

CANSAIL 1 AT A GLANCE

Skills	Ability
Balance	- Sailors can enter and exit a boat safely, sit in the proper position, and move body weight to flatten.
Sail Trim	- Sailors can use double handed sheeting and use the "When in doubt" method to trim to proper angle.
Direction	- Sailors can use landmarking to steer a straight line and manoeuvre around obstacles.
Tacking	- Sailors can tack through the wind facing forward from beam reach to beam reach without dropping the tiller or the mainsheet.
Gybing	- Sailors can gybe from beam reach to beam reach guiding the boom across the boat while facing forward and not dropping the tiller or the mainsheet
Heading up	- Sailors can point the tiller at the sail to head up and stop before tacking and use double handed sheeting to bring in the sail
Bearing off	- Sailors can point the tiller away from the sail to bear off and stop before gybing and ease the sail out.
Stop	- Sailors can use sheeting out until luffing and steering into irons to slow their boat to a stop
Go	- Sailors can use sheeting in, backwind the jib , and sculling to accelerate their boat from a stop
Safety	- Sailors can safely prepare for sailing, wear a PFD, launch and dock, and recover a capsized boat.
Seamanship	- Sailors can rig/de-rig their boat, refer to boat parts properly, and tie several knots.