

CANSail (Sail Canada) CANSail 6 Checklist for **Test Sailor 1 KYC**

★ Achieved

Sat Dec 16, 2023

| Comments and Details | | | | Sail downwind for maximum speed and for | 0 | Further Development Required | |
|--|---|---|------------------|--|-----------|---|------------------|
| Craft | | | | minimum distance & change mode as conditions require | 0 | Performing Consistently | Sat Dec 16, 2023 |
| Comments | | | | Use body weight to drive through high and low | 0 | Further Development Required | |
| Next Recommended Level | | | | modes | 0 | Performing Consistently | C + D + 46 2022 |
| | | | | | | | Sat Dec 16, 2023 |
| Dalanca | | | | | | | |
| Balance | | | | Head Up | | | |
| Maintain optimal fore/aft balance when sailing | 0 | Further Development Required Performing Consistently | | Head up and tack around a mark in a race | 0 | Further Development Required | |
| | v | r cristining consistently | Sat Dec 16, 2023 | | | Performing Consistently | Sat Dec 16, 2023 |
| Minimize weather helm at all times while sailing | 0 | Further Development Required Performing Consistently | | Demonstrate a tactical rounding during a race | | Further Development Required Performing Consistently | |
| | ⊘ | | Sat Dec 16, 2023 | | | | 5 + D 46 2022 |
| Use body weight to initiate all boat handling | 0 | Further Development Required | | | | | Sat Dec 16, 2023 |
| manoeuvres | 0 | Performing Consistently | Sat Dec 16, 2023 | | | | |
| | | | 3at Dec 10, 2023 | Bear Off | | | |
| | | | | Perform bear away at a mark while racing | 0 | Further Development Required | |
| Boat Handling | | | | | 0 | Performing Consistently | Sat Dec 16, 2023 |
| Perform all balance/sail trim manoeuvres in most | 0 | Further Development Required | | Perform a gybe at a mark while racing | 0 | Further Development Required | |
| effective sequential order | ⊗ | Performing Consistently | Sat Dec 16, 2023 | | \otimes | Performing Consistently | Sat Dec 16, 2023 |
| | | | | | | | Sat Dec 16, 2023 |
| Cail Trim | | | | | | | |
| Sail Trim | | | | <u>Tack</u> | | | |
| Perform appropriate tuning exercises & adjust for conditions; compare with other boats | 0 | Further Development Required Performing Consistently | | Tack to perform a close cover while racing | 0 | Further Development Required | |
| | Ŭ | . cg consistently | Sat Dec 16, 2023 | | 0 | Performing Consistently | Sat Dec 16, 2023 |
| Trim sails to keep leech telltales 2/3 flying | 0 | Further Development Required Performing Consistently | | Tack to perform a loose cover while racing | 0 | Further Development Required Performing Consistently | 1, 1, |
| | ⊗ | | Sat Dec 16, 2023 | | Ø | | Cat Day 16, 2022 |
| Describe how to trim sails for apparent wind | | Further Development Required | | Tack to duck another boat while racing | 0 | Further Development Required | Sat Dec 16, 2023 |
| | 0 | Performing Consistently | Sat Dec 16, 2023 | fack to duck afformer boat writte facility | 0 | Performing Consistently | |
| Describe how pre-bend affects luff and leech profiles | | Further Development Required | Jac Dec 10, 2023 | | | | Sat Dec 16, 2023 |
| bescribe now pre bend uneets fair and leedif profile | ⊗ | Performing Consistently | | Perform a double tack to lay a mark & on a start lin in a race | e O ⊘ | Further Development Required Performing Consistently | |
| | | | Sat Dec 16, 2023 | | | , | Sat Dec 16, 2023 |

Direction



Last evaluated by **Emma Dale** at

| Culpa | | | | Evaluate hig settings and dajust while saming | 0 | Performing Consistently |
|---|------|---|------------------|---|---|---|
| Gybe | | | | Describe how mast butt position affects rake | 0 | Further Development Required |
| Gybe from reach to reach | 0 | Further Development Required Performing Consistently | | Describe now mase sate position uncets rake | Ø | Performing Consistently |
| | Ĭ | , | Sat Dec 16, 2023 | Describe how wind flows over a sail | 0 | Further Development Required |
| Perform a double gybe to lay a leeward mark | | Further Development Required Performing Consistently | | Describe flow wind flows over a sail | 0 | Performing Consistently |
| | | | Sat Dec 16, 2023 | Make a window repair on a sail | 0 | Further Development Required |
| Select a wave to gybe on while surfing | | Further Development Required Performing Consistently | | wake a window repair on a sair | 0 | Performing Consistently |
| | | | Sat Dec 16, 2023 | Explain weather, lee, & neutral helm | | Further Development Required |
| | | | | Explain Weather, lee, & fleutral fleith | 0 | Performing Consistently |
| Stop | | | | | | |
| Stop to leeward of another boat on a start line | 0 | Further Development Required | | To discification | | |
| | | Performing Consistently | Sat Dec 16, 2023 | Tactics/Strategy | | |
| Find a hole and stop on a start line with over 5 boat | is O | Further Development Required | | Crew initiate tactical decisions upwind (in a double handed boat) | 0 | Further Development Required Performing Consistently |
| | | Performing Consistently | Sat Dec 16, 2023 | | | |
| | | | | Helm initiate tactical decisions downwind | 0 | Further Development Required Performing Consistently |
| Go/Accelerate | | | | | | |
| Maintain bow out position prior to accelerating off | of O | Further Development Required | | Form a strategic plan to incorporate wind, geography, & tide | 0 | Further Development Required Performing Consistently |
| a line | ⊗ | Performing Consistently | Sat Dec 16, 2023 | | _ | |
| Cross start line within 3 seconds of start | | Further Development Required Performing Consistently | Sat Dec 16, 2023 | Defend position on a reach, a run, and a leeward mark | 0 | Further Development Required Performing Consistently |
| | | | Sat Dec 16, 2023 | | | |
| | | | 3at Dec 10, 2023 | Exonerate yourself from a penalty while racing | 0 | Further Development Required Performing Consistently |
| Slow Down | | | | | | |
| Slow Down | _ | | | | | |
| Slow down to avoid a leeward mark pinwheel | 0 | Further Development Required Performing Consistently | | Physical Literacy | | |
| | 0 | | Sat Dec 16, 2023 | Participate in a daily physical warm up prior to | | Further Development Required |
| Hold position for 1 minute at a start line | | Further Development Required Performing Consistently | | training | ⊗ | Performing Consistently |
| | | | Sat Dec 16, 2023 | | | |
| | | | | Mental Training | | |
| Seamanship | | | | Set skill/process based goals for training and racing | 0 | Further Development Required |
| Participate in a mock protest | | Further Development Required | | sessions | 0 | Performing Consistently |
| | ⊘ | Performing Consistently | C-+ D 1C 2022 | | | |

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Evaluate rig settings and adjust while sailing

Maintain a written log book throughout training

O Further Development Required

O Further Development Required

Performing Consistently

Sat Dec 16, 2023



Describe purpose of postponement, abandonment, O Further Development Required flags S, & C Θ Performing Consistently

Participate in a regional or provincial regatta

O Further Development Required
Performing Consistently

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Competition

Participate in a regional training camp
O Further Development Required
Performing Consistently

Sat Dec 16, 2023

Participate in a regional or provincial regatta
O Further Development Required
Performing Consistently

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