



**SAIL·VOILE  
CANADA**

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## **CANSail Relaunch Program Update**





**SAIL·VOILE CANADA**

## CANSail Review Writers



### CANSail Panel

Marc-Antoine Brassard  
Nigel Crosscombe  
Andrea Fitzgerald  
Delani Hulme Lawrence  
Sophia Josenhans  
Amelia Leeksma  
Steve McBride  
Laurence Page  
Mark Schippers  
Kelsey Stoppel



**Alex Byczko**

Master Learning Facilitator  
Ontario  
CANSail Panel Member



**Braden Gray**

Learning Facilitator  
Alberta  
CANSail Panel Member



1 Why a CANSail review was needed?

2 What has been done?

3 CANSail Skills at a glance

4 CANSail Instructor pack walkthrough



## 2017 CANSail Instructor Survey Results

1

**Level progression has skill cliffs**

2

**CANSail 4, 5, & 6 harder to pass**

3

**CANSail was missing information**

4

**Need for more robust resources for new instructors**



1

Level progression has skill cliffs

Example - Tacking - CANSail 1.0

CANSail 2

- Sight new course to tack into
- Communicate tack to sailing partner/other boats
- Perform all steps in correct sequential order
- Boat is controlled and balanced through tack
- Correct body position is maintained through tack

- Acquired tiller mainsheet exchange **mechanics**
- Focus on movement **mechanics** of tack.

CANSail 3

- Tack away when covered by another boat(s)
- Tack on command and at 1 minute intervals
- Tack into a clean lane
- Tack onto a layline
- Roll for optimal speed during tack

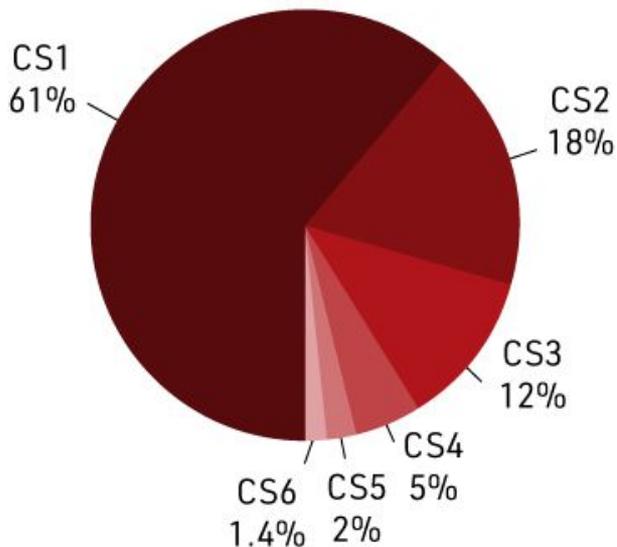
- **Results** based roll tack performance
- Clean Lane - **higher level decision making**



### 2 CANSail 4, 5, & 6 harder to pass

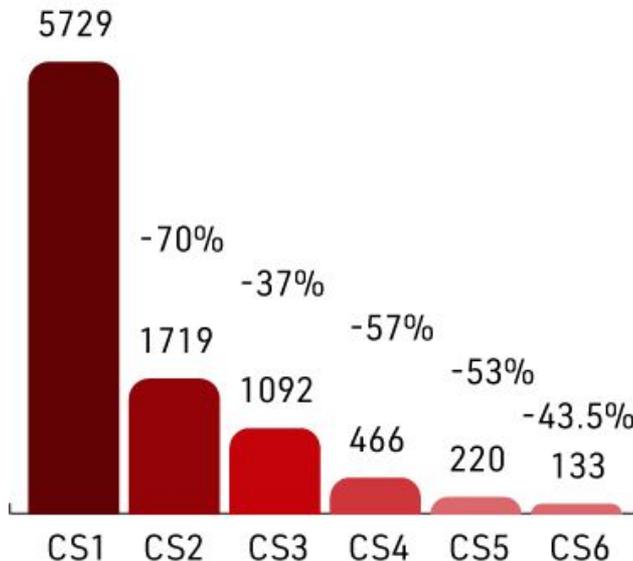
#### Program Utilization 2019

Total Participants CANSail 1 - 6 = 9359



#### Program Attrition 2019

Total Participants CANSail 1 - 6 = 9359



**Some checklist items not equitably attainable across venues.**

- Surfing and planing criteria
- Preparing a trailer
- Tide and current criteria
- Heavier racing criteria
- Regatta participation
  - *Regional and provincial*



3

## CANSail 1.0 missing information

### Examples

#### Missing Skills

- Rudderless sailing
- Vectors
- Boat repair
- Alternate capsized righting

#### Skills Not Present in Instructor Packs

- Person overboard
- Backwards sailing
- Roll tacking and gybing
- Start sequence breakdown
- Airflow over a sail
- How to holding position on a line
- Changes and trimming to apparent wind



4

## Need for a more robust resources for new instructors

### Instructor Pack Lesson Plans

- Lesson plans were very bare bones
- Content sections gave a skill primer - skill descriptions not holistic enough
- Little to no land activity/teaching aid suggestions for theory components
- No drill diagrams, instructions, or key points for water sessions
- Lacked well developed drill progressions
- No curriculum tie into checklist or rubric items

### CANSail 1.0 Instructor Pack Design Philosophy

- The instructor pack design decisions were intentional
- **Built on a model of mentorship from senior coaches and LFs at the club level**
- Designed to accommodate the breadth of training boats and venues
- Relied heavily on instructor knowledge/experience to fill in the blanks



## Why a review was needed?

4

### Tuesday Afternoon Lesson: Clear Air

**Objective:** Sailors will be able to identify another boat's wind shadow and tack or gybe to clear air from a wind shadow while sailing.

**Time:** 20 minutes on land, 1 ½ hours on the water

**Materials:** Training boats, sidewalk chalk, 4 marks, floating ball, whistle

#### Content:

Question for sailors: We've been practising our tacks, but how do we know when it is a good time to tack?

Brainstorm answers

Answer at the end of the brainstorm: Sometimes another boat will sail upwind of us, and blanket the wind from us so that we sail slowly. This is called a wind shadow.

Activity: Give each sailor a piece of chalk, and have them draw themselves sailing. Next, have them draw the wind shadow that they create.

Question for sailors: If we are in a wind shadow, how do we get out of one? We tack or gybe!

Activity: Using the chalk, have sailors draw a boat in the wind shadow of the first boat that they drew. Then draw how to tack or gybe to clear air.

#### On Water:

- Windward Leeward Collector
- Partnered tacking duels
- On water soccer

### Thursday Morning Lesson: Lesson: Heading Up & Bearing Off

**Objective:** Sailors will incorporate body weight to heel boat and to steer close and wide at windward roundings and to steer wide and close at leeward marks.

**Time:** 20 minutes on land, 1 ½ hours on water

**Materials:** Training boats, whiteboard, whiteboard marker, 4 marks

#### Content:

Demonstrate steps to performing a windward mark rounding, then draw the course around a windward mark and identify where and when each step happens

#### Skill Breakdown: Windward Mark Rounding

Raise mainsheet hand up in the air to clear sheet
Gently pull tiller towards you and heel to windward
Lower hand to ease sail, loosen grip on mainsheet to ease more if necessary
Crew eases jib so that it remains full of air. Try to match the rate at which the main is being eased.
Continue bearing off until sailing by the lee, boom will be at 90 degrees to the boat, telltales will be flying backwards
Maintain windward heel and raise daggerboard

Now draw an optimal mark rounding: sailor should be right on layline so that he or she approaches mark as closely as possible. Can round wide to protect wind when rounding.

Demonstrate steps to performing a leeward mark rounding, then draw the course around a leeward mark and identify where and when each step happens.

#### Skill Breakdown: Heading Up

Lower daggerboard and aim one boat length wide of mark
Head up and heel to leeward
Trim main using doublehanded sheeting. Try to match rate of trim to rate of turn.
When close hauled, pump boat flat for extra speed.
Finish trimming main as you pump boat flat

Now draw an optimal mark rounding: sailor should aim 1 boat length wide of the mark and exit the rounding nearly touching the leeward mark with his or her shoulder.

On Water: Windward Leeward Course  
Paperclip Drill



### Identified Needs:

- 1 Level achievability - in terms of sailor performance criteria and time to pass
- 2 Revisiting skills included in each level
- 3 Smoothing performance curve
- 4 Turn key resources for new coaches
- 5 Increase CANSail level utilization across venues and program sizes



**Feedback From Stakeholders**

**Review of CANSail Levels**

**Revision of CANSail 1.0 Rubrics**

**Matching KPIs to Lesson Plans**

**Development of New Instructor Packs**

PSAs

LFs

Instructors

Program Directors

Identify and smooth skills gaps

Shift towards descriptive key performance indicators

Identify missing or incomplete content

A complete one stop resource for instructors



Items reviewed and ready for release:

**1**

**Checklists** - CANSail 1 - 6

**2**

**Rubrics** - renamed Key Performance Indicators - CANSail 1 - 6

**3**

**Checklist Translations** - CANSail 1 - 6

**4**

**Checklick Input** - CANSail 1 - 6

**5**

**Instructor Packs** - CANSail 1 - 4 (English)



### CANSail 2 - Heading up

#### CANSail 1.0

- Head up within one boat length of a mark
- Jib and main are trimmed at the same rate
- Trim sails with minimal luffing through manoeuvre
- Keep boat balanced while heading up

#### CANSail 2.0

- Head up to close hauled from any point of sail
- Use two handed sheeting while heading up
- Trim Sails with minimal luffing through manoeuvre
- Keep boat flat while heading up

### CANSail 4 - Tactics and Strategy

#### CANSail 1.0

- Describe persistent, oscillating, and geographical wind shifts
- Identify the favoured end of the start line while sailing
- Identify major factors affecting tide and current
- Describe the rules in sections 2C & 2D of the rules
- Describe how to trim to apparent wind

#### CANSail 2.0

- Maneuver for clear air
- Place a cover
- Describe how to trim to apparent wind
- Explain lifts and headers
- Planning the next leg



New Evaluation Levels:

## Developing

- Performing **with** instructor assistance

## Performing

- Consistently performing skill **without** instructor assistance

## Extending

- Performing skill independently with confidence and application

CANSail 2			
Date:			
Sailor Name:			
Club/School:			
Training Boat:			
CANSail 2 - Skill List	Developing	Performing	Extending
Balance			
Adjust body position fore/aft to keep boat balanced			
Adjust bodyweight to manage heel			
Sit in correct starting position on each tack			
Sit in correct starting position on each gybe			
Sail Trim			
Trim sails accurately for all points of sail			
Trims sails to reduce heel			
Trim sails while steering (double handed sheeting) while sailing to a point for 2			
Trim sails to keep telltales flying			
Understand basic sail controls adjustments			
Direction			
Steer to keep telltales flying 50% of the time in prevailing conditions			
Adjust sail trim within 5 seconds of course change			
Identify and sail within 1 boat length of a point			
Manoeuvre to avoid boats and hazards			
Identify wind direction while sailing			
Heading Up			
Head up to close hauled from any point of sail			
Use two handed sheeting while heading up			
Trim Sails with minimal luffing through manoeuvre			
Keep boat flat while heading up			



## NO CHANGES TO LEVEL EVALUATIONS

### Achieving Full Standard

- **All skills** on a checklist are marked as “Performing”
- This awards a sealed level certificate.

