

A Student completing their CANSail level 1 will have an introductory level of understanding and comfort in the dinghy in winds up to 12 knots with a support boat on the water. A CANSail 1 student can regularly identify the wind direction and is starting to understand how to adjust the sails to the wind direction. For each performance objective your instructor will evaluate you as “further development required” or as performing consistently.

Student Name: _____ Instructor Name: _____ Date: _____

Balance:

- Correct starting position on each tack
- Sit in correct position fore and aft in training boat
- Adjust body position to react to changes in heel

Sail Trim:

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

Direction:

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

Head Up:

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

Bear Off:

- Bear off from a close hauled course
- Ease sails while bearing off
- Steer boat smoothly while bearing off
- Minimize heel while bearing off

Tack:

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

Gybe:

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

Stop:

- Stop boat intentionally by easing sails
- Stop boat intentionally by steering into irons
- Slow boat while sailing downwind

Go/Accelerate:

- Trim sails to accelerate from a stop
- Skull to close reach from irons

Slow Down:

- Ease sails to slow down upwind
- Sheet in to slow down when sailing downwind

Seamanship:

- Launch a boat safely out of the sailing facility
- Dock or land a boat safely at the sailing facility
- Rig sails, foils, & control lines on training boat
- Identify wind direction while sailing
- Right a capsized boat
- Select appropriate clothing & PFD for sailing
- Receive and secure a tow line and tow behind coach boat

Physical Literacy:

- Wear adequate sun protection while sailing

Tactics & Strategy: