

CANSAIL DINGHY SAILOR PROGRAM GUIDE



January 2015

CANSAIL DINGHY SAILOR PROGRAM

1. The CANSail Dinghy Program is owned by Sail Canada and delivered in cooperation with Provincial Sailing Associations (PSA), through CANSail Registered Training Sites at Clubs and Sailing Schools across Canada. The program consists of programs for Sailors, Instructors & Coaches and Learning Facilitators, Evaluators & Master Learning Facilitators.

2. Sailor programming is delivered by Registered CANSail Training Sites at Clubs and Schools across the country.

3. This Program Guide provides an overview of the CANSail Dinghy Program for Sailors. For other CANSail Dinghy Program information, please refer to the following:

- CANSail Dinghy Instructor – Program Guide
- CANSail Dinghy Development Coach – Program Guide
- CANSail Dinghy Learning Facilitator & Evaluator- Program Guide

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A. CANSAIL DINGHY PROGRAM

1. The CANSail Dinghy program consists of the following levels:

Wet Feet
CANSail 1
CANSail 2
CANSail 3
CANSail 4
CANSail 5
CANSail 6
CANSail Spinnaker
CANSail Trapeze

B. ACHIEVING LEVELS

1. The CANSail program is based on skill checklists for each sailor level, which are supported by rubrics that provide a further break down of each skill.

2. Sailor checklists show two levels of achievement for each skill:

- Further Development Required – the skill has been introduced and worked on, but requires more practice and consistent demonstration in order to achieve the required skill level.
- Performing Consistently - the skill has been consistently demonstrated at the appropriate level.

3. Sailors may work on skills from more than one CANSail checklist at a time based on their own progression. Sailors may begin to work on skills from a new checklist while continuing to work on the previous one.

4. CANSail levels are achieved when all of the skills on the checklists receive a check under “Performing Consistently”.

5. The following are the minimum number of training hours recommended for each CANSail level:

| CANSail Level | Recommended Hours |
|----------------------|--------------------------|
| Wet Feet | 12 hours |
| CANSail 1 | 16 hours |
| CANSail 2 | 18 hours |
| CANSail 3 | 40 hours |
| CANSail 4 | 40 hours |
| CANSail 5 | 50 hours |
| CANSail 6 | 50 hours |
| CANSail Spinnaker | 16 hours |
| CANSail Trapeze | 16 hours |

6. The recommended ratio of CANSail Instructors to sailors is: 1 coachboat with a CANSail Instructor for every 6 sailboats; and 1 CANSail Instructor for every 10 sailors. The ratio is a recommendation only, as the type of boats, skill level of sailors, sailing area and location conditions must be considered.

C. AUTHORITY FOR AWARDING CANSAIL LEVELS

1. **CANSail programs** may only be delivered at CANSail **Registered Training Sites**. Clubs and Schools may become a CANSail Registered Training Site through their Provincial Sailing Association.

2. **CANSail programs** may only be delivered by **Registered CANSail Dinghy Instructors**, who hold valid certification in the appropriate context.

3. **CANSail checklists** may only be completed by Sail Canada Registered CANSail Instructors who are Trained or Certified in the appropriate context.

4. **CANSail levels** may only be awarded by Sail Canada Registered CANSail Instructors who are Trained or Certified in the appropriate context

D. REQUIREMENTS FOR ASSESSMENT & EVALUATION

1. Skills must be assessed on an ongoing basis and should not be performed on a "test day". Sailors must be given opportunities to demonstrate skills on an ongoing basis.

2. Skills already evaluated as 'Performing Consistently' must be continually assessed to ensure they are maintained.

3. Accurate records of skills attempted and demonstrated must be kept for sailors in the CANSail Program using CANSail checklists.

4. Sailors should be provided with regular progress reports, to show their progress to date and areas that require further development.

5. All skills of a CANSail checklist are required in order for a level to be achieved, nothing can be omitted. Additional content and experiences may be delivered along with a CANSail program to enhance programs and develop strong sailors (additional content shall not be required for the issue of CANSail levels).

6. Unsuccessful candidates who wish to appeal the outcome of their CANSail program should be informed of the appeal process and directed to the appropriate PSA representative. All appeals must be received in writing.

E. CANSAIL CERTIFICATES & DOCUMENTATION

- 1.** CANSail certificates with seals affixed are the only authorized proof of proficiency. CANSail certificates and seals should be provided to all sailors who achieve a level. Non-CANSail certificates will not be recognized as proof of proficiency. CANSail checklists and report cards are NOT replacements for CANSail certificates.
- 2.** CANSail certificates and seals may be provided to participants who are 'in-progress' in a particular CANSail level as long as the certificate clearly indicates it is presented for participation and not completion of a level.
- 3.** CANSail certificates may only be signed by registered CANSail Instructors with valid certification in the appropriate context.
- 4.** CANSail certificates must include the name & Sail Canada number of the signing CANSail Instructor.
- 5.** Sailor levels do not hold an expiry date. It should be expected that if there were a significant gap in training, some skills may deteriorate and need to be re-trained before progressing to more advanced levels.

F. PROFICIENCY, EQUIVALENCE AND CHALLENGING LEVELS

- 1.** Sailors with certification from other foreign member associations may submit a request for those levels to be recognized and accepted in place of required CANSail levels for further certification.
- 2.** A person with previous sailing experience may be assessed by a Registered CANSail Instructor certified in the appropriate context to determine the appropriate level at which to enter the CANSail program without completing prior levels.
- 3.** A student may challenge any CANSail level with a Registered CANSail Instructor certified in the appropriate context. All of the skills in the level being challenged must be assessed in order for a CANSail level to be granted.