



# CANSail Level 1 Standard

Sail Canada:



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.

## Balance:

- Correct starting position on each tack
- Sit in correct position fore and aft in 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

## 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

## 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
- Manoeuvre to avoid boats and hazards

### **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

### **Slow Down:**

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

### **Go/Accelerate:**

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

### **Seamanship:**

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



## CANSail Level 2 Standard

Sail Canada:



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 trutled 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.

### 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
- Manoeuvre 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 manoeuvre
- 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
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### **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

### **Slow Down:**

- Sheet in to slow down when sailing downwind

### **Go/Accelerate:**

- Accelerate from irons, close hauled, and a reach

### **Seamanship:**

- Launch and dock boat safely at sailing facility
- Tie a reef knot, figure 8, and bowline while rigging
- Identify local hazards and 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