

# CANSail 4

Instructor: \_\_\_\_\_

Student: \_\_\_\_\_

## Balance

- Demonstrate optimal body posture in varying conditions
- Heel to assist with acceleration
- Skipper/crew demonstrate optimal body position in all conditions
- Move body and trim board to promote planing and surfing

## Sail Trim

- Trim leech profile for optimal height and power in all conditions
- Trim sails for conditions using all available sail controls
- Sheet to maintain correct boat balance in all conditions
- Depower using sail controls, steering and sheeting

## Direction

- Steer to keep telltales flying 90% of the time in all conditions
- Steer boat to promote planing and surfing

## Head Up

- Head up around a mark
- Settle into upwind mode within 20 seconds of heading up
- Adjust all sail controls in correct order to head up
- Demonstrate a tactical rounding (wide/close)

## Bear Off

- Perform a bear away set around a mark
- Perform a gybe set around a mark
- Adjust all sail controls in correct order to bear off
- Demonstrate a tactical rounding
- Settle into downwind mode within 20 seconds of bear away
- Bear off and duck another boat while beating

## Tack

- Tack on a header
- Tack on command and at 30 second intervals
- Perform a double tack on command
- Select an appropriate spot to tack in choppy conditions

## Gybe

- Gybe on command and at 30 second intervals, without flogging jib
- Gybe on a lift
- Perform a double gybe on command
- Select a wave and gybe while surfing

Boat Type: \_\_\_\_\_

Next Level: \_\_\_\_\_

## Stop

- Perform emergency stops in all conditions
- Use a transit to stop on a start line

## Go/Accelerate

- Accelerate out from a mark
- Accelerate off of a start line with a start sequence (using flags)
- Accelerate from a stop when lined up with other boats

## Down-Speed

- Use more than one method to sail slowly
- Hold boat within 1 boat length of mark for 20 seconds

## Seamanship

- Describe how cirrus, stratus & cumulus clouds affect weather
- Tune rig each day to the training conditions

## Tactics/Strategy

- Describe persistent, oscillating, and geographical wind shifts
- Identify the favoured end of the start line while sailing
- Identify major factors affecting tide and current
- Describe the rules in sections 2C & 2D of the rules
- Describe how to trim to apparent wind

## Physical Literacy

- Participate in a daily physical warm up prior to training

## Mental Training

- Set skill/process based on goals for training and racing sessions
- Maintain a written log book throughout training
- Participate in a 1-2 day local regatta

## Comments