



# CANSail Checklist

Level: CANSail 2

## Balance I Tried I Crewed I Helmed

Sail consistently with less than 15% of heel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust body position to keep boat balanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Sail Trim I Tried I Crewed I Helmed

Luff tell tales fly more than 90% of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust sail trim/heading for wind shifts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust sail trim for puffs and lulls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trim sails accurately on all points of sail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trim sails while steering (double handed sheeting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Direction I Tried I Crewed I Helmed

Steer to keep tell tales flying 90% of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust sail trim within 5 seconds of course change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use body weight to assist with steering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify and sail within 1 boat length 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"/>
Identify wind direction while sailing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Head Up I Tried I Crewed I Helmed

Head up within one boat length of a mark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trim sails to keep them full while heading up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jib and main are trimmed at the same rate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep boat balanced while heading up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Bear Off I Tried I Crewed I Helmed

Bear off from close hauled to a run and to the lee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bear off to within 15 degrees of chosen course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bear off within 1 boat length of a mark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ease sails & adjust foils while bearing off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clear sheets to bear 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

Sight new course to tack into	<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"/>
Perform all steps in correct sequential order	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boat is controlled and balanced through tack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Correct body position is maintained through tack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Gybe I Tried I Crewed I Helmed

Sight new course to gybe into	<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"/>
Perform all steps in correct sequential order	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boat is controlled and balanced through tack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Correct body position is maintained through gybe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Stop I Tried I Crewed I Helmed

Stop boat intentionally within 1 boat length of a mark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stop boat intentionally by heading up and backing main	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stop boat to leeward of coach boat and receive instruction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Go/Accelerate I Tried I Crewed I Helmed

Accelerate from irons, close hauled, and a reach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust boat and sail trim as boat accelerates from a stop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Seamanship I Tried I Crewed I Helmed

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

## Physical Literacy I Tried I Crewed I Helmed

Demonstrate proper nutrition & hydration for training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engage in daily games which promote flexibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>