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Sail Consistently with less than 15% of heel Adjust body position to keep boat balanced Sail Trim ITried ICrewed I Helmed Luff tell tales fly more than 90% 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 acturately on all points of sail Trim sails while steering (double handed sheeting) Direction ITried ICrewed I Helmed Steer to keep tell tales flying 90% of the time Adjust sail trim within 5 seconds of course change Use body weight to assist with steering 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 ITried ICrewed I Helmed Head up within one boat length of a mark Trim sails to keep them full while heading up Jib and main are trimmed at the same rate Keep boat balanced while heading up Bear Off ITried ICrewed I Helmed Bear off from close hauled to a run and to the lee Bear off to within 15 degrees of chosen course Bear off within 15 bat length of a mark Clear sheets to bear off Keep boat flat while bearing off Clear sheets to bear off Keep boat flat while bearing off	Balance	l Tried	I Crewed	I Helmed
Sail Trim ITried ICrewed IHelmed	Sail consistently with less than 15% of heel			
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Trim sails accurately on all points of sail Trim sails while steering (double handed sheeting) Direction ITried ICrewed I Helmed Steer to keep tell tales flying 90% of the time Adjust sail trim within 5 seconds of course change Use body weight to assist with steering Identify and sail within 1 boat length of a point Manoeuvre to avoid boats and hazards Identify wind direction while sailing Head Up ITried I Crewed I Helmed Head up within one boat length of a mark Trim sails to keep them full while heading up Jib and main are trimmed at the same rate Keep boat balanced while heading up Bear Off ITried I Crewed I Helmed 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 & adjust foils while bearing off Clear sheets to bear off				
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Manoeuvre to avoid boats and hazards	Adjust sail trim within 5 seconds of course change			
Manoeuvre to avoid boats and hazards	Use body weight to assist with steering			
Manoeuvre to avoid boats and hazards	Identify and sail within 1 boat length of a point			
Head Up Head up within one boat length of a mark Trim sails to keep them full while heading up Jib and main are trimmed at the same rate Keep boat balanced while heading up Bear Off ITried I Crewed I Helmed I Tried I Crewed I Helmed 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 & adjust foils while bearing off Clear sheets to bear off	Manoeuvre to avoid boats and hazards			
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Sib and main are trimmed at the same rate	Head up within one boat length of a mark			
Keep boat balanced while heading up ITried I Crewed I Helmed Bear Off ITried I Crewed I Helmed Bear off from close hauled to a run and to the lee Image: Comparison of the lee of the	Trim sails to keep them full while heading up			
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Clear sheets to bear off	Bear off from close hauled to a run and to the lee			
Clear sheets to bear off	Bear off to within 15 degrees of chosen course			
Clear sheets to bear off	Bear off within 1 boat length of a mark			
Clear sheets to bear off	Ease sails & adjust foils while bearing off			
	Clear sheets to bear off			
	Keep boat flat while bearing off			

Tack		I Tried	I Crewed	l Helmed
Sight new course to tack into				
Communicate tack to sailing p	artner/other boats		0-	
Perform all steps in correct se	quential order			
Boat is controlled and balance	d through tack			
Correct body position is maint	ained through tack			
Gybe		I Tried	I Crewed	I Helmed
Sight new course to gybe into				
Communicate gybe to sailing p	partner/other boats			= = 0
Perform all steps in correct sequential order				
Boat is controlled and balance	d through tack	= = = = = = = =	= = = = =	
Correct body position is maintained through gybe				
Stop		1 Tried	I Crewed	1 Helmed
Stop boat intentionally within 1 boat length of a mark				
Stop boat intentionally by hea	ding up and backing main			
Stop boat to leeward of coach	boat and receive instruction			
Go/Accelerate		LTried	I Crewed	Helmed
Accelerate from irons, close ha	auled, and a reach			
Adjust boat and sail trim as bo	oat accelerates from a stop	0 -	==0=:	= 0
Seamanship		l Tried	I Crewed	I Helmed
Launch and dock boat safely a	t sailing facility			
Tie a reef knot, figure 8, and bowline while rigging		= = = = 0 -	- 0 -	= =0
Identify local hazards and desc	cribe how to avoid them			
Right a turtled boat and contin	nue sailing		= 0=	
Describe how to identify and treat hypothermia & heat stroke				
Apply the following rules: S/P,	LW/WW, Overtaking, Tacking			= 0
Physical Literacy		I Tried	I Crewed	Helmed
Demonstrate proper nutrition	& hydration for training			
Engage in daily games which p	romote flexibility	,	: = 0 =	= =0