ROYAL CANADIAN SEA CADETS

ALL TRAINING LEVELS

INSTRUCTIONAL GUIDE
SAIL

SECTION 1

EO MX24.01 – PREPARE FOR A SAIL WEEKEND

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

This IG supports EO MX24.01 (Prepare for a Sail Weekend) located in A-CR-CCP-601/PG-001, *Royal Canadian Sea Cadets Phase One Qualification Standard and Plan*, Chapter 4.

Contact the local sail / nautical centre to obtain a copy of the Standard Operating Procedures (SOPs), Sail Canada *CANSail Level 1 Checklist* and *CANSail Level 1 Rubric*.

If the corps prepares a letter regarding the sail weekend, photocopy one per cadet.

Photocopy the suggested clothing and footwear for a sail weekend handout at Attachment A for each cadet (if required).

Gather personal floatation device, clothing and footwear to show the cadets.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

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

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have identified the sailing skills required to achieve CAN*Sail* Level 1 and know the expectations for a sail weekend.

IMPORTANCE

It is important for cadets to know the skills associated with CAN*Sail* Level 1 and the expectations for the sail weekend activities so that they have a positive sailing experience.

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Teaching point 1 **Describe Sail Canada and the CAN*Sail* program.**

Time: 5 min Method: Interactive Lecture

Established in 1931, the Canadian Yachting Association (CYA) is the national governing body for the sport of sailing. The Association promotes sailing and power boating through collaboration with their partners, Provincial Sailing Associations, member clubs, schools, and many individual stakeholders including the Canadian Cadet Organization. In October 2012, the name was changed to Sail Canada.

In April 2012, Sail Canada introduced the CAN*Sail* Program with updated sailor training standards. There are six levels, CAN*Sail* Level 1 through 6.

Sea Cadets are required to sail at least once every training year and must obtain CAN*Sail* Level 1 to complete PO 424 in Phase Four. Sail centres / Nautical centres provide the sail training for Sea Cadet Corps'.

Teaching point 2 **Review the skills found in the Sail Canada *CANSail Level 1 Checklist*.**

Time: 5 min Method: Interactive Lecture



The skills found in the checklