body position
- Keeps boat flat

## Sail Trim

- Trims sails accurately
- Luff sails to depower
- Sails in close hauled position

## Manoeuvres

- Tack - gunwale to gunwale
- Gybe - switch sides facing forward
- Stops intentionally

## Seamanship

- Right a capsized boat

## Safety

- Appropriate PFD
- Secure a tow line

Skill Introduced

Skill Completed

## Steering

- Identify wind direction while sailing
- Head up/bear off 1 boat length of mark
- Ease sails & adjust foils while bearing off

## Balance

- Sail without heel
- Adjust body position appropriately

## Sail Trim

- Adjust sails for shifts
- Adjust for puffs and lulls
- Trim at all points of sail

## Manoeuvres

- Tack - in correct sequence
- Gybe - sight new course
- Stop boat to leeward of coach boat

## Seamanship

- Launch and dock safely
- Identify hypothermia symptoms
- Games for flexibility

## Safety

- Identify local sailing hazards
- Obey instructor commands

## Steering

- Smooth mark roundings
- Sail by the lee
- Match sheeting to turn

## Balance

- Balance fore and aft
- Heel to assist boat turning
- Combine balance, steering, and sheeting

## Sail Trim

- Sheeting for max speed & manager power
- Adjust sail controls
- Depower using sail controls

## Manoeuvres

- Tack - onto laylines
- Gybe - 1 minute intervals
- Stop and sail backwards

## Seamanship

- Secure boat to trailer
- Evaluate local sailing hazards
- Tune boat

## Fitness & Strategy

- Communication
- Understanding of rules
- Promote endurance & flexibility
- Participate in club race

## Safety

- Identify signs of hypothermia
- Appropriate hydration

## Steering

- Steer promoting planing and surfing
- Adjust sail controls to head up
- Tactical mark roundings

## Sail Trim

- Trim sails using all sail controls
- Sheet main appropriately
- Depower using sail controls

## Manoeuvres

- Tack on headers
- Double Tacks
- Accelerate out of marks

## Seamanship

- Described types of clouds
- Tune rig each day for training

## Fitness & Strategy

- Describe types of wind shifts
- Major factors of tide and current
- Maintain a written logbook

## Steering

- Wide and close mark roundings
- Steer promoting planing & surfing
- Perform gybe sets

## Sail Trim

- Recognize optimal leech profile
- 3 ways to depower

## Manoeuvres

- Tack into covering positions
- Sail slowly into leeward mark
- Accelerate off start line

## Tactics/Strategy

- Describe 3 types of wind shifts
- Identify favoured end of start line

## Safety

- Geographical/tidal effects at new venue

## Competition

- Set skill/process goals
- Participate in local regatta

## Steering

- Tactical roundings while racing
- Tack to duck a boat
- Maintain bow out on start line

## Manoeuvres

- Start within 3 seconds
- Gybe on waves
- Hold position for a minute

## Seamanship

- Describe select flags
- Evaluate and adjust rig settings
- Describe wind flow over sails

## Tactics/Strategy

- Make a strategy based on wind and geography
- Defend position downwind
- Exonerate after a penalty

## Competition

- Maintain a logbook
- Participate in regional training camp
- Participate in a provincial regatta

## Safety

- Travel safely to events



Club / School \_\_\_\_\_

