



CANsail Checklist

Level: CANsail 3

Balance I Tried I Crewed I Helmed

Balance fore and aft trim for conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heel to assist with steering and helm balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Combine balance, steering, and sheeting for balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sail Trim I Tried I Crewed I Helmed

Trim sails to maximize speed & manage power in all directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trim to keep leech telltale(s) flying 2/3 of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trim sail using bridle height, vang, Cunningham, and outhaul	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depower using sail controls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depower using steering and sheeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Direction I Tried I Crewed I Helmed

Steer to keep telltales flying 90% of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sail by the lee for 5 minutes without gybing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steer, trim, and balance for a proper upwind course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Head Up I Tried I Crewed I Helmed

Head up around a mark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Match sheeting to rate of turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust foils & balance boat to head up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate a tactical rounding (wide/close)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bear Off I Tried I Crewed I Helmed

Bear off around a mark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Match sheeting to rate of turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balance boat to bear off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate wide/close & close/wide roundings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust foils when bearing off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tack I Tried I Crewed I Helmed

Tack to clear air when covered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tack on command and at 1 minute intervals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tack into a clean lane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tack onto a layline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roll for optimal speed during tack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Gybe I Tried I Crewed I Helmed

Gybe on command and at 1 minute intervals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gybe to clear air when covered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gybe onto a layline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roll for optimal speed during gybe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Stop I Tried I Crewed I Helmed

Stop at a mark and on command	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reach to a stop and sail backwards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify and stop on a line between two marks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Go/Accelerate I Tried I Crewed I Helmed

Adjust sheeting & balance to accelerate in different conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accelerate from a line between marks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accelerate at the end of a 2 minute countdown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Down-Speed I Tried I Crewed I Helmed

Sail at different speeds while beating/reaching/running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slow boat by dragging stern, over-steering, & backing main	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Seamanship I Tried I Crewed I Helmed

Secure dinghy and spars on roof racks or a trailer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evaluate potential hazards at a new sailing venue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tune the base setting of your training boat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tactics/Strategy I Tried I Crewed I Helmed

Identify lifts and headers, communicate shifts to partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate understanding of parts 1, 2A, & 2B of the rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical Literacy I Tried I Crewed I Helmed

Play games/activities to promote endurance & flexibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Mental Training I Tried I Crewed I Helmed

Set skill/process based goals for training and racing sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain a written log book throughout training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participate in a club race or training camp at a local club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>