

A student completing their CANSail 2 standard has refined their CANSail 1 skills and will be comfortable commanding a dinghy in winds up to 12 knots in the absence of a support boat on the water. They will be able to comfortably sail to & from the dock, adjust the sails properly to the wind, keep the boat properly balanced and be capable of self rescuing a capsized dinghy including knowing how to prevent the dinghy from capsizing into the turtled position (thus preventing the mast from getting stuck in the mud). For each performance objective your instructor will evaluate you as “further development required” or as performing consistently.

Student Name: _____ **Instructor Name:** _____ **Date:** _____

Balance:

- Sail consistently with less than 15% of heel
- Adjust body position to keep the boat balanced

Sail Trim:

- Luff tell tales fly more than 75% of the time
- Adjust sail trim/heading for wind shifts
- Adjust sail trim for puffs and lulls
- Trim sails accurately on all points of sail
- Trim sails while steering (double handed sheeting)

Direction:

- Steer to keep tell tales flying 90% of the time
- Adjust sail trim within 5 seconds of course change
- Identify and sail within 1 boat length of a point
- Maneuver to avoid boats and hazards
- Identify wind direction while sailing

Head Up:

- Head up within 1 boat length of a mark
- Use two handed sheeting
- Trim sails with minimal luffing through maneuver
- Jib and main are trimmed at the same rate
- Keep boat balanced while heading up

Bear Off:

- Bear off from close hauled to a run and to the lee
- Bear off to within 15 degrees of chosen course
- Bear off within 1 boat length of a mark
- Ease sails and adjust foils while bearing off
- Clear sheets to bear off
- Keep boat flat while bearing off

Tack:

- Sight new course to tack into
- Communicate tack to sailing partner/other boats
- Perform all steps in correct sequential order
- Boat is controlled and balanced through tack
- Correct body position is maintained through tack

Gybe:

- Sight new course to gybe into
- Communicate gybe to sailing partner/other boats
- Perform all steps in correct sequential order
- Boat is controlled and balanced through gybe
- Correct body position is maintained through gybe

Stop:

- Stop boat intentionally within 1 boat length of a mark
- Stop boat intentionally by heading up and backing main
- Stop boat to leeward of coach boat and receive instruction

Go/Accelerate:

- Accelerate from irons, close hauled, and a reach
- Adjust boat and sail trim as boat accelerates from a stop

Slow Down:

- Sheet in to slow down when sailing downwind

Seamanship:

- Launch and dock boat safely at sailing facility
- Tie a reef knot, figure 8, and bowline while rigging
- Identify local hazards & describe how to avoid them
- Right a turtled boat and continue sailing
- Describe how to identify and treat hypothermia and heat stroke
- Apply the following rules: S/P, LW/WW, Overtaking, Tacking

Tactics and Strategy:

- Identify wind shifts

Physical Literacy:

- Demonstrate proper nutrition & hydration for training
- Engage in daily games which promote flexibility