

CANSail Progress Report

Name _____

Date _____

Boat _____

Instructor _____

Next Recommended Course _____



Steering

Directions	<input type="checkbox"/>	<input type="checkbox"/>
Head Up	<input type="checkbox"/>	<input type="checkbox"/>
Bear Off	<input type="checkbox"/>	<input type="checkbox"/>

Balance

Correct body position	<input type="checkbox"/>	<input type="checkbox"/>
Keeps boat flat	<input type="checkbox"/>	<input type="checkbox"/>

Sail Trim

Trims sails accurately	<input type="checkbox"/>	<input type="checkbox"/>
Luff sails to depower	<input type="checkbox"/>	<input type="checkbox"/>
Sails in close hauled position	<input type="checkbox"/>	<input type="checkbox"/>

Manoeuvres

Tack - gunwale to gunwale	<input type="checkbox"/>	<input type="checkbox"/>
Gybe - switch sides facing forward	<input type="checkbox"/>	<input type="checkbox"/>
Stops intentionally	<input type="checkbox"/>	<input type="checkbox"/>

Seamanship

Right a capsized boat	<input type="checkbox"/>	<input type="checkbox"/>
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Safety

Appropriate PFD	<input type="checkbox"/>	<input type="checkbox"/>
Secure a tow line	<input type="checkbox"/>	<input type="checkbox"/>

- ☐ Skill Introduced
☒ Skill Completed

Steering

Identify wind direction while sailing	<input type="checkbox"/>	<input type="checkbox"/>
Head up/bear off 1 boat length of mark	<input type="checkbox"/>	<input type="checkbox"/>
Ease sails & adjust foils while bearing off	<input type="checkbox"/>	<input type="checkbox"/>

Balance

Sail without heel	<input type="checkbox"/>	<input type="checkbox"/>
Adjust body position appropriately	<input type="checkbox"/>	<input type="checkbox"/>

Sail Trim

Adjust sails for shifts	<input type="checkbox"/>	<input type="checkbox"/>
Adjust for puffs and lulls	<input type="checkbox"/>	<input type="checkbox"/>
Trim at all points of sail	<input type="checkbox"/>	<input type="checkbox"/>

Manoeuvres

Tack - in correct sequence	<input type="checkbox"/>	<input type="checkbox"/>
Gybe - sight new course	<input type="checkbox"/>	<input type="checkbox"/>
Stop boat to leeward of coach boat	<input type="checkbox"/>	<input type="checkbox"/>

Seamanship

Launch and dock safely	<input type="checkbox"/>	<input type="checkbox"/>
Identify hypothermia symptoms	<input type="checkbox"/>	<input type="checkbox"/>
Games for flexibility	<input type="checkbox"/>	<input type="checkbox"/>

Safety

Identify local sailing hazards	<input type="checkbox"/>	<input type="checkbox"/>
Obey instructor commands	<input type="checkbox"/>	<input type="checkbox"/>

Steering

Smooth mark roundings	<input type="checkbox"/>	<input type="checkbox"/>
Sail by the lee	<input type="checkbox"/>	<input type="checkbox"/>
Match sheeting to turn	<input type="checkbox"/>	<input type="checkbox"/>

Balance

Balance fore and aft	<input type="checkbox"/>	<input type="checkbox"/>
Heel to assist boat turning	<input type="checkbox"/>	<input type="checkbox"/>
Combine balance, steering, and sheeting	<input type="checkbox"/>	<input type="checkbox"/>

Sail Trim

Sheeting for max speed & manover power	<input type="checkbox"/>	<input type="checkbox"/>
Adjust sail controls	<input type="checkbox"/>	<input type="checkbox"/>
Depower using sail controls	<input type="checkbox"/>	<input type="checkbox"/>

Manoeuvres

Tack - onto laylines	<input type="checkbox"/>	<input type="checkbox"/>
Gybe - 1 minute intervals	<input type="checkbox"/>	<input type="checkbox"/>
Stop and sail backwards	<input type="checkbox"/>	<input type="checkbox"/>

Seamanship

Secure boat to trailer	<input type="checkbox"/>	<input type="checkbox"/>
Evaluate local sailing hazards	<input type="checkbox"/>	<input type="checkbox"/>
Tune boat	<input type="checkbox"/>	<input type="checkbox"/>

