



CANSail Checklist

Level: CANSail 4

Balance I Tried I Crewed I Helmed

Demonstrate optimal body position on all points of sail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate optimal body position in all conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Move body to promote planning and surfing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crew directs balance and trim for helm while beating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sail Trim I Tried I Crewed I Helmed

Trim leech profile for optimal height & power in all conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trim sails for conditions using all available sail controls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sheet to maintain correct boat balance in all conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depower using sail controls, 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 in all conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steer boat to promote planing and surfing	<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"/>
Settle into upwind mode within 30 seconds of heading up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust all sail controls in correct order 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

Perform a bear away set around a mark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perform a gybe set around a mark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust all sail controls in correct order to bear off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate a tactical rounding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Settle into downwind mode within 30 seconds of bear away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bear off and duck another boat while beating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tack I Tried I Crewed I Helmed

Tack on a header	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tack on command and at 30 second intervals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perform a double tack on command	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Select an appropriate spot to tack in choppy conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Gybe I Tried I Crewed I Helmed

Gybe on command and at 30 second intervals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gybe on a lift	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perform a rodeo gybe on command	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Select a wave and gybe while surfing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Stop I Tried I Crewed I Helmed

Perform emergency stops in all conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use a transit to stop on a start line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Go/Accelerate I Tried I Crewed I Helmed

Accelerate out from a mark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accelerate off of a start line with a start sequence (using flags)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accelerate from a stop when lined up with other boats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Down-Speed I Tried I Crewed I Helmed

Use more than one method to sail slowly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold boat within 1 boat length of mark for 20 seconds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Seamanship I Tried I Crewed I Helmed

Describe how cirrus, stratus, & cumulus clouds affect weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tune rig each day for the training conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tactics/Strategy I Tried I Crewed I Helmed

Describe persistent, oscillating, and geographical wind shifts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify the favoured end of the start line while sailing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify major factors affecting tide and current	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe the rules in sections 2C & 2D of the rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe how to trim to apparent wind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical Literacy I Tried I Crewed I Helmed

Participate in a daily physical warm up prior to training	<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 1-2 day local regatta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>