

# CANSail 5

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

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

## Balance

- 
- Demonstrate optimal fore/aft body position at all times while sailing
- Crew directs balance and trim for helm while beating
- Skipper/crew demonstrate optimal body position in all conditions
- Move body and trim board to promote planning and surfing

## Sail Trim

- 
- Sail in point and speed modes upwind
- Sail in high and low modes downwind and on a reach
- 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
- Head up and tack around a mark
- Adjust all sail controls in correct order to head up
- Demonstrate a tactical rounding (wide/close)

## Bear Off

- 
- Identify opportunities for bear away and gybe sets at 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 30 seconds of bear away

## Tack

- 
- Tack to perform a close cover
- Tack to perform a loose cover
- Tack and duck another boat
- Perform a double tack to lay a mark
- Select an appropriate spot to tack in choppy conditions

## Gybe

- 
- Gybe on command and at 30 second intervals
- Gybe on a lift
- Perform a double gybe to lay a mark
- Select a wave and gybe while surfing

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

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

## Stop

- 
- Stop to leeward of another boat
- Find a hole and stop on a start line

## Go/Accelerate

- 
- Accelerate from a reach and from irons
- Accelerate off of a start line in a race
- Line up on a beat with a tuning partner and accelerate

## Down-Speed

- 
- Identify an opportunity to sail slowly at a leeward mark
- Double tack on a start line
- Hold position on a start line for 30 seconds

## Seamanship

- 
- Identify gradient and thermal winds
- Evaluate geographical and tidal effects at a new sailing venue
- Evaluate rig settings and adjust while sailing

## Tactics/Strategy

- 
- Describe persistent, oscillating, and geographical wind shifts
- Identify the favoured end of the start line while sailing
- Identify the direction of current while sailing

## 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

## Competition

- 
- Participate in a 1-2 day local regatta

## Comments