



# CANSail 3 Standard



This program, for CANSail 1 & 2 graduates, refines your sailing skills and introduces you to performance sailing. This course will cover more advanced sailing theory, boat handling skills and build your on-the-water sailing confidence. Students should feel very competent in dinghy sailing at the completion of this course. The curriculum includes all objectives covered in the CANSail 3 level.

**Student Name:** \_\_\_\_\_ **Instructor Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Balance:

- Balance fore and aft in varying conditions
- Heel to assist with steering and helm balance
- Combine balance, steering, and sheeting for balance

## Sail Trim:

- Sheeting to maximize speed and manage power in all directions
- Trim to keep leech telltale(s) flying 2/3 of the time
- Adjust sail controls (vang, Cunningham, outhaul, bridle) for desired sail shape
- Depower using sail controls
- Control heel using steering and sheeting

## Direction:

- Steer to keep telltales flying 90% of the time
- Sail by the lee for 2 minutes without gybing
- Adjusts body positioning, heel steering and sail trim for project upwind course

## Head Up:

- Head up around a mark
- Match sheeting to rate of turn
- Adjust foils & balance boat to head up
- Demonstrate a tactical leeward mark rounding (wide/close)

## Bear Off:

- Bear off around a mark
- Match sheeting to rate of turn
- Use appropriate balance to facilitate a bear away
- Demonstrate wide/close & close/wide roundings
- Adjust foils when bearing off

## Tack:

- Tack away when covered by another boat(s)
- Tack on command and at 1-minute intervals
- Tack into a clean lane
- Tack onto a layline
- Roll for optimal speed during tack if possible

## Gybe:

- Gybe on command and at 1-minute intervals
- Gybe away when covered by another boat(s)
- Gybe onto a layline
- Roll for optimal speed during gybe

## Stop:

- Stop at a mark and on command
- Reach to a stop and sail backwards
- Identify and stop on a line between two marks

## Go/Accelerate:

- Adjust sheeting & balance to accelerate in different
- Accelerate from a line between marks
- Accelerate at the end of a 2-minute countdown

## Slow Down:

- Sail at different speeds while sailing upwind
- Sail at different speeds while sailing downwind
- Slow boat by dragging stern, over-steering, backing main

## Seamanship:

- Secure dinghy and spars on roof racks or a trailer\*
- Evaluate potential hazards at a new sailing venue
- Tune the base setting of your training boat

## Tactics/Strategy:

- Identify lifts/headers, communicate shifts to partner
- Demonstrate understanding of rules parts 1, 2A & 2B

## Physical Literacy:

- Play game/activities to promote endurance & flexibility\*

## Mental Training:

- Set SMART goals prior to training/racing
- Maintain a written logbook throughout training

## Compete:

- Participate in a club race or training camp at a local club

## Comments: