

## CANSAIL 4 AT A GLANCE

Skills	Ability
<b>Balance</b>	- Sailors can move body weight side to side and forward/aft to induce heel/trim for increased control and speed.
<b>Sail Trim</b>	- Sailors can adjust sail controls to move sail draft for flatter or fuller sails for a variety of conditions.
<b>Direction</b>	- Sailors can point, pinch, and foot for a variety of conditions.
<b>Heading up</b>	- Sailors can tactically round a leeward mark with heel while adjusting board and sail controls in the correct sequence.
<b>Bearing off</b>	- Sailors can tactically round a windward mark with heel while adjusting board and sail controls in the correct sequence.
<b>Tacking</b>	- Sailors can roll tack in response to wind shifts, sea state, establishing a layline, or for tactical reasons. Sailors can double tack.
<b>Gybing</b>	- Sailors can roll gybe wind shifts, sea state, establishing a layline, or for tactical reasons.
<b>Stop</b>	- Sailors can perform an emergency stop on a line to leeward of another boat and hold position on the same tack.
<b>Go/Acceleration</b>	- Sailors can accelerate to full speed from a line.
<b>Slow Down</b>	- Sailors can modify their speed to sail single file, for mark roundings, and lining up for tuning.
<b>Safety</b>	- Sailors can simply apply rules 10 to 20.
<b>Seamanship</b>	- Sailors can describe centre of effort and centre of lateral resistance and how the movement of each effects the helm of the boat. - Sailors can sail rudderlessly with the tiller tied along the centerline of the boat. - Sailors can describe a variety of clouds and the weather they bring.
<b>Tactics &amp; Strategy</b>	- Sailors can maneuver for clear air and place a cover. - Sailors can trim for apparent wind changes and respond to wind shifts
<b>Competition</b>	- Sailors participate in competitive activities and are able to identify/describe a basic start sequence.