CanSail 4

Maneuvers

	In Progress	Acheived
Head up around a mark		
Settle into upwind mode within 20 seconds of heading up		
Adjust sail controls in correct order while bearing off to promote optimal exit speed		
Demonstrate a tactical leeward mark rounding (wide/close)		
Preform a bear away set around a mark		
Preform a gybe set around a mark		
Adjust sail controls in correct order while bearing off to promote optimal exit speed		
Demonstrate a tactical windward mark rounding		
Settle into downwind mode within 20 seconds of bear away		
Bear off and duck while beating		
Tack on a header		
Preform a double tack on a closed upwind course		
Select an appropriate spot to tack in choppy conditions		
Tack/Gybe on command and at 30 second intervals		
Gybe on a lift		
Preform at least one double gybe while surfing		
Select a wave and gybe while surfing		

Seamanship

Tri leech profile for optimal height and power in all conditions		
Secure dinghy and spars on roof racks or a trailer		
Describe how cirrus, stratus, & cumulus clouds affect weather		
Tune rig each day for the training conditions		
Explain weather, lee, & neutral helm		
Describe persistent, oscillating, and geographical wind shifts		
Identify major factors affecting tide and current		
Describe the rules in section 2c&2D of the rules		
Describe how to trim to apparent wind		
Participate in a 1-2 day local regatta		
Set skill/process based goals for training and racing sessions		
Maintain a written log book throughout training		
Participate in a daily physical warm up prior to training		

Boat Control

Steer to keep tell tales flying 90% of the time		
Steer boat to promote planing and surfing		
Perform emergency stops in a variety of conditions		
Use a transit to stop on a start line		
Accelerate out from a mark		
Accelerate off of a start line with a start sequence (using flags)		
Accelerate from a stop when lined up with other boats		
Use more than one method to sail slowly		
Hold boat within 1 boat length of mark for 20 seconds		
Trim sails for conditions using all available sail controls		
Sheet to maintain correct boat balance in all conditions		
DHepower using sail controls, steering and sheeting		