

SECTION 15**PO X24 – SAIL A SAILBOAT IAW SAIL CANADA CANSAIL LEVEL 1**

1. **Performance:** Sail a Sailboat IAW Sail Canada CANSail Level 1
2. **Conditions:**
 - a. Given:
 - (1) *CANSail Level 1 Checklist*,
 - (2) Fully equipped sailboat,
 - (3) Helmet,
 - (4) Personal Floatation Device (PFD),
 - (5) Supervision, and
 - (6) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental:
 - (1) Training area large enough to accommodate the entire group, and
 - (2) During daylight hours, in suitable weather conditions, IAW A-CR-CCP-030/PT-001, *Water Safety Orders*.
3. **Standard:** The cadet will sail a sailboat IAW CANSail Level 1, to include:
 - a. balance,
 - b. trim,
 - c. direction,
 - d. heading up,
 - e. bearing off,
 - f. tacking,
 - g. gybing,
 - h. stopping, and
 - i. going / accelerating.
4. **Remarks:**
 - a. All sail training should take place at a cadet nautical site or CTC with the exception of EO MX24.01.
 - b. Sail training is to be delivered by a Sail Canada qualified sail instructor.
 - c. Prior to conducting any CANSail training, sail instructors are to check the Sail Canada website for the most up to date *CANSail Level 1 Checklist* and *CANSail Level 1 Rubric*.

- d. The CANSail Level 1 qualification is required for the completion of Phase 4.
 - e. If a cadet obtains CANSail Level 1, prior to Phase 4, they are encouraged to continue to develop their sailing skills.
5. **Complementary Material:** Complementary material associated with this PO is EO CX24.01 (Prepare for a Sail Weekend); it is designed to provide additional instructional time to prepare for a sail weekend.

EO MX24.01 – PREPARE FOR A SAIL WEEKEND

1. **Performance:** Prepare for a Sail Weekend
2. **Conditions:**
 - a. Given:
 - (1) *CANSail Level 1 Checklist*,
 - (2) *CANSail Level 1 Rubric*,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall prepare for a sail weekend by attending a briefing, to include:
 - a. skills required to obtain *CANSail* Level 1,
 - b. proper clothing and footwear to wear while sailing,
 - c. schedule, and
 - d. cadet nautical sites Standard Operating Procedures (SOPs).
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Describe Sail Canada and the <i>CANSail</i> program.	Interactive Lecture	5 min	
TP2	Review the skills found in the Sail Canada <i>CANSail Level 1 Checklist</i> and <i>CANSail Level 1 Rubric</i> .	Interactive Lecture	5 min	C1-305
TP3	Provide an overview of the sail weekend schedule.	Interactive Lecture	5 min	
TP4	Review the cadet nautical sites SOPs highlighting: <ol style="list-style-type: none"> a. location, b. basic rules, and c. weekend expectations (weather, capsizing, food, etc.). 	Interactive Lecture	5 min	

TP	Description	Method	Time	Refs
TP5	Identify the clothing and footwear to be worn for sailing based on the weather forecast, to include: <ul style="list-style-type: none"> a. a rainy day: <ul style="list-style-type: none"> (1) PFD, (2) rubber boots, (3) raincoat / rain pants, (4) hat, (5) sunglasses, (6) sunscreen, and (7) wetsuit / dry suit; b. a hot day: <ul style="list-style-type: none"> (1) PFD, (2) soft-soled shoes, (3) light-weight clothing, (4) hat, (5) sunglasses, (6) sunscreen, and (7) wetsuit / dry suit; and c. a cold day: <ul style="list-style-type: none"> (1) PFD, (2) layered clothing, (3) warm boots / shoes, (4) warm hat, (5) sunscreen, and (6) wetsuit / dry suit. 	Interactive Lecture	5 min	A1-101

5. **Time:**

a. Introduction / Conclusion:	5 min
b. Interactive Lecture:	25 min
c. Total:	30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the skills required to obtain Sail Canada *CANSail* Level 1, the expectations of a sail weekend and the clothing and footwear to be worn while sailing.

7. **References:**

- a. A1-101 A-CR-CCP-612/PF-001 Director Cadets 3. (2012). *Royal Canadian Sea Cadets: CANSail 1 Technical Package*. Ottawa, ON: Department of National Defence.
- b. C1-305 Sail Canada. (2012). *CANSail 1 – 2 instructor package*. Kingston, ON: Sail Canada.

8. Training Aids:

- a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for classroom / training area,
- b. *CANSail Level 1 Checklist*,
- c. *CANSail Level 1 Rubric*, and
- d. cadet nautical sites SOPs.

9. Learning Aids:

- a. *CANSail Level 1 Checklist*, and
- b. *CANSail Level 1 Rubric*.

10. Test Details: Nil.**11. Remarks:**

- a. This EO shall be scheduled at the corps during regular training prior to attending the cadet nautical sites.
- b. Corps should contact the local cadet nautical sites to obtain a copy of the centre SOPs, *CANSail Level 1 Checklist* and *CANSail Level 1 Rubric*.

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EO CX24.01 – PREPARE FOR A SAIL WEEKEND

1. **Performance:** Prepare for a Sail Weekend

A complementary period has been added if additional time is required to prepare for the sail weekend.