### CANSail - A Progressive Level System

- **No change to the progressive nature of CANSail**
  - Sailors that are marked “developing” on one skill continues to work on that skill
  - If the sailor is marked “performing” or “extending” on a skill, they can begin the checklist at the next level



## CANSail 2 - 1.0

## CANSail 2 - 2.0

	Skill	Further Development Required = taught & practised	Performing Consistently = action performed consistently
Balance	Sail consistently with less than 15% of heel	<i>Helm allows boat to consistently heel while sailing in a straight line</i>  <i>Crew does not ease sail when boat heels</i>	<i>Helm attempts to minimize heel by changing direction and adjusting sail position</i>  <i>Crew attempts to minimize heel by adjusting job position</i>
	Adjust body position to keep boat balanced	<i>Helm slides inboard while hiking or hikes off of shins</i>  <i>Crew slides inboard while hiking</i>	<i>Helm hikes with feet under hiking straps to minimize heel</i>  <i>Crew hikes to minimize heel</i>
Sail Trim	Luff tell tales fly more than 75% of the time	<i>Helm requires prompting to adjust mainsail trim</i>  <i>Crew requires prompting to adjust mainsail trim</i>	<i>Helm is aware of the tell tales and uses them to attempt to maintain a full sail while steering a straight course</i>  <i>Crew uses the tell tales to check jib trim and eases or sheets in based on the telltales. Some over trimming is allowed.</i>
	Adjust sail trim/heading for wind shifts	<i>Main/jib are not adjusted for wind shifts</i> <i>Sailors require prompting to adjust trim for shifts</i>	<i>Helm trims or eases main within 30 seconds of significant wind shifts (over 10 degrees)</i>  <i>Crew trims or eases main within 30 seconds of significant wind shifts (over 10 degrees)</i>
	Adjust sail trim for puffs and lulls	<i>Sails are not trimmed or eased for puffs/lulls</i> <i>Boat is consistently heeling to windward or leeward (or back and forth between both)</i>	<i>Sailors ease and trim sails during puffs to maintain 15 degrees or less of heel</i>
	Trim sails accurately on all points of sail	<i>Sailors change direction without adjusting trim</i> <i>Sailors requires prompting to trim sail accurately for point of sail</i>	<i>Helm adjusts trim of sails after stabilizing on a new heading within 30 seconds on all points of sail</i>  <i>Crew adjusts jib so that tell tales fly after stabilizing on a new heading within 30 seconds on all points of sail</i>

CANSail 2 Standard	Key Performance Indicators
Balance	
Adjust body position fore/aft	<ul style="list-style-type: none"> <li>- Helm sits facing forward ahead of tiller and holding tiller extension</li> <li>- Crew sits forward of helm and not behind the mainsheet, facing forward</li> <li>- Sailors use reasonable communication if they need help with a tangle or other position related problem that they need help with</li> </ul>
Adjust bodyweight to manage heel	<ul style="list-style-type: none"> <li>- Helm moves inboard or outboard on windward side of the boat to minimize heel</li> <li>- Crew moves from leeward side to centre to windward side to minimize heel</li> <li>- Sailors use communication to coordinate movements when necessary</li> </ul>
Begin and end tack with correct body position	<ul style="list-style-type: none"> <li>- Helm sits opposite the sail (on windward side)</li> <li>- Crew sits in position from side to side to balance the boat close to level</li> <li>- Sailors use recommended communication when starting a tack and to adjust body position if necessary</li> </ul>
Begin and end gybe with correct body position	<ul style="list-style-type: none"> <li>- Helm sits opposite the sail (on windward side)</li> <li>- Crew sits in position from side to side to balance the boat close to level</li> <li>- Sailors use recommended communication when starting a gybe and to adjust body position if necessary</li> </ul>
Demonstrates the ability to hike in a training boat or on a hiking bench	<ul style="list-style-type: none"> <li>- Sailors hike out on a hiking bench or training boat</li> <li>- Sailors keep feet and knees together</li> <li>- Sailors waist is bent more than their knees, but sailors try to straighten both.</li> <li>- Sailors do not need to hold the position for more than a few seconds, but long enough that the instructor can correct poor form and verify good form</li> </ul>
Sail Trim	
Trim sails while sailing close hauled, close reach, beam reach, broad reach and run	<ul style="list-style-type: none"> <li>- Sailors ease sails to sail further off the wind</li> <li>- Sailors sheet sails in to sail closer to the wind</li> <li>- When reaching, sailors adjust sails in /out while sailing to a point to achieve proper sail trim within approximately 10 seconds of a change</li> <li>- When sailing close hauled, sailors pull their sails all the way in, but can ease in gusts to avoid capsize</li> <li>- When sailing close hauled, sailors turn to windward until their sails luff and then turn to leeward until they stop</li> <li>- When on a run, sailors demonstrate the ability to identify a folding leech, loss of tension in the mainsheet, a backing jib or the crew feeling the boom start to come over as early warning signs for a gybe</li> <li>- Sailors demonstrate the ability to prevent an imminent gybe by heading up (and ducking just in case) or sailors safely allow the gybe when appropriate</li> <li>- In double handed boats on a run, sailors warn each other when the first notices an imminent gybe</li> </ul>



Removed further development required column.

Enriched descriptions for skill performance.

- KPIs remain boat agnostic
- Include crew performance criteria
  - Communication topics
  - More visual, sensational, and situational performance cues.

CANSail 2 Standard	Key Performance Indicators
<b>Balance</b>	
Adjust body position fore/aft	<ul style="list-style-type: none"> <li>- Helm sits facing forward ahead of tiller and holding tiller extension</li> <li>- Crew sits forward of helm and not behind the mainsheet, facing forward</li> <li>- Sailors use reasonable communication if they need help with a tangle or other position related problem that they need help with</li> </ul>
Adjust bodyweight to manage heel	<ul style="list-style-type: none"> <li>- Helm moves inboard or outboard on windward side of the boat to minimize heel</li> <li>- Crew moves from leeward side to centre to windward side to minimize heel</li> <li>- Sailors use communication to coordinate movements when necessary</li> </ul>
Begin and end tack with correct body position	<ul style="list-style-type: none"> <li>- Helm sits opposite the sail (on windward side)</li> <li>- Crew sits in position from side to side to balance the boat close to level</li> <li>- Sailors use recommended communication when starting a tack and to adjust body position if necessary</li> </ul>
Begin and end gybe with correct body position	<ul style="list-style-type: none"> <li>- Helm sits opposite the sail (on windward side)</li> <li>- Crew sits in position from side to side to balance the boat close to level</li> <li>- Sailors use recommended communication when starting a gybe and to adjust body position if necessary</li> </ul>
Demonstrates the ability to hike in a training boat or on a hiking bench	<ul style="list-style-type: none"> <li>- Sailors hike out on a hiking bench or training boat</li> <li>- Sailors keep feet and knees together</li> <li>- Sailors waist is bent more than their knees, but sailors try to straighten both.</li> <li>- Sailors do not need to hold the position for more than a few seconds, but long enough that the instructor can correct poor form and verify good form</li> </ul>
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Trim sails while sailing close hauled, close reach, beam reach, broad reach and run	<ul style="list-style-type: none"> <li>- Sailors ease sails to sail further off the wind</li> <li>- Sailors sheet sails in to sail closer to the wind</li> <li>- When reaching, sailors adjust sails in /out while sailing to a point to achieve proper sail trim within approximately 10 seconds of a change</li> <li>- When sailing close hauled, sailors pull their sails all the way in, but can ease in gusts to avoid capsize</li> <li>- When sailing close hauled, sailors turn to windward until their sails luff and then turn to leeward until they stop</li> <li>- When on a run, sailors demonstrate the ability to identify a folding leech, loss of tension in the mainsheet, a backing jib or the crew feeling the boom start to come over as early warning signs for a gybe</li> <li>- Sailors demonstrate the ability to prevent an imminent gybe by heading up (and ducking just in case) or sailors safely allow the gybe when appropriate</li> <li>- In double handed boats on a run, sailors warn each other when the first notices an imminent gybe</li> </ul>



### CANSail 3 - Tacking

#### CANSail 1.0 - Roll Tack For Optimal Speed During Tack

##### Performing Consistently

- Sailors time windward heel to begin as front 1/3 of jib luffs.
- Crew uses trapeze puck (if available) and rolls shoulders outboard as front 1/3 of sail luffs.

