

CanSail 2

In Progress Acheived

- Head up within one boat length of a mark
- Trim sails with minimal luffing through maneuvers
- Jib and main are trimmed at the same rate
- Bear off from close hauled to a run and to the lee
- Bear off to within 15 degrees of chosen course
- Bear of within 1 boat length of a mark
- Ease sails & adjust foils while bearing off
- Clear sheets to bear off
- Sights new course to tack/gybe into
- Preform all steps in correct sqquential order
- Boat is controlled and balanced throughout tack/gybe
- Correct body position is maintained through gybe

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- Able to Launch and dock boat safely without instructor assistance.
- Tie a reef knot, figure 8, and bowline while rigging
- Identify local hazards and describe how to avoid them
- Right a turtled boat and continue sailing
- Describe how to identify and treat hypothermia and heat stroke
- Understands and implements right of way prochedures
- Identify wind direction while sailing
- Demonstrate proper nutrition and hydration for training
- Engage in daily games which promote flexibility
- Communicates tack/gybe to sailing partner/other boats

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- Steer to keep tell tales flying 90% of the time
- Adjust sail trim within 5 seconds of course change
- Identify and sail within 1 boat length of a point
- Accelerate from irons, close hauled, and a reach
- Adjust boat and sail trim as boat accelerates fro a stop
- Sheet in to slow down when sailing downwind
- Keep boat balanced while heading up/bearing off
- Consistently sails with less than 15% of heel
- Adjusts body position to keep boat flat

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