



Comments and Details

Craft	420	Tue Jan 10, 2017
Comments	sailing!	Sat Dec 16, 2023
Next Recommended Level	Return to CANSail 2	Tue Jan 10, 2017

Balance

Sail consistently with less than 15% of heel	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Adjust body position to keep boat balanced	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023

Sail Trim

Luff tell tales fly more than 75% of the time	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Adjust sail trim/heading for wind shifts	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Adjust sail trim for puffs and lulls	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Trim sails accurately on all points of sail	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Trim sails while steering (double handed sheeting)	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023

Direction

Steer to keep tell tales flying 90% of the time	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
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Adjust sail trim within 5 seconds of course change	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Identify and sail within 1 boat length of a point	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Manoeuvre to avoid boats and hazards	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Identify wind direction while sailing	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023

Head Up

Head up within one boat length of a mark	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Use two handed sheeting	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Trim sails with minimal luffing through maneuver	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Jib and main are trimmed at the same rate	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Keep boat balanced while heading up	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023

Bear Off

Bear off from close hauled to a run and to the lee	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Bear off to within 15 degrees of chosen course	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023
Bear off within 1 boat length of a mark	<input type="radio"/> Further Development Required <input checked="" type="radio"/> Performing Consistently	Sat Dec 16, 2023



Ease sails & adjust foils while bearing off Further Development Required
 Performing Consistently Sat Dec 16, 2023

Clear sheets to bear off Further Development Required
 Performing Consistently Sat Dec 16, 2023

Keep boat flat while bearing off Further Development Required
 Performing Consistently Sat Dec 16, 2023

Tack

Sight new course to tack into Further Development Required
 Performing Consistently Sat Dec 16, 2023

Communicate tack to sailing partner/other boats Further Development Required
 Performing Consistently Sat Dec 16, 2023

Perform all steps in correct sequential order Further Development Required
 Performing Consistently Sat Dec 16, 2023

Boat is controlled and balanced through tack Further Development Required
 Performing Consistently Sat Dec 16, 2023

Correct body position is maintained through tack Further Development Required
 Performing Consistently Sat Dec 16, 2023

Gybe

Sight new course to gybe into Further Development Required
 Performing Consistently Sat Dec 16, 2023

Communicate gybe to sailing partner/other boats Further Development Required
 Performing Consistently Sat Dec 16, 2023

Perform all steps in correct sequential order Further Development Required
 Performing Consistently Sat Dec 16, 2023

Boat is controlled and balanced through gybe Further Development Required
 Performing Consistently Sat Dec 16, 2023

Correct body position is maintained through gybe Further Development Required
 Performing Consistently Sat Dec 16, 2023

Stop

Stop boat intentionally within 1 boat length of a mark Further Development Required
 Performing Consistently Sat Dec 16, 2023

Stop boat intentionally by heading up and backing main Further Development Required
 Performing Consistently Sat Dec 16, 2023

Stop boat to leeward of coach boat and receive instruction Further Development Required
 Performing Consistently Sat Dec 16, 2023

Go/Accelerate

Accelerate from irons, close hauled, and a reach Further Development Required
 Performing Consistently Sat Dec 16, 2023

Adjust boat and sail trim as boat accelerates from a stop Further Development Required
 Performing Consistently Sat Dec 16, 2023

Slow Down

Sheet in to slow down when sailing downwind Further Development Required
 Performing Consistently Sat Dec 16, 2023

Seamanship

Launch and dock boat safely at sailing facility Further Development Required
 Performing Consistently Sat Dec 16, 2023

Tie a reef knot, figure 8, and bowline while rigging Further Development Required
 Performing Consistently Sat Dec 16, 2023

Identify local hazards and describe how to avoid them Further Development Required
 Performing Consistently Sat Dec 16, 2023

Right a turtled boat and continue sailing Further Development Required
 Performing Consistently Sat Dec 16, 2023

Describe how to identify and treat hypothermia & heat stroke Further Development Required
 Performing Consistently Sat Dec 16, 2023

Apply the following rules: S/P, LW/WW, Overtaking, Tacking Further Development Required
 Performing Consistently Sat Dec 16, 2023

Tactics & Strategy



Identify wind shifts

- Further Development Required
- Performing Consistently**

Sat Dec 16, 2023

Physical Literacy

Demonstrate proper nutrition & hydration for training

- Further Development Required
- Performing Consistently**

Sat Dec 16, 2023

Engage in daily games which promote flexibility

- Further Development Required
- Performing Consistently**

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