

What is CANSail?

CANSail refers to Canada's updated sailor training standards. CANSail Dinghy is Sail Canada's dinghy program for clubs to deliver across Canada. CANSail is a leading sail training initiative to foster performance in sailing and lifelong participation in the sport.

Why CANSail?

Sail Canada's traditional standards & programming is tried and true, but exists unaltered from its establishment 23 or more years ago! CANSail is designed to be a set of progressive learn to sail standards focused on providing sailors with a solid foundation of core skills. It allows sailors to learn and progress in any type of boat and consolidates key skills and solid experiences before adding complex skills.

The CANSail Program:

Wet Feet

Programming specific to ages 5-8 years in the Optimist/Pram Dinghy. The *Active Start* stage of the Long Term Sailor Development scale.

CANSail 1 & 2

Fundamental skill acquisition in any type of boat (single/double-handed). The *Fundamental* stage of the Long Term Sailor Development scale.

CANSail 3 & 4

Applied skill acquisition in any type of boat (single / double handed). The *Learn to Sail Fast* stage of the Long Term Sailor Development scale.

CANSail 5 & 6

Applied skill consolidation in any type of boat (single / double handed). The *Learn to Train* stage of the Long Term Sailor Development scale.

Chutes & Wires

Specialized in double-handed performance skill consolidation. The *Learn to Train* stage of the Long Term Sailor Development scale. Chutes and Wires may be delivered concurrently with other levels in the CANSail program.