#### CANSail 2.0 - Roll Tack

- In less than fully powered conditions, sailors add roll to their tacks, but not so much that the boat becomes significantly overpowered as it is flattened.
- Sailors communicate for timing and roll - front 1/3rd of jib luffs.
- Helm steers through the tack initially past past the new close hauled course
- At this level sailors can wait on the leeward side for the wind and body weight to heel the boat
- In light conditions sailors cross the boat when it has heeled as much as they dare
- Sailors trim the sails appropriately as they flatten the boat on the new tack
- Helm has finished heading back up to near the new close hauled course by the time the boat is flat on the new tack
- The helm does find themselves pulling the tiller significantly to windward of centreline while flattening (this would mean the timing or amount of turn in the tack was off)
- The boat is not significantly over-flattened
- At the end of the tack, the final speed is close to full speed



## VoileCAN 2

Date :

Nom :

Club/École :

Bateau de formation :



### VoileCAN 2 - Liste de compétences

#### Équilibre

Ajuste la position avant/arrière de son corps pour équilibrer le bateau

Ajuste le poids de son corps pour gérer la gîte

S'assoit dans une bonne position de départ lors de chaque virement de bord

S'assoit dans une bonne position de départ lors de chaque empannage

#### Réglage des voiles

Règle bien les voiles à toutes les allures

Règle les voiles pour réduire la gîte

Règle les voiles à la barre (deux mains sur l'écoute) en naviguant vers un point donné pendant 2 minutes

Règle les voiles pour que les pennons flottent à l'horizontale

Comprend le réglage de base des ajustements fins

#### Direction

Barre de façon à garder les pennons à l'horizontale 50 % du temps dans les conditions dominantes

Règle les voiles dans les 5 secondes suivant le changement de cap

Repère un point donné et navigue jusqu'à 1 longueur de bateau de ce point

Manœuvre pour éviter les autres bateaux et les obstacles

Sur l'eau, détermine la direction du vent

Développe

Exécute

Dépasse



## CANSail 2

### Balance

Adjust body position fore/aft to keep boat balanced

Adjust bodyweight to manage heel

Begin and end tack with correct body position

Begin and end gybe with correct body position

Demonstrates the ability to hike in a training boat or on a hiking bench

add skill



CANSail 2.0 (Sail Canada)

## CANSail 2

Checklist for Sail Canada

### Balance

- Adjust body position fore/aft to keep boat balanced
  - Developing
  - Performing
  - Extending
- Adjust bodyweight to manage heel
  - Developing
  - Performing
  - Extending
- Begin and end tack with correct body position
  - Developing
  - Performing
  - Extending
- Begin and end gybe with correct body position
  - Developing
  - Performing
  - Extending
- Demonstrates the ability to hike in a training boat or on a hiking bench
  - Developing
  - Performing
  - Extending

### Sail Trim

- Trim sails while sailing close hauled, close reach, beam reach, broad reach and run
  - Developing
  - Performing
  - Extending
- Trim Sails using luff ticklers / tell tales keeping them flying 50% of the time
  - Developing
  - Performing
  - Extending
- Trims sails to reduce heel
  - Developing
  - Performing
  - Extending
- Understand basic sail controls and adjustments (mainsheet and jib sheet)
  - Developing
  - Performing
  - Extending

### Direction

- Identify wind direction while sailing
  - Developing
  - Performing
  - Extending
- Steer to keep telltales flying 50% of the time upwind and off wind
  - Developing
  - Performing
  - Extending



## Skills at a glance

### Core Skills In Each Level

- Balance
- Sail trim
- Direction
- Heading up
- Bearing off
- Tacking
- Gybing
- Stopping / slow down
- Go / accelerating
- Safety
- Seamanship
- Physical literacy
- Mental training

### Early Level Skills

- Wind, Weather, & Waves (CS 1 - 3)

### Later Level Skills

- Competition (CS 3 - 6)
- Tactics & Strategy (CS 4 - 6)



CANSail 1	Sailors can tack through the wind facing forward from <b>beam reach to beam reach</b> without dropping the tiller or the mainsheet
CANSail 2	Sailors can tack from <b>close reach to close reach</b> using the punch through tiller exchange and straightening the tiller as the boom crosses the boat
CANSail 3	Sailors can tack <b>close hauled to close hauled</b> upwind on to a layline, can tack away from dirty air, and are beginning to <b>introduce roll to tacking</b>
CANSail 4	Sailors can <b>roll tack</b> in response to wind shifts, sea state, establishing a layline, or for tactical reasons. Sailors can <b>double tack</b> .
CANSail 5	Sailors can roll tack at <b>20 second intervals</b> while also <b>applying</b> double tacking and tack and ducking skills <b>when strategically/tactically necessary</b>
CANSail 6	Sailors can use <b>double tacks to hold position</b> on a startline and for tactical reasons while on course. Sailors are looking for <b>best opportunity to tack in adverse conditions</b>



## CANSail 1.0

### Tuesday Morning: Tacking & Tiller Switch

**Objective:** Sailors can demonstrate the footwork for a tack and execute a tiller switch on land and then while sailing.

**Time:** 20 minutes on land and 1 hour on the water

**Materials:** Training dinghy for demonstration, training dinghies on the water, whistle, 2 marks

**Content:** Discuss body position while sailing and demonstrate for sailors

-Feet together and knees facing forward

-Back straight, shoulders outside of hips, sitting forward in the boat

-Tiller extension like a microphone in the lap, mainsheet in front hand with knuckles facing up

Ask sailors: Remember when your boom would switch sides yesterday? This is a tack!

Definition of a tack: changing directions by putting your bow through the wind.

Demonstrate the steps to a tack while in a training dinghy on the dock:

Helm Skills	Crew Skills
Shoulder check and communicate tack with partner	Confirm tack with sailing partner
Sit up straight and move aft	Crew counts in tack
Helm gently heads up	Crew keeps boat flat, holds jib sheet with aft hand
As boom crosses boat, helm runs aft hand up tiller extension to universal	As jib begins to back, crew uncleats it and lets go of sheet
Helm crosses boat with aft foot first (facing forward) and punches tiller extension to other side of the boat	Crew crosses boat and brings new jib sheet to WW side with him/her
Helm sits and straightens boat	Crew sits and trims jib
Helm switches tiller by reaching back to extension with mainsheet hand to hold both main and tiller extension in mainsheet hand. Then old tiller hand reaches around to take mainsheet. Finally, the tiller extension is flipped over the helm's shoulder so that it's in his or her lap.	

Now, have each sailor demonstrate a tack in a training dinghy on the dock. Key items to observe are as follows:

**Helm:** Cross the boat with aft foot first  
Punch tiller through to other side  
Sit before straightening out  
Movements for tiller switch

**Crew:** Uncleat jib and completely release sheet  
Watch for jib to back to release sheet  
Trim new jib as quickly as possible

### Activity: The Tack Dance!

The steps of a helm's footwork lend themselves perfectly to a line dance. This is a great way to develop muscle memory for young sailors in a fun way. Pick a silly song in 4/4 time and you can create dance for your sailors to do as they learn the steps to a perfect tack. Here are the steps to the dance:

- 1) Head up (push tiller away)
- 2) Put back foot across boat
- 3) Punch through with tiller extension
- 4) Cross boat and straighten out
- 5) Reach back for tiller extension with mainsheet hand
- 6) Reach around with free hand for mainsheet
- 7) Flip tiller extension over shoulder
- 8) Turn clockwise and start again!

### On Water:

Now it's time to practice tacking on the water. Send sailors out to the pre-set collector course and practice tacking using the following drills:

Figure 8 Reach Course  
Tacking on the Whistle  
Sail to a Mark

## CANSail 2.0

### CANSail 2 Instructor Pack

#### LESSON #4 – TACKING (CANSAIL 2)

##### Objective

Sailors will review what a tack is and the steps of a tack, focusing on pushing tiller towards the sail, moving after the boom crosses, and leading with the back foot. By the end of the lesson, Sailors will be performing the tack in the correct sequential order, while straightening the tiller as the boom crosses centreline to tack from close reach to a close reach with effective body position at a mark.

##### Skills

**Balance**

- Begin and end tack with correct body position

**Tacking**

- Shoulder check to slight new course to tack into

**Tacking**

- Perform all steps in correct sequential order

**Tacking**

- Boat is controlled and balanced throughout the tack

**Tacking**

- Correct body position is maintained through the tack

**Tacking**

- Helm sits on new side, maintains control of tiller and mainsheet through the tack

**Tacking**

- Crew switches jib as front 1/2 of sail backwinds

**Tacking**

- Helm steers to a pre-determined course on their new tack

##### Key Performance Indicators

- Helm sits opposite the sail (on windward side)
- Crew sits in position from side to side to balance the boat close to level
- Sailors use recommended communication when starting a tack and to adjust body position if necessary

- Sailors check for boats or hazards to windward before tacking hand exchange
- Crew sights new close-hauled course to tack into and communicates to helm prior to tack

- Sailor's complete steps to tack in the order laid out in the curriculum: Look, Countdown, Hail, Turn, Cross, Sail on
- Helm may tack at a slow pace at this level
- Sailors begins to use consistent language

- Sailor's movements are purposeful, and boat is controlled throughout tack
- Boat is not overpowered and does not have over approximately 15 degrees of heel after completing tack
- Tack is not started with excessive heel
- Sailors communicate for balance where necessary

- Sailors maintains posture and face forward during tack
- Sailors cross the boat leading with aft foot first
- Crew moves weight with the skipper to minimize heel during tack
- Sailors wait for the boom to cross centreline before moving in-board

- Helm completes tack sitting on the new side
- Helm does not drop the tiller or mainsheet
- Crew switches to the new jib sheet and brings it with them if they change sides

- Crew watches jib and switches it as front half backwinds

- Helm sights new close-hauled course before tack
- Helm stabilizes on new heading within 15 seconds of completing hand exchange
- Crew communicates new close-hauled course to tack into



### CANSail 2 Instructor Pack

#### Land Portion

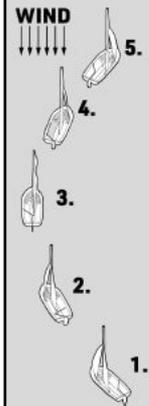
##### Skill Breakdown

A tack is when the bow of the boat crosses the wind and the sails switch sides. The helm will steer the tack by pushing the tiller toward the sail and the crew will help with balance and switching the jib sail. A key part of the tack is coordinating helm and crew movements, this is done through specific communication and some key visual cues to move.

