



Comments and Details

Craft

Comments

Next Recommended Level

Balance

- Correct starting position on each tack Further Development Required Performing Consistently
- Sit in correct position fore and aft in the training boat Further Development Required Performing Consistently
- Adjust body position to react to changes in heel Further Development Required Performing Consistently

Sail Trim

- Adjust sails in/out while sailing to a point to test proper sail trim Further Development Required Performing Consistently
- Luff sails to reduce heel Further Development Required Performing Consistently
- Trim sails for a close hauled course for 2 minutes Further Development Required Performing Consistently

Direction

- Steer to keep tell tales flying 50% of the time while sailing Further Development Required Performing Consistently
- Sail within defined boundaries Further Development Required Performing Consistently
- Control steering with intentional movements Further Development Required Performing Consistently
- Identify and sail within 3 boat lengths of a point Further Development Required Performing Consistently
- Manoeuvre to avoid boats and hazards Further Development Required Performing Consistently

Head Up

- Head up to close hauled from any point of sail Further Development Required Performing Consistently
- Trim sails using both hands Further Development Required Performing Consistently
- Steer boat smoothly while heading up Further Development Required Performing Consistently
- Keep boat flat while heading up Further Development Required Performing Consistently

Bear Off

- Bear off from a close hauled course Further Development Required Performing Consistently
- Ease sails while bearing off Further Development Required Performing Consistently
- Steer boat smoothly while bearing off Further Development Required Performing Consistently
- Minimize heel when bearing off Further Development Required Performing Consistently

Tack

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

Gybe

Check for other boats before gybing	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Communicate gybe to sailing partner/other boats	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Crew switches jib as it backs	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Helm pre-gybes the tiller extension	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Helm does not steer past a broad reach on the new tack	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Cross boat facing forward with aft foot first	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Helm switches tiller after gybe is complete	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Gybe boom as wind crosses leech of main	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently

Stop

Stop boat intentionally by easing sails	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Stop boat intentionally by steering into irons	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Slow boat while sailing downwind	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently

Go/Accelerate

Trim sails to accelerate from a stop	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Skull to close reach from irons	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently

Slow Down

Ease sails to slow down upwind	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Sheet in to slow down when sailing downwind	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently

Seamanship

Launch a boat safely out of the sailing facility	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Dock or land a boat safely at the sailing facility	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently

Rig sails, foils, and control lines on training boat	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Identify wind direction while sailing	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Right a capsized boat	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Select appropriate clothing and PFD for sailing	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Receive and secure a tow line and tow behind coach boat	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently

Physical Literacy

Wear adequate sun protection while sailing	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
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Tactics & Strategy