

CANSAIL 3 AT A GLANCE

Skills	Ability
Balance	- Sailors can effectively move body weight to manage heel, while also using body weight to induce heel to aid with steering.
Sail Trim	- Sailors can adjust sails to manage heel through puffs and lulls and adjust sail controls for upwind and downwind settings.
Direction	- Sailors can sail by the lee without gybing, begin to steer tactical mark roundings, and sail back wards.
Heading up	- Sailors can match rate of double handed sheeting to the rate turn as well as begin to induce leeward heel to help head up.
Bearing off	- Sailors can match rate of sheet clearing to the rate turn as well as begin to induce windward heel to help bear off.
Tacking	- Sailors can tack close hauled to close hauled upwind on to a layline, can tack away from dirty air, and are beginning to introduce roll to tacking.
Gybing	- Sailors can gybe on to a layline and are beginning to introduce roll to gybing.
Stop	- Sailors can stop in ready position within 1 boat length of a mark both upwind and downwind.
Go/Acceleration	- Sailors are beginning to coordinate sculling, heel, sheeting, and flattening to accelerate from a mark.
Slow Down	- Sailors can use luffing, backwinding, crew weight aft, and over-steering to slow their boat to maintain a 1 boat length distance from other boats when sailing in a single file line.
Safety	- Sailors can right a capsized boat and continue sailing, participate in control positions, and apply several common racing rules.
Seamanship	- Sailors can sail rudderlessly with the mainsheet tied to the tiller and begin to tune the rig based on wind conditions with instructor assistance.
Wind, Weather and Water	- Sailors can identify true wind, boat wind, and apparent wind, while also identifying and adjusting to wind shifts.
Competition	- Sailors participate in competitive activities and are able to identify/describe a basic start sequence.