A tack should always begin with proper body position. Instructors should observe these points on body position:

- Keep your feet together, and your knees should be facing forward
- Back straight, shoulders outside of the hips, and sitting forward in the boat
- Tiller extension should be like a microphone in your lap, with the mainsheet in the front hand, and knuckles facing upwards

##### Anatomy of a CANSail 2 Tack



**WIND**

- Helm shoulder checks and communicates with crew before initiating the tack.
- Helm initiates tack by pushing the tiller towards the sail and waits for the boom to begin to cross the centerline. Crew unclenches the jib sail and prepares to move across the boat.
- As boom crosses the centerline of the boat, the helm punches through the tiller extension to other side of the boat and straightens out the tiller.
- Once boom has crossed the centerline, helm crosses the boat aft foot first. Helm reaches the tiller hand and grabs the new windward gunwale. Crew switches sides with the helm and sheets jib sail on new side.
- Helm sits down with the tiller extension behind their back and brings the main sheet hand to the tiller to bring the tiller in front of their body and switches hands. Crew adjusts weight to keep the helm on the windward side of the boat.



### CANSail 2 Instructor Pack

Tacking Skill Breakdown		
	HELM SKILLS	CREW SKILLS
<b>LOOK</b>	1. Shoulder check for hazards and other boats before tacking.	1. Shoulder check for hazards and other boats before tacking.
<b>COUNT DOWN</b>	2. Communicate tack with partner by saying: <ol style="list-style-type: none"> <li>"Ready to tack"</li> <li>Wait for a "Copy" or "Ready" from the crew</li> <li>Begin Countdown by saying "3-2-1"</li> </ol>	2. Confirm tack with sailing partner by saying "copy" or "ready"
<b>HAIL</b>	3. Helm yells "Tacking!" after the countdown.	
<b>TURN</b>	4. Helm sits up straight while gently heading up by pushing the tiller towards the sail (move aft before steering, if sitting forward of the mainsheets or traveler bar)	3. Crew moves weight where needed to keep boat flat and holds jib sheet with aft hand
<b>CROSS</b>	5. As boom crosses the boat, Helm straightens tiller, steps across the boat with aft foot first (facing forward), and punches tiller hand across the boat to grab the other gunwale. 3 points of contact will ensure tack is stable! (two feet and one hand)	4. As jib begins to back, crew unclenches jib and lets go of sheet 5. Crew crosses boat with their aft foot making to step outside the hiking straps and brings new jib sheet to windward side with them
<b>SAIL ON</b>	6. Helm sits with tiller behind their back, shoulders facing the bow (perpendicular to the centerline) 7. Helm switches tiller by reaching back to tiller hand with mainsheet hand to hold both main and tiller extension in mainsheet hand. Then old tiller hand reaches around to take mainsheet. Finally, the tiller extension is flipped over the helm's shoulder so that it's in their lap.	6. Crew adjusts body weight to keep boat flat and allows helm to maintain position on the windward side and trims jib to point of sail.

To tighten up tacking angles at a CANSail 2 level (to prevent over tacking,) the helm should straighten the tiller as the boom crosses the centerline. This may result in some undertacking, this is an easier problem to fix than over tacking.

When sailors replay a tack in the demonstration boat (either on dock or on land). Watch for the following elements to detect and correct:

DETECT AND CORRECT - HELMING SKILLS	DETECT AND CORRECT - CREWING SKILLS
Shoulder check prior to communication	Shoulder check prior to communication
Waiting for crew ready before counting down tack	Crew says "copy" or "ready"
Cross the boat with aft foot first	Uncleat jib and prepare to release sheet
Punch tiller through to other side of the boat	Watch for the jib to backwind, then release the sheet
As boom crosses the boat, straighten out tiller and grab gunwale	Pickup new jibsheet, and sheet as quickly as possible
Sit down on new windward side	
Tiller switch motion	Sit in new position to balance out boat
3 points of contact will ensure tack is stable! (two feet and one hand)	



## CANSail 2.0



### CANSail 2 Instructor Pack

#### Intro - Activity 1 – Tacking Review

**Introduce the objective of the lesson.**

With a boat on shore or with a vetted YouTube video, the instructor will review what a tack is, what happens when you tack, and the steps for tacking.

This can be done as a demonstration/guided discovery combination. Where the instructor either shows a YouTube video of a good basic tack or demonstrates (purely whole skill demonstration – real time execution) a tiller mainsheet exchange on a boat on shore.

The guided discovery component comes in when the instructor begins to ask directed questions to their sailors, such as:

1. What happened to the boat?
2. What happened to the sail?
3. What did the sailors do when the boat tacked?

The instructor can then do another demo or review the video once again.

**Then ask:**

1. What did the helm do with the tiller?
2. Which way did they push the tiller?
3. When did they move?
4. What was their cue to move across the boat?
5. What did the helm and/or crew do with their hands?
6. What did the helm and/or crew do with their feet?
7. How the helm and/or crew stable in the boat when tacking?
8. What did the helm do to switch hands?
9. When did the tiller/rudder go back to the centreline?

#### Practice - Activity 2 – Tacking Demonstration

With a boat on shore or tied to the dock, the instructor will demonstrate a tack broken down into the proper sequential steps outlined in the skill breakdown. Here the instructor should be demonstrating the parts of the skill slowing moving towards whole skill real time demonstrations after several iterations.

This can be done by the instructor, with another instructor, volunteer or another student.

#### Resources

- Rigged boat on a dolly with a supported stern or on the water tied up to the dock at the bow and stern
- Rudder with tiller and extension
- Sails up (if wind allows)
- Person to artificially tack the boom if boat is on land



### CANSail 2 Instructor Pack

#### Review - Activity 3 – Student Tack

With a boat on shore or tied to dock, get students in pairs to practice the tiller mainsheet exchange. Ensure students to switch roles and practice both helm and crew positions.

Use the following steps to detect-and-correct their motions.

##### Detect and Correct – Helm Roles

- Cross the boat with aft foot first
- Punch tiller through to the other side of the boat
- Straighten out tiller and grab the gunwale as boom crosses the boat
- Sit down on new windward side
- Tiller switch motion

##### Detect and Correct – Crew Roles

- Unclear jib and prepare to release sheet
- Watch for the jib to backwind, then release the sheet
- Pickup new jibsheet, and sheet as quickly as possible
- Sit in new position to balance out boat

- A rigged boat on a dolly with bowline ready to go
- Clear dock space



### CANSail 2 Instructor Pack

#### Water Session

##### Collector - Wide Figure 8

###### Drill Diagrams



###### Drill Instructions:

Very simple collector that has sailors tacking at both marks of the course. Set this course wide (at least 10-15 boat lengths) to ensure sailors have lots of time to prepare for the tacking manoeuvre.

###### Key Points:

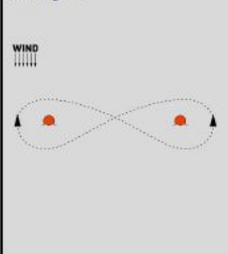
- Warm up
- Re-familiarize and practice at your own pace tacking
- Switch helm and crew

###### Resources:

- Two marks

##### Drill 1 - Narrow Figure 8

###### Drill Diagrams



###### Drill Instructions:

Using the same course, start to narrow the sailing course (4 boat lengths more than the size of your fleet) so the tacks become more and more frequent. Make sure to leave enough room so sailors don't hit each other in the middle.

###### Key Points:

- Helm and Crew do a shoulder check before tacking
- Helm counts down tack by saying "3-2-1 tacking"
- Helm pushes tiller towards the sail, Crew releases jib as it backwinds

###### Resources:

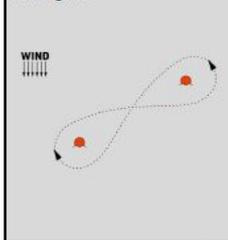
- 2 marks



### CANSail 2 Instructor Pack

#### Drill 2 - Reaching Figure 8

###### Drill Diagrams



###### Drill Instructions:

Pick one of the marks and drag it upwind to create a close reach/broad reach course. The course remains a figure 8 but introduces elements of sail trim both upwind and downwind to challenge the sailor's tacks.

###### Key Points:

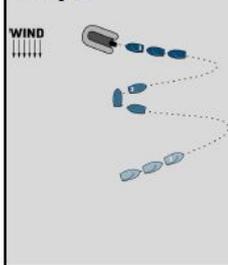
- Helm and crew tack facing forwards by step across the boat with aft foot.
- Use "When in doubt sheet out, pull in 'till it stops luffing" to trim sails after each mark rounding
- Control tack by keeping the tiller inside the gunwales

###### Resources:

- 2 Marks

#### Drill 3 - Follow the leader (close reach upwind)

###### Drill Diagrams



###### Drill Instructions:

Gather the fleet together by saying "Follow me" and driving a looping beam reach course until all your boats have started to follow you. Once all collected, begin to drive close reach courses with occasional tacks (Every 1:00 - 1:30 minutes)

###### Key Points:

- Wait for boom before moving across the boat
- Once boom crosses the centerline, helm straightens out tiller.
- Crew balances boat with body weight so helm can sit on windward side.
- Use "When in doubt sheet out, pull in 'till it stops luffing" to trim sails after each tack.

