

CANSail 1

Instructor: _____

Student: _____

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
- Trim sails for a close hauled course for 5 minutes

Direction

- 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
- Manoeuvre to avoid boats and hazards

Head Up

- Head up to close hauled from any point of sail
- Trim mainsail using doublehanded sheeting
- Steer boat smoothly while heading up
- Keep boat flat while heading up

Bear Off

- Bear off from a close hauled course
- Ease sails while bearing off
- Steer boat smoothly while bearing off
- Keep boat flat while bearing off

Tack

- Check for other boats before tacking
- Communicate tack to sailing partner/other boats
- Tack from gunwale to gunwale
- Crew switches jib as front 1/3 of sail backs
- Cross boat facing forward with aft foot first
- Helm sits on new gunwale and straightens out boat

Boat Type: _____

Next Level: _____

Gybe

- 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
- Cross boat facing forward with aft foot first
- Helm switches tiller after gybe is complete
- Gybe boom as wind crosses leech of main

Stop

- Stop boat intentionally by easing sails
- Stop boat intentionally by steering into irons
- Slow boat while sailing downwind

Go/Accelerate

- Trim sails to accelerate from a stop
- Skull to close reach from irons

Seamanship

- 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
- Receive and secure a tow line and tow behind coach boat

Physical Literacy

- Store a water bottle in training dinghy each day

Comments