



CANSail Checklist

Level: CANSail 1

Balance

	I Tried	I Crewed	I Helmed
Sail using correct body positioning/posture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust body to keep boat flat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sail Trim

	I Tried	I Crewed	I Helmed
Trim sails accurately while sailing to a point	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Luff tell tales fly more than 50% of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Luff sails to depower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trim sails for a close hauled course for 5 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Direction

	I Tried	I Crewed	I Helmed
Steer to keep tell tales flying while sailing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sail within defined boundaries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Control steering with intentional movements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify and sail within 3 boat lengths of a point	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manoeuvre to avoid boats and hazards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Head Up

	I Tried	I Crewed	I Helmed
Head up to close hauled from any point of sail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trim mainsail using double handed sheeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steer boat smoothly while heading up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep boat flat while heading up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bear Off

	I Tried	I Crewed	I Helmed
Bear off from a close hauled course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ease sails while bearing off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steer boat smoothly while bearing off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep boat flat while bearing off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tack

	I Tried	I Crewed	I Helmed
Check for other boats before tacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communicate tack to sailing partner/other boats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tack from gunwhale to gunwhale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Switch jib as front 1/3 of sail backs while crewing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross boat facing forward with aft foot first	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sit on new gunwhale and straighten out boat while helming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Switch the tiller after tack is complete while helming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Gybe

	I Tried	I Crewed	I Helmed
Check for other boats before gybing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communicate gybe to sailing partner/other boats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Switch the jib as it backs while crewing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pre-gybe the tiller extension while helming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straighten course as boom crosses boat while helming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross boat facing forward with aft foot first	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Switch the tiller after gybe is complete while helming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gybe boom as wind crosses leech of main	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Stop

	I Tried	I Crewed	I Helmed
Stop boat intentionally by easing sails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stop boat intentionally by steering into irons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slow boat while sailing downwind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Go/Accelerate

	I Tried	I Crewed	I Helmed
Trim sails to accelerate from a stop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skull to close reach from irons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Seamanship

	I Tried	I Crewed	I Helmed
Launch a boat safely out of the sailing facility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dock or land a boat safely at the sailing facility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rig sails, foils, and control lines on training boat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify wind direction while sailing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Right a capsized boat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Select appropriate clothing and PFD for sailing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Receive and secure a tow line and tow behind coach boat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical Literacy

	I Tried	I Crewed	I Helmed
Store a water bottle in training dinghy each day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>