###### Resources:

- 2 Marks



## Design Philosophy

- Assign all new KPIs to existing lesson topics (1.0) to identify what was missing
- Build lesson plans for missing topics
- Bolster lessons/topics missing content
- Remain as boat and venue agnostic as possible
- **STANDARDIZE - level of knowledge, lesson content, and teaching methods for all**

## Core Deliverable

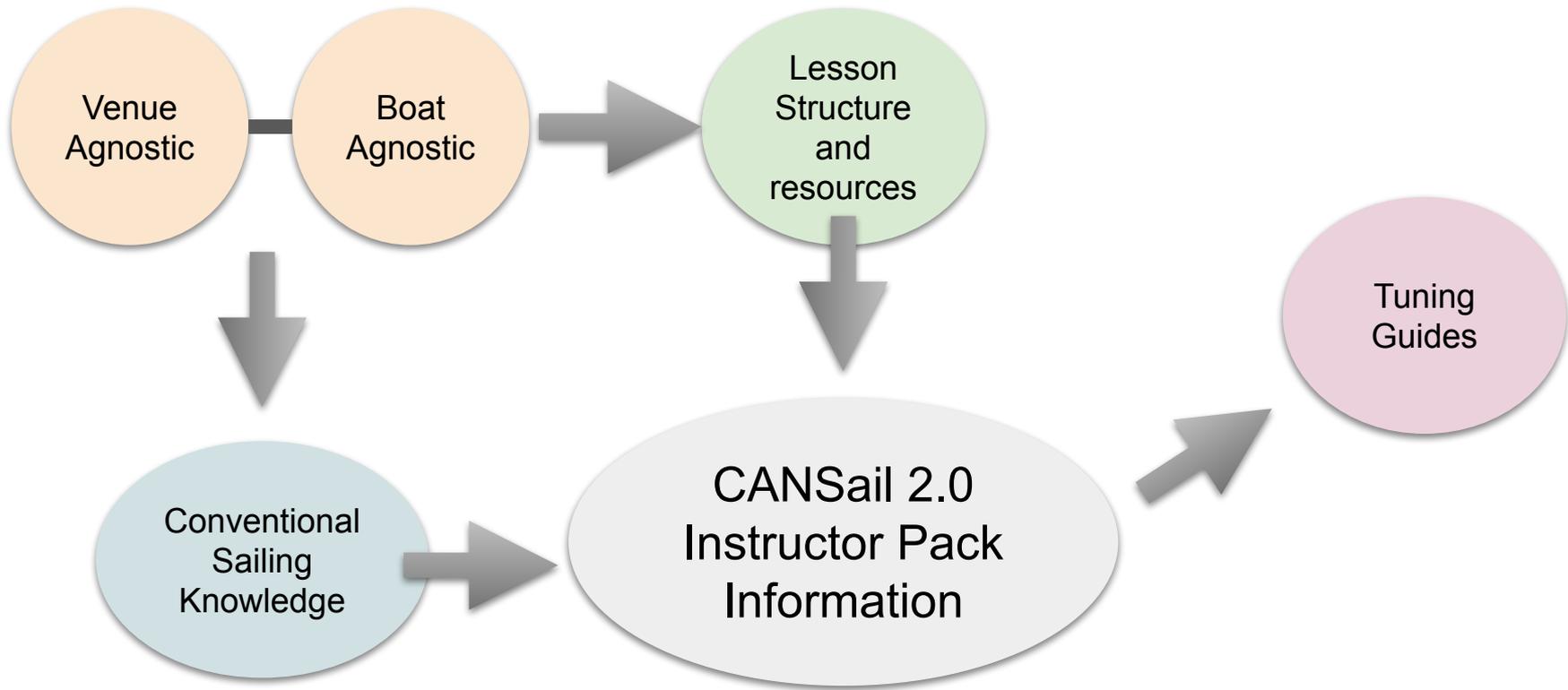
### Provide lesson plans that meet the instructor development clinic standard

- Objectives with an action, standard, and condition
- Thorough skill breakdowns with diagrams
- 3 on land activities - layered theory learning
- A drill progression for on water practice
  - Collector and 3 drills that progress in difficulty
  - Drill instructions with consideration for smooth drill transitions
  - Key Points - performance criteria for each drill

## Rising Tide Lifts All Boats

### New instructor packs address:

- Instructor knowledge gaps
- Gaps in teaching experience
- Emphasizes physically engaging and interactive on land activities.
- Transitions - Fleet management strategies
- On water coaching - what to watch
- **Reduces reliance on mentorship at club level to fill in the blanks**





## Objective and KPIs



## CANSail 2 Instructor Pack

### LESSON #4 – TACKING (CANSAIL 2)

#### Objective

Sailors will review what a tack is and the steps of a tack, focusing on pushing tiller towards the sail, moving after the boom crosses, and leading with the back foot. By the end of the lesson, Sailors will be performing the tack in the correct sequential order, while straightening the tiller as the boom crosses centreline to tack from close reach to a close reach with effective body position at a mark.

#### Skills

- |   |  |
|---|--|
| <p><b>Balance</b></p> <ul style="list-style-type: none"> <li>- Begin and end tack with correct body position</li> </ul>                                     | <p><b>Balance</b></p> <ul style="list-style-type: none"> <li>- Helm sits opposite the sail (on windward side)</li> <li>- Crew sits in position from side to side to balance the boat close to level</li> <li>- Sailors use recommended communication when starting a tack and to adjust body position if necessary</li> </ul>  |
| <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Shoulder check to sight new course to tack into</li> </ul>                                   | <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Sailors check for boats or hazards to windward before tacking hand exchange</li> <li>- Crew sights new close-hauled course to tack into and communicates to helm prior to tack</li> </ul>   |
| <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Perform all steps in correct sequential order</li> </ul>                                     | <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Sailor's complete steps to tack in the order laid out in the curriculum: Look, Countdown, Hail, Turn, Cross, Sail on</li> <li>- Helm may tack at a slow pace at this level</li> <li>- Sailors begins to use consistent language</li> </ul>  |
| <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Boat is controlled and balanced throughout the tack</li> </ul>                               | <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Sailor's movements are purposeful, and boat is controlled throughout tack</li> <li>- Boat is not overpowered and does not have over approximately 15 degrees of heel after completing tack</li> <li>- Tack is not started with excessive heel</li> <li>- Sailors communicate for balance where necessary</li> </ul> |
| <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Correct body position is maintained through the tack</li> </ul>                              | <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Sailors maintains posture and face forward during tack</li> <li>- Sailors cross the boat leading with aft foot first</li> <li>- Crew moves weight with the skipper to minimize heel during tack</li> <li>- Sailors wait for the boom to cross centreline before moving in-board</li> </ul>                          |
| <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Helm sits on new side, maintains control of tiller and mainsheet through the tack</li> </ul> | <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Helm completes tack sitting on the new side</li> <li>- Helm does not drop the tiller or mainsheet</li> <li>- Crew switches to the new jib sheet and brings it with them if they change sides</li> </ul>   |
| <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Crew switches jib as front 1/2 of sail backwinds</li> </ul>                                  | <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Crew watches jib and switches it as front half backwinds</li> </ul>   |
| <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Helm steers to a pre-determined course on their new tack</li> </ul>                          | <p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Helm sights new close-hauled course before tack</li> <li>- Helm stabilizes on new heading within 15 seconds of completing hand exchange</li> <li>- Crew communicates new close-hauled course to tack into</li> </ul>  |

#### Key Performance Indicators



## Skill Breakdown

## CANSail 2 Instructor Pack



## CANSail 2 Instructor Pack

### Land Portion

#### Skill Breakdown

A tack is when the bow of the boat crosses the wind and the sails switch sides. The helm will steer the tack by pushing the tiller toward the sail and the crew will help with balance and switching the jib sail. A key part of the tack is coordinating helm and crew movements, this is done through specific communication and some key visual cues to move.

**A tack should always begin with proper body position. Instructors should observe these points on body position:**

- Keep your feet together, and your knees should be facing forward
- Back straight, shoulders outside of the hips, and sitting forward in the boat
- Tiller extension should be like a microphone in your lap, with the mainsheet in the front hand, and knuckles facing upwards

#### Anatomy of a CANSail 2 Tack

#### WIND



5.

Helm sits down with the tiller extension behind their back and brings the main sheet hand to the tiller to bring the tiller in front of their body and switches hands. Crew adjusts weight to keep the helm on the windward side of the boat.



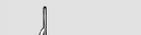
4.

Once boom has crossed the centerline, helm crosses the boat aft foot first. Helm reaches the tiller hand and grabs the new windward gunwale. Crew switches sides with the helm and sheets jib sail on new side.



3.

As boom crosses the centerline of the boat, the helm punches through the tiller extension to other side of the boat and straightens out the tiller.



2.

Helm initiates tack by pushing the tiller towards the sail and waits for the boom to begin to cross the centerline. Crew unclenches the jib sail and prepares to move across the boat.



1.

Helm shoulder checks and communicates with crew before initiating the tack.

Tacking Skill Breakdown		
	HELM SKILLS	CREW SKILLS
<b>LOOK</b>	1. Shoulder check for hazards and other boats before tacking	1. Shoulder check for hazards and other boats before tacking
<b>COUNT DOWN</b>	2. Communicate tack with partner by saying: <ol style="list-style-type: none"> <li>"Ready to tack"</li> <li>Wait for a "Copy" or "Ready" from the crew</li> <li>Begin Countdown by saying "3 - 2 - 1"</li> </ol>	2. Confirm tack with sailing partner by saying "copy" or "ready"
<b>HAIL</b>	3. Helm yells "Tacking!" after the countdown.	
<b>TURN</b>	4. Helm sits up straight while gently heading up by pushing the tiller towards the sail ( <b>move aft before steering, if sitting forward of the mainsheets or traveler bar</b> )	3. Crew moves weight where needed to keep boat flat and holds jib sheet with aft hand
<b>CROSS</b>	5. As boom crosses the boat, Helm straightens tiller, steps across the boat with aft foot first (facing forward), and punches tiller hand across the boat to grab the other gunwale. <b>3 points of contact will ensure tack is stable! (two feet and one hand)</b>	4. As jib begins to back, crew unclenches jib and lets go of sheet 5. Crew crosses boat with their aft foot making to step outside the hiking straps and brings new jib sheet to windward side with them
<b>SAIL ON</b>	6. Helm sits with tiller behind their back, shoulders facing the bow (perpendicular to the centerline) 7. Helm switches tiller by reaching back to tiller hand with mainsheet hand to hold both main and tiller extension in mainsheet hand. Then old tiller hand reaches around to take mainsheet. Finally, the tiller extension is flipped over the helm's shoulder so that it's in their lap.	6. Crew adjusts body weight to keep boat flat and allows helm to maintain position on the windward side and trims jib to point of sail.

To tighten up tacking angles at a CANSail 2 level (to prevent over tacking,) the helm should straighten the tiller as the boom crosses the centerline. This may result in some undertacking, this is an easier problem to fix than over tacking.

