

CANsail Level of Standard	LTSD Stage	Age Guide	Learning Outcomes according to Long Term Sailor Development framework	Programs	Delivery	Reward / Award	Other optional tangible take-homes	Student Resource(s)	Previous CYA program progression**
CANsail 1	Active Start / FUNDamentals	5 - 8	FUN, Safety, Fundamental Movement Skills (FMS), Propulsion, Balance, Direction, Seamanship, Steering, Intro of down-speed manoeuvres (boat); Intro physical agility, coordination & speed (personal); Basic Sailing manoeuvres established.	Wet Feet (for 5-7 year olds)	1/2 day, 1 week using Optis weeknight / weekend format options	Print on Demand passport & certificates via CANsail Profile	Green Hat Stickers White Hat	Coast Guard Activity Book Puffy & Friends	same -WetFeet
	FUNDamentals			8 - 18	<i>I CAN SAIL! 1</i> <i>I CAN SAIL! 2</i>				
CANsail 2	Learn to Sail Fast	9 - 18	Sailors have fun with friends, while learning at their own pace with a personal Goal Book and Sailing Log; Year-round engagement with group & program is facilitated; Boat Handling at marks & other obstructions: when accelerating, decelerating, stopping, roll tacking & roll gybing; Techniques for Speed in all points of sail, in light, moderate & heavy air; Develop surfing & planing techniques; Race techniques introduced: Starting, Factors of wind shifts, fleet position, clear air, basic racing rules, laylines; Skill challenges are positive; learning & social experiences; Physical & Mental conditioning & training introduced.	<i>I CAN Sail Better! 1</i> <i>I CAN Sail Better! 2</i>	2 week sessions 2 week sessions	Print on Demand passport & certificates via CANsail Profile	Badges Blue Hat	Optimist Sailing WS Workbook	Opti 2 & 3 White Sail 2 & 3
CANsail 3	Learn to Sail Fast			<i>I CAN Sail Fast! 1</i> <i>I CAN Sail Fast! 2</i>	2 week sessions / shoulder season supplement				
CANsail 4	Learn to Train	12 - 18	Youth groups identify as a Sailor & / or Sailing Athlete; Boat Handling & Speed Technique Skills Refined; Boat transition according to rate of growth; Competition Skills & Knowledge base of Rules of Sailing expanded; Build understanding of Tactical & Strategic Planning & decision-making, & Program management; When Sailors are ready, they enter fun Club, Inter-club & Provincial level competition; Progressive programming in Physical & Mental (Stamina, Strength, Speed, Suppleness & Self-determination); Introduction to Race Management, Safe Coach Boat operation, Sailing event volunteerism.	<i>I CAN Race!</i> ·Intro to Skiffs ·Intro to Boards ·Chutes & Wires	2-4 week sessions /shoulder season supplement	Print on Demand passport & certificates via CANsail Profile	Logbook	·Double Handed Sailing (JB / BCS) ·Playbook (CC) ·Rule Book	Bronze 4 Bronze 5
CANsail 5	Learn to Train			<i>Sailing Teamz</i> ·PCOC ·Coach Boat Safety Intro to Instruction ·Intro to Officiating	4-8 week sessions / shoulder season supplement				
CANsail 6	Learn to Compete (Sailing For Life in Supplemental Programming)	15 - 18	Sailors train with their athlete groups, sampling & transitioning into Olympic class boats; Class specific and individualized physical and mental fitness programs are prescribed; Training holds a priority over racing; Sailors' level of responsibility for management of Program increases at this stage, & they start accessing Regional Canadian Sport Centre services; Sailor-owned equipment is common.	CANsail Performance ·Intro to Team Race ·Intro to Match Race ·Skiff Performance ·Boards Performance ·Keelboat Sailing ·Sailing Leadership ·Intro to Navigation ·Race Management	4 month program with fall, winter & spring activity	Print on Demand passport & certificates via CANsail Profile			Gold Club Teams CYA Instructor Provincial Teams
CANsail Race Teams CANsail Instructor CANsail Coach CANsail Official CANsail Keelboat	Train to Compete (Sailing for Life in Supplemental Programming)	17 & up	There is interaction between National Team Coaches with the sailors and their coaches at this stage. Sailors compete in Olympic Classes, progressing to class world championships' as part of training, National team qualification is focus; Registered at Regional Canadian Sport Centre, receiving services 4-6x/year; Annual sailing plan turns to multi-year plans, includes annual mid-winter training; Optimize physical & mental fitness, and equipment.	·Provincial Sailing Teams ·Fundraising ·Team Race ·Match Race ·Speed Clinics ·National Development Sailing Team ·CANsail Instructor & Coach Training ·CANsail Official Training ·Navigation ·Keelboat Race ·Sport Boat Race		CANsail Profile Tracking; Tools; Resources	·Team memberships ·Race Results ·Gear ·Leadership accreditation ·Adventurous challenges		Provincial Teams National Development Teams CYA Instructor

▲ Italicized = programs to be named to suit market and (part of) standard being attained

** consider previous program names only to better understand the sailors' progression in traditional program standards.

NOTE:

These 3 programs are in no particular order of progression. Elements and Standards of the LTR & Bronze Sail Programming is being inserted into all 4 LTSD stages establishing physical literacy