

## CANSAIL 2 AT A GLANCE

Skills	Ability
<b>Balance</b>	- Sailors can finish a tack and gybe in proper position, while also being able to hike a boat flat.
<b>Sail Trim</b>	- Sailors can sheet to keep ticklers streaming with assistance, while also being able to ease sail to keep boat flat.
<b>Direction</b>	- Sailors can steer to keep ticklers streaming with assistance, while also accurately steering a boat within 1 boat length of a desired object.
<b>Heading up</b>	- Sailors can head up coordinating double handed sheeting with steering to match sheeting to rate of turn.
<b>Bearing off</b>	- Sailors can bear off coordinating a sheet clear with steering to match sheeting to rate of turn
<b>Tacking</b>	- Sailors can tack from <b>close reach to close reach</b> using the punch through tiller exchange and straightening the tiller as the boom crosses the boat.
<b>Gybing</b>	- Sailors can gybe from <b>broad reach to broad reach</b> guiding the boom across the boat, while straightening the tiller as the boom crossed centerline.
<b>Stop</b>	- Sailors can use sheeting, steering, and backwinding the main to quickly and accurately stop the boat in ready position within 2 boat lengths of a mark.
<b>Go</b>	- Sailors can accelerate their boat from ready position by bearing off, sheeting in, and heading back up to desired course.
<b>Slow Down</b>	- Sailors can slow their boat by sheeting, moving body weight aft, and steering into irons to sail in a single file line.
<b>Safety</b>	- Sailors can safely recover a turtled boat, while also identifying symptoms, treatment methods, and prevention methods of hypothermia/hyperthermia.
<b>Seamanship</b>	- Sailors can identify parts of a sail and describe what the ticklers/telltales are/used for.
<b>Wind, Weather and Water</b>	- Sailors can identify gusts and lulls on water, while also recognizing the effects of a lift/knock on the sails.