When sailors roleplay a tack in the demonstration boat (either on dock or on land). Watch for the following elements to detect and correct:

DETECT AND CORRECT - HELMING SKILLS	DETECT AND CORRECT - CREWING SKILLS
Shoulder check prior to communication	Shoulder check prior to communication
Waiting for crew ready before counting down tack	Crew says "copy" or "ready"
Cross the boat with aft foot first	Uncleat jib and prepare to release sheet
Punch tiller through to other side of the boat	Watch for the jib to backwind, then release the sheet
As boom crosses the boat, straighten out tiller and grab gunwale	Pickup new jibsheet, and sheet as quickly as possible
Sit down on new windward side	Sit in new position to balance out boat
Tiller switch motion	Tiller switch motion
<b>3 points of contact will ensure tack is stable! (two feet and one hand)</b>	



## On Land Activities

### CANSail 2 Instructor Pack



### CANSail 2 Instructor Pack

#### Intro - Activity 1 - Tacking Review

##### Introduce the objective of the lesson.

With a boat on shore or with a vetted YouTube video, the instructor will review what a tack is, what happens when you tack, and the steps for tacking.

This can be done as a demonstration/guided discovery combination. Where the instructor either shows a YouTube video of a good basic tack or demonstrates (purely whole skill demonstration – real time execution) a tiller mainsheet exchange on a boat on shore.

The guided discovery component comes in when the instructor begins to ask directed questions to their sailors, such as:

1. What happened to the boat?
2. What happened to the sail?
3. What did the sailors do when the boat tacked?

The instructor can then do another demo or review the video once again.

##### Then ask:

1. What did the helm do with the tiller?
2. Which way did they push the tiller?
3. When did they move?
4. What was their cue to move across the boat?
5. What did the helm and/or crew do with their hands?
6. What did the helm and/or crew do with their feet?
7. How the helm and/or crew stable in the boat when tacking?
8. What did the helm do to switch hands?
9. When did the tiller/rudder go back to the centreline?

#### Practice - Activity 2 - Tacking Demonstration

With a boat on shore or tied to the dock. The instructor will demonstrate a tack broken down into the proper sequential steps outlined in the skill breakdown. Here the instructor should be demonstrating the parts of the skill slowing moving towards whole skill real time demonstrations after several iterations.

This can be done by the instructor, with another instructor, volunteer or another student

#### Resources

- Rigged boat on a dolly with a supported stern or on the water tied up to the dock at the bow and stern
- Rudder with tiller and extension
- Sails up (if wind allows)
- Person to artificially tack the boom if boat is on land

- Rigged boat on a dolly with a supported stern or on the water tied up to dock at bow and stern
- Rudder with tiller and extension
- Sails up (if wind allows)
- Person to artificially tack the boom if boat is on land

#### Review - Activity 3 - Student Tack

With a boat on shore or tied to dock, get students in pairs to practice the tiller mainsheet exchange. Ensure students to switch roles and practice both helm and crew positions.

Use the following steps to detect-and-correct their motions.

##### Detect and Correct - Helm Roles

- Cross the boat with aft foot first
- Punch tiller through to the other side of the boat
- Straighten out tiller and grab the gunwale as boom crosses the boat
- Sit down on new windward side
- Tiller switch motion

##### Detect and Correct - Crew Roles

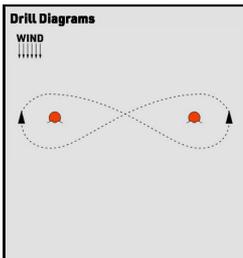
- Unclear jib and prepare to release sheet
- Watch for the jib to backwind, then release the sheet
- Pickup new jibsheet, and sheet as quickly as possible
- Sit in new position to balance out boat

- A rigged boat on a dolly with bowline ready to go
- Clear dock space



## Water Session

### Collector - Wide Figure 8



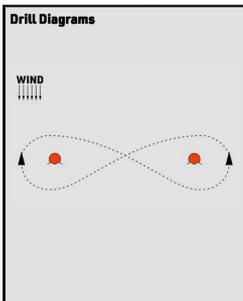
**Drill Instructions:**  
Very simple collector that has sailors tacking at both marks of the course. Set this course wide (at least 10-15 boat lengths) to ensure sailors have lots of time to prepare for the tacking manoeuvre.

- Key Points:**
- Warm up
  - Re-familiarize and practice at your own pace tacking
  - Switch helm and crew

**Resources:**

- Two marks

### Drill 1 - Narrow Figure 8



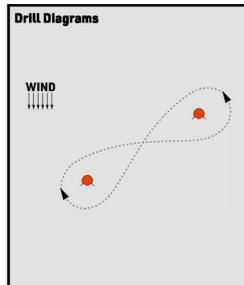
**Drill Instructions:**  
Using the same course, start to narrow the sailing course (4 boat lengths more than the size of your fleet) so the tacks become more and more frequent. Make sure to leave enough room so sailors don't hit each other in the middle.

- Key Points:**
- Helm and Crew do a shoulder check before tacking
  - Helm counts down tack by saying "3 -2-1 tacking"
  - Helm pushes tiller towards the sail, Crew releases jib as it backwinds

**Resources:**

- 2 marks

### Drill 2 - Reaching Figure 8



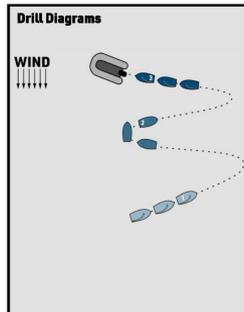
**Drill Instructions:**  
Pick one of the marks and drag it upwind to create a close reach/broad reach course. The course remains a figure 8 but introduces elements of sail trim both upwind and downwind to challenge the sailor's tacks.

- Key Points:**
- Helm and crew tack facing forwards by step across the boat with aft foot.
  - Use "When in doubt sheet out, pull in 'till it stops luffing" to trim sails after each mark rounding
  - Control tack by keeping the tiller inside the gunwales

**Resources:**

- 2 Marks

### Drill 3 - Follow the leader (close reach upwind)



**Drill Instructions:**  
Gather the fleet together by saying "Follow me" and driving a looping beam reach course until all your boats have started to follow you. Once all collected, begin to drive close reach courses with occasional tacks (Every 1:00 - 1:30 minutes)

- Key Points:**
- Wait for boom before moving across the boat
  - Once boom crosses the centerline, helm straightens out tiller.
  - Crew balances boat with body weight so helm can sit on windward side.
  - Use "When in doubt sheet out, pull in 'till it stops luffing" to trim sails after each tack.

**Resources:**



## Guide - How to use the pack

CANADA

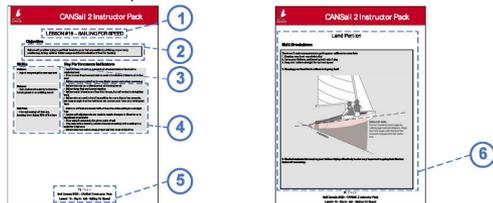
### HOW TO USE INSTRUCTOR PACKS

The CANSail Instructor packs have been designed to provide coaches, new and experienced, with comprehensive structured lessons. This creates a baseline of coaching/instructional knowledge and lesson execution.

For each level, all the checklist items have been distributed between each individual lesson in each instructor pack. This distribution ensures that if coaches/instructors follow the course schedule, that they will cover all necessary content in each level.

The instructor packs are intended to provide a foundational starting point. **Deviations are encouraged! Coaches/instructors should modify lesson content, activities, and drills to fit the level of experience, engagement, venue, context, and sailing platform.** Ensure that lessons are still relevant to the objectives/KPIs of each topic.

All the instructor packs, regardless of level, follow the same template. Below is an explanation of how to use and understand this template:

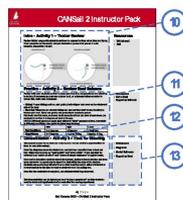
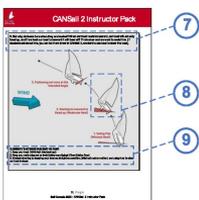


- 1. Title of the Lesson** - Helps understand the overall premise of the lesson.
- 2. Objective** - A short summary of what the goal of the lesson is.
- 3. Skills/Checklist Items** - These elements correspond to the subject and individual checklist items found for each level.
- 4. Key Performance Indicators** - Verbal breakdowns of each skill/checklist item; this will give instructors specific elements to watch for when evaluating for each checklist item in the lesson.
- 5. Page Number/Lesson Number** - A quick indicator as to where you are in the instructor pack, what lesson number the lesson is. This helps understand what lessons come before and after.
- 6. Skill Breakdown** - This section describes in detail the skill, theory, and/or technical components being taught. May contain skill considerations, safety measures, and reminders.

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### CANSail 2 Instructor Pack

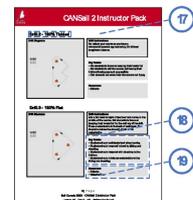
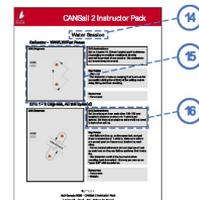


- 7. Written Description** - This will help define what is happening in the diagram.
- 8. Diagram** - Either in 2D or 3D, this will show a visual step-by-step on how to execute a skill. These diagrams can be re-drawn or shown to students either with a whiteboard, projector, TV or printouts; this can save you time and energy when trying to visually breakdown sailing content.
- 9. Step Breakdown** - This will correspond to the diagram, breaking down the visualized actions. These breakdowns will correspond to skill components from previous lessons.
- 10. Land Lesson 1: Introduction** - This is 1 of 3 sections of the land lesson. Part 1 usually introduces the topic and presents initial information relevant to the current content.
- 11. Land Lesson 2: Practice** - Part 2 of 3 usually offers more information for the sailors or an activity where they will practice the information from the introduction.
- 12. Land Lesson 3: Review** - Part 3 is set up to reinforce any information learned in part 2 of 3 in the lesson before going on the water.
- 13. Land Lesson: Resources** - This section lists any resources required to teach the lesson, either required or optional.

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### CANSail 2 Instructor Pack



- 14. Water Session** - All elements below this title are part of the water session. All water sessions are comprised of 1 collector drill, and then 3 drills in a progression afterwards.
- 15. Drill Diagram** - Shows the shape of the course, wind direction, number of marks and any specific maneuvers that are an area of focus during the drill.
- 16. Drill Instructions** - A section generally describing the drill's specific objectives for sailors. Sometimes specific setup instructions including wind strength and course length are specified here.
- 17. Drill Progression** - Drills 1-3 are organized to have increasing levels of difficulty, starting with a simple breakdown of the skills required on water, and eventually integrating them into more complex scenarios.
- 18. Key Points** - Specific performance metrics for coaches to assess, evaluate and coach too while on water.
- 19. Resources** - A list of specific resources required to successfully set up the drill. (Please note that this list does not include safety specific resources that should be within the coach's/instructors' access during every lesson taught).