Fitness & Strategy

Communication	<input type="checkbox"/>	<input type="checkbox"/>
Understanding of rules	<input type="checkbox"/>	<input type="checkbox"/>
Promote endurance & flexibility	<input type="checkbox"/>	<input type="checkbox"/>
Participate in club race	<input type="checkbox"/>	<input type="checkbox"/>

Safety

Identify signs of hypothermia	<input type="checkbox"/>	<input type="checkbox"/>
Appropriate hydration	<input type="checkbox"/>	<input type="checkbox"/>

Steering

Steer promoting planing and surfing	<input type="checkbox"/>	<input type="checkbox"/>
Adjust sail controls to head up	<input type="checkbox"/>	<input type="checkbox"/>
Tactical mark roundings	<input type="checkbox"/>	<input type="checkbox"/>

Sail Trim

Trim sails using all sail controls	<input type="checkbox"/>	<input type="checkbox"/>
Sheet main appropriately	<input type="checkbox"/>	<input type="checkbox"/>
Depower using sail controls	<input type="checkbox"/>	<input type="checkbox"/>

Manoeuvres

Tack on headers	<input type="checkbox"/>	<input type="checkbox"/>
Double Tacks	<input type="checkbox"/>	<input type="checkbox"/>
Accelerate out of marks	<input type="checkbox"/>	<input type="checkbox"/>

Seamanship

Described types of clouds	<input type="checkbox"/>	<input type="checkbox"/>
Tune rig each day for training	<input type="checkbox"/>	<input type="checkbox"/>

Fitness & Strategy

Describe types of wind shifts	<input type="checkbox"/>	<input type="checkbox"/>
Major factors of tide and current	<input type="checkbox"/>	<input type="checkbox"/>
Maintain a written logbook	<input type="checkbox"/>	<input type="checkbox"/>

Steering

Wide and close mark roundings	<input type="checkbox"/>	<input type="checkbox"/>
Steer promoting planing & surfing	<input type="checkbox"/>	<input type="checkbox"/>
Perform gybe sets	<input type="checkbox"/>	<input type="checkbox"/>

Sail Trim

Recognize optimal leech profile	<input type="checkbox"/>	<input type="checkbox"/>
3 ways to depower	<input type="checkbox"/>	<input type="checkbox"/>

Manoeuvres

Tack into covering positions	<input type="checkbox"/>	<input type="checkbox"/>
Sail slowly into leeward mark	<input type="checkbox"/>	<input type="checkbox"/>
Accelerate off start line	<input type="checkbox"/>	<input type="checkbox"/>

Tactics/Strategy

Describe 3 types of wind shifts	<input type="checkbox"/>	<input type="checkbox"/>
Identify favoured end of start line	<input type="checkbox"/>	<input type="checkbox"/>

Safety

Geographical/tidal effects at new venue	<input type="checkbox"/>	<input type="checkbox"/>
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Competition

Set skill/process goals	<input type="checkbox"/>	<input type="checkbox"/>
Participate in local regatta	<input type="checkbox"/>	<input type="checkbox"/>

Steering

Tactical roundings while racing	<input type="checkbox"/>	<input type="checkbox"/>
Tack to duck a boat	<input type="checkbox"/>	<input type="checkbox"/>
Maintain bow out on start line	<input type="checkbox"/>	<input type="checkbox"/>

Manoeuvres

Start within 3 seconds	<input type="checkbox"/>	<input type="checkbox"/>
Gybe on waves	<input type="checkbox"/>	<input type="checkbox"/>
Hold position for a minute	<input type="checkbox"/>	<input type="checkbox"/>

Seamanship

Describe select flags	<input type="checkbox"/>	<input type="checkbox"/>
Evaluate and adjust rig settings	<input type="checkbox"/>	<input type="checkbox"/>
Describe wind flow over sails	<input type="checkbox"/>	<input type="checkbox"/>

Tactics/Strategy

Make a strategy based on wind and geography	<input type="checkbox"/>	<input type="checkbox"/>
Defend position downwind	<input type="checkbox"/>	<input type="checkbox"/>
Exonerate after a penalty	<input type="checkbox"/>	<input type="checkbox"/>

Competition

Maintain a logbook	<input type="checkbox"/>	<input type="checkbox"/>
Participate in regional training camp	<input type="checkbox"/>	<input type="checkbox"/>
Participate in a provincial regatta	<input type="checkbox"/>	<input type="checkbox"/>

Safety

Travel safely to events	<input type="checkbox"/>	<input type="checkbox"/>
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