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### LEVEL OVERVIEW - CANSAIL 2

CANSail 2 is defined by the acquisition/Review of fundamental movements. Many coaches and instructors expect sailors entering CANSail 2 to have a minimal level of competence. However, this can be an over estimation of the sailor's skill level. Another way to look at a sailor enter CANSail 2, is someone who has taken a sailing course of 24-48 hours of complete instructional time (4-8 days total) that occurred likely over a year ago. This means that the sailor may have been forgotten skills or is performing them below standard. Instructors and coaches are encouraged to approach these sailors with empathy and to provide a lot of guidance.

#### **Review Review Review!**

CANSail 2 sailors often remember components of how to sail, but, due to the time between their sailing courses, they may have forgotten how to perform skills effectively and need guidance. CANSail 2 sailors need a lot of review on basic sailing content from CANSail 1. Reviewing content can be covered at a faster pace than contact teaching, but often a coach/instructor will need to slow down to provide the necessary review for sailors to feel confident.

#### **Review of the Fundamental Movements of Sailing**

The focus of CANSail 2 is to consolidate the fundamental movements. CANSail 2 lessons start with the basics, providing an opportunity for them to review content at the most basic level. Once sailors are reminded of their CANSail 1 knowledge, the lesson plans build upon that knowledge by adding small modifications or more complex skill applications. By the end of this level sailors should feel quite confident and comfortable controlling a boat independently in light winds.

#### **Lesson Preparation**

CANSail 2 covers the very basic components of learning how to, but at the same time it is preparing your sailors to start learning more intermediate skills offered in CANSail 3. When you are prepping your lessons in a CANSail 2 environment, it's important to review the skill breakdowns and KPIs from both CANSail 1 and CANSail 3. This will help you understand what the sailors should know, and what is coming next. CANSail is a progressive level system so instructors are encouraged to provide review where your sailors need review and, in skills sailors are excelling at, to provide more depth as to what comes next in their sailing progression.



### CANSAIL 2 AT A GLANCE

Skills	Ability
<b>Balance</b>	- Sailors can finish a tack and gybe in proper position, while also being able to hike a boat flat.
<b>Sail Trim</b>	- Sailors can sheet to keep ticklers streaming with assistance, while also being able to ease sail to keep boat flat.
<b>Direction</b>	- Sailors can steer to keep ticklers streaming with assistance, while also accurately steering a boat within 1 boat length of a desired object.
<b>Heading up</b>	- Sailors can head up coordinating double handed sheeting with steering to match sheeting to rate of turn.
<b>Bearing off</b>	- Sailors can bear off coordinating a sheet clear with steering to match sheeting to rate of turn
<b>Tacking</b>	- Sailors can tack from <b>close reach to close reach</b> using the punch through tiller exchange and straightening the tiller as the boom crosses the boat.
<b>Gybing</b>	- Sailors can gybe from <b>broad reach to broad reach</b> guiding the boom across the boat, while straightening the tiller as the boom crossed centerline.
<b>Stop</b>	- Sailors can use sheeting, steering, and backwinding the main to quickly and accurately stop the boat in ready position within 2 boat lengths of a mark.
<b>Go</b>	- Sailors can accelerate their boat from ready position by bearing off, sheeting in, and heading back up to desired course.
<b>Slow Down</b>	- Sailors can slow their boat by sheeting, moving body weight aft, and steering into irons to sail in a single file line.
<b>Safety</b>	- Sailors can safely recover a turtled boat, while also identifying symptoms, treatment methods, and prevention methods of hypothermia/hyperthermia.
<b>Seamanship</b>	- Sailors can identify parts of a sail and describe what the ticklers/telltales are/used for.
<b>Wind, Weather and Water</b>	- Sailors can identify gusts and lulls on water, while also recognizing the effects of a lift/knock on the sails.



**WE NEED YOUR HELP!**

**The usefulness of these resources rests with you!**

- Share these resources
- Role model how to use them
- Encourage instructors that **IT'S OK** to copy the lesson content
- Use them as reference material
- Show instructors where to find them on the Sail Canada website!



### 1. What has changed from CANSail to CANSail 2.0?

The CANSail 1 - 6 Checklists and Key Performance Indicators (KPIs) have been updated and new CANSail 1 - 4 Instructor Packs have been developed. CANSail 4 & 6 Instructors packs are in development.

### 2. Why were the Checklists changed?

The CANSail 1-6 Checklists and Key Performance Indicators (KPIs) have been revised carefully reviewed and updated based on feedback collected from key stakeholders, including Instructors, Program Directors and Provincial Sailing Associations. The revisions will help to ensure that introductory levels are achievable, skills are adequately balanced across the levels, and that skills are applicable to a variety of learning environments and can be adapted for a sailors needs.

### 1. Quels changements ont été apportés à la version 2.0 de VoileCAN?

Les listes de vérification et les indicateurs de performance clés (IPC) VoileCAN 1 à 6 ont été mis à jour, et de nouvelles trousse ont été élaborées pour les instructeurs des niveaux 1 à 4 de VoileCAN. Des trousse sont en cours d'élaboration pour les instructeurs des niveaux 5 et 6 de VoileCAN.

### 2. Pourquoi les listes de vérification ont-elles été modifiées?

Les listes de vérification et les indicateurs de performance clés (IPC) VoileCAN 1 à 6 ont fait l'objet d'un examen rigoureux et ont été mis à jour en fonction des rétroactions recueillies auprès d'intervenants de premier plan, y compris des instructeurs, des directeurs de programmes et des associations provinciales de voile. Ces modifications visent à assurer que les niveaux d'introduction soient atteignables et que les habiletés soient adéquatement réparties entre les niveaux, s'appliquent à une variété d'environnements d'apprentissage et puissent être adaptées aux besoins de différents navigateurs.



### 3. Where do I access the CANSail 2.0 Checklists?

CANSail 2.0 Checklists are available through Sail Canada's online participant reporting platform, Checklick. Clubs and Schools will have to request a license from their PSA to access the CANSail 2.0 Checklists. The original CANSail Checklists will not be available for 2025. Instructors can also view the Checklists in the CANSail 1 - 4 Instructor Packs available through the Resource section of the Sail Canada Portal.

### 4. How do I request a license in Checklick?

Once logged in to your Club/School Checklick account, follow the directions outlined in the Checklick help centre '[Licensing a Checklist](#)'.

### 3. Comment puis-je accéder aux listes de vérification VoileCAN 2.0?

Les listes de vérification du programme VoileCAN 2.0 peuvent être consultées par l'entremise de la plateforme de déclaration en ligne de Voile Canada pour les participants (Checklick). Les clubs et les écoles devront demander une licence à leur APV pour accéder aux listes de vérification de VoileCAN 2.0. Les listes originales de VoileCAN ne seront pas accessibles en 2025. Les instructeurs peuvent également consulter les listes dans les trousseaux pour les instructeurs des niveaux 1 à 4 de VoileCAN, qui sont publiées dans la section « Ressources » du portail de Voile Canada.

### 4. Comment puis-je demander une licence dans Checklick?

Connectez-vous au compte Checklick de votre club/école, puis suivez les directives fournies (en anglais) dans la section [Licensing a Checklist](#) du centre d'assistance Checklick.



**5. Can we still access the previous CANSail Checklists and KPIs?**

No. Once CANSail 2.0 launches, the previous versions of CANSail Checklists, KPI's and Instructor Packs will no longer be available. All clubs/schools and Instructors should access the CANSail 2.0 Checklists, KPI's and Instructor Packs.

**6. Can we still view completed Checklists in a sailors Checklick profile?**

Yes. Sailors who have Checklists that are 'in-progress' or 'achieved' will still be visible in Checklick. These Checklists will not be editable.

**5. Est-il toujours possible d'accéder aux versions précédentes des listes de vérification et des IPC de VoileCAN?**

Non. Dès le lancement du programme VoileCAN 2.0, il ne sera plus possible d'accéder aux versions antérieures des listes de vérification, des IPC et des troussees pour les instructeurs de VoileCAN. Tous les clubs/écoles et les instructeurs devront utiliser les listes, les IPC et les troussees pour instructeurs de VoileCAN 2.0.

**6. Est-il toujours possible de voir les listes de vérification remplies dans les profils des navigateurs?**

Oui. Les navigateurs dont les listes de vérification sont « en cours » ou « achevées » continueront d'apparaître dans Checklick. Il ne sera toutefois pas possible de modifier ces listes.



### **7. How do the CANSail 2.0 levels align with the previous version of CANSail 1 - 6?**

The revisions do not change the focus of the CANSail 1 - 6 levels. A sailor who achieved CANSail 2 in the previous version of CANSail will be recognized as having achieved CANSail 2 in the CANSail 2.0 version as well.

### **8. How do we evaluate a sailor who has a CANSail Checklist in progress from last season in CANSail 2.0?**

Sailors with an 'in-progress' status or partially completed Checklist from a past season should continue as 'in-progress' at the same level in CANSail 2.0. The skills marked as 'Performing Consistently' on a previous Checklists may be carried over to the CANSail 2.0 Checklist at the same level. This will have to be done manually by the instructor as part of the assessment/evaluation process.

### **7. Comment les niveaux de VoileCAN 2.0 se comparent-ils aux niveaux 1 à 6 de la version précédente de VoileCAN?**

Les modifications ne touchent pas les objectifs des niveaux 1 à 6 de VoileCAN. Un navigateur qui a atteint le niveau 2 de la version précédente de VoileCAN sera considéré comme ayant atteint le niveau 2 de VoileCAN 2.0.

### **8. Comment dois-je évaluer un navigateur dans VoileCAN 2.0 si ce dernier a une liste de vérification en cours depuis la saison précédente?**

Les navigateurs qui ont le statut « en cours » ou qui ont une liste de vérification partiellement achevée de la saison précédente devraient poursuivre au même niveau dans VoileCAN 2.0 avec le statut « en cours ». Les habiletés ayant reçu la mention « Fournit une performance constante » peuvent être transférées au même niveau dans la liste de vérification VoileCAN 2.0. L'instructeur devra effectuer cette tâche manuellement lors du processus d'appréciation/d'évaluation.



**9. How do we access the CANSail Instructor Packs?**

Once Registered for the year, CANSail Instructors can access the CANSail Instructor Packs through the Resource section of their Sail Canada portal.

**9. Comment puis-je accéder aux troussees pour les instructeurs de VoileCAN?**

Une fois que les instructeurs sont inscrits pour l'année, ils peuvent accéder aux troussees VoileCAN dans la section « Ressources » du portail de Voile Canada.

**Do you have questions?** Email [programs@sailing.ca](mailto:programs@sailing.ca)

**Des questions?** Envoyez un courriel à [programs@sailing.ca](mailto:programs@sailing.ca)



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## **APPENDIX**



CANSail 1	Sailors can use <b>double handed sheeting</b> and use the “ <b>When in doubt</b> ” <b>method</b> to trim to proper angle.
CANSail 2	Sailors can <b>sheet to keep ticklers streaming</b> with assistance, while also being able to <b>ease sail to keep boat flat</b>
CANSail 3	Sailors can <b>adjust sails to manage heel</b> through puffs and lulls and <b>adjust sail controls</b> for upwind and downwind settings
CANSail 4	Sailors can adjust sail controls to <b>move sail draft for flatter or fuller sails</b> for a variety of conditions.
CANSail 5	Sailors can <b>independently tune their boat</b> for conditions, while also adjusting sail <b>controls to power up and depower</b> their sails in a variety of condition. Sailors begin to apply <b>height, speed, and vmg modes</b> while sailing around a course
CANSail 6	Sailors can independently <b>tune their boat</b> for conditions <b>on land and with a partner on water</b> before a training session. Sailors trim sails for changes in mode and apparent wind



CANSail 1	Sailors can use sheeting out until <b>luffing</b> and steering into <b>irons</b> to slow their boat to a stop
CANSail 2	Sailors can use sheeting, steering, and backwinding the main to quickly and accurately <b>stop the boat in ready position</b> within <b>2 boat lengths of a mark</b> . Sailors can slow their boat by sheeting, moving body weight aft, and steering into irons to sail in a single file line
CANSail 3	Sailors can stop in ready position within <b>1 boat length of a mark both upwind and downwind</b> . 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
CANSail 4	Sailors can perform an emergency <b>stop on a line</b> to leeward of another boat and <b>hold position on the same tack</b> . Sailors can modify their speed to sail single file, for mark roundings, and lining up for tuning
CANSail 5	Sailors can <b>stop on a line with traffic by using a transit</b> . Sailors can hold position within 1 boat length of the line for 30 seconds by pivoting the boat using sails and heel without forward acceleration
CANSail 6	Sailors can stop on a line using a transit in traffic and <b>hold/defend that position for 1 minute</b> . Sailors can use sails pivot the boat, accelerations, and double tacks to reposition the boat. Sailors slow their boat down to avoid pinwheels at mark roundings



CANSail 1	Sailors can use <b>landmarking</b> to steer a straight line and manoeuvre around obstacles
CANSail 2	Sailors can steer to keep ticklers streaming with assistance, while also accurately steering a boat within 1 boat length of a desired object
CANSail 3	Sailors can sail by the lee without gybing, begin to steer tactical mark roundings, and sail backwards.
CANSail 4	Sailors can point, pinch, and foot for a variety of conditions.
CANSail 5	Sailors begin to actively adjust direction using steering and heeling to change sailing modes based on more or less power in sails and increasing or decreasing wind
CANSail 6	Sailors can use body weight to drive between modes.



CANSail 1	Sailors can enter and exit a boat safely, sit in the proper position, and move body weight to flatten
CANSail 2	Sailors can finish a tack and gybe in proper position, while also being able to hike a boat flat
CANSail 3	Sailors can effectively move body weight to manage heel, while also using body weight to induce heel to aid with steering
CANSail 4	Sailors can move body weight side to side and forward/aft to induce heel/trim for increased control and speed.
CANSail 5	Sailors can use heel and sheeting to drive maneuvers and use opportunities to flatten heel to produce an acceleration
CANSail 6	Sailors can adjust body weight, sheeting, and steering both in response to conditions and to initiate and power maneuvers. Sailors will dynamically move weight fore and aft in response to conditions.



CANSail 1	Sailors can point the tiller at the sail to head up and <b>stop before tacking</b> and use double handed sheeting to bring in the sail
CANSail 2	Sailors can head up coordinating double handed sheeting with steering to match sheeting to rate of turn
CANSail 3	Sailors can match rate of double handed sheeting to the rate turn as well as begin to induce leeward heel to help head up
CANSail 4	Sailors can tactically round a leeward mark with heel while adjusting board and sail controls in the correct sequence.
CANSail 5	Sailors can round a leeward mark with a routine both tactically and seamanlike exiting with speed
CANSail 6	Sailors can round a leeward mark with a routine both tactically and seamanlike exiting with speed. Sailors can make a strategic/tactical decision to head up and tack around a leeward mark



CANSail 1	Sailors can point the tiller away from the sail to bear off and <b>stop before gybing</b> and ease the sail out
CANSail 2	Sailors can bear off coordinating a sheet clear with steering to match sheeting to rate of turn
CANSail 3	Sailors can match rate of sheet clearing to the rate turn as well as begin to induce windward heel to help bear off
CANSail 4	Sailors can tactically round a windward mark with heel while adjusting board and sail controls in the correct sequence.
CANSail 5	Sailors can round a windward mark with a routine both tactically and seamanlike exiting with speed. Sailors can make a strategic decision between a straight bear away or bear away and gybe
CANSail 6	Sailors can round a windward mark with a routine both tactically and seamanlike while deciding between a straight bear away or bear away and gybe. Sailors can bear off and duck or head up and cross a boat when sailing on a course.



CANSail 1	Sailors can gybe from <b>beam reach to beam reach</b> guiding the boom across the boat while facing forward and not dropping the tiller or the mainsheet
CANSail 2	Sailors can gybe from <b>broad reach to broad reach</b> guiding the boom across the boat, while straightening the tiller as the boom crossed centerline
CANSail 3	Sailors can gybe on to a layline and are beginning to introduce roll to gybing
CANSail 4	Sailors can roll gybe wind shifts, sea state, establishing a layline, or for tactical reasons
CANSail 5	Sailors can roll gybe at 15 second intervals while also applying double gybes and gybe set skills when strategically/tactically necessary
CANSail 6	Sailors can gybe from vmg mode to vmg mode based on class. Sailors can double gybe to establish a layline. Sailors are looking for best opportunity to gybe in adverse conditions



CANSail 1	Sailors can use sheeting in, <b>backwind the jib</b> , and <b>sculling</b> to accelerate their boat from a stop
CANSail 2	Sailors can accelerate their boat from ready position by bearing off, sheeting in, and heading back up to desired course
CANSail 3	Sailors are beginning to coordinate sculling, heel, sheeting, and flattening to accelerate from a mark
CANSail 4	Sailors can accelerate to full speed from a line
CANSail 5	Sailors can accelerate to full speed from a line after a start sequence. Sailors can accelerate with a partner for tuning
CANSail 6	Sailors can maintain a bow out position when accelerating off a startline after a start sequence



CANSail 1	Sailors can safely prepare for sailing, wear a PFD, launch and dock, and recover a capsized boat
CANSail 2	Sailors can safely recover a turtled boat, while also identifying symptoms, treatment methods, and prevention methods of hypothermia/hyperthermia
CANSail 3	Sailors can right a capsized boat and continue sailing, participate in control positions, and apply several common racing rules
CANSail 4	Sailors can capsize, recover, and keep sailing in a training session. Sailors can simply apply rules 10 to 20
CANSail 5	Sailors are checking the weather before a training session
CANSail 6	Sailors are checking weather before training and racing sessions. In a race, sailors can capsize and continue racing .



CANSail 1	Sailors can rig/de-rig their boat, refer to boat parts properly, and tie several knots
CANSail 2	Sailors can identify parts of a sail and describe what the ticklers/telltales are/used for
CANSail 3	Sailors can sail rudderlessly with the mainsheet tied to the tiller and begin to tune the rig based on wind conditions with instructor assistance.
CANSail 4	Sailors can describe centre of effort and centre of lateral resistance and how the movement of each affects 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
CANSail 5	Sailors can adjust CE or CLR and describe impact on the boat. Sailor can sail without a rudder. Sailors begin to trim to apparent wind changes.
CANSail 6	Sailors can adjust rig tune, sail controls, and modding for a variety of conditions and scenarios Sailors can explain lee, weather, and neutral helm Sailors can describe how wind flows over a sail Sailors can make a window style repair on a sail



CANSail 1	Sailors recognize that wind strength affects water surface
CANSail 2	Sailors can identify gusts and lulls on water, while also recognizing the effects of a lift/knock on the sails
CANSail 3	Sailors can identify true wind, boat wind, and apparent wind, while also identifying and adjusting to wind shifts
CANSail 4	This criteria moved into Tactics and Strategy
CANSail 5	
CANSail 6	



CANSail 1	This criteria is in Wind, Weather, & Water
CANSail 2	
CANSail 3	
CANSail 4	Sailors can maneuver for clear air and place a cover. Sailors can trim for apparent wind changes and respond to wind shifts
CANSail 5	Sailors can maneuver for clear air and place a cover. Sailors can name, define, describe, and apply RRS part 1 and part 2 (up to rule 20) Sailors can communicate options for planning the next leg of the course
CANSail 6	Sailors can identify and describe persistent, oscillating, and geographic wind shifts. Sailors can identify the favoured side of a start line. Sailors can describe major factors affecting tide and current. Sailors participate in a mock protest.



CANSail 1	No competition criteria at this level
CANSail 2	No competition criteria at this level
CANSail 3	Fun competitive activities or games. Introduction to basic racing flags
CANSail 4	Fun competitive drills
CANSail 5	Participate in a race within their sailing school
CANSail 6	Participate in a 1 - 2 day sailing program regatta. Describe sound and visual signals for Postponement, Abandonment, Shorten Course, and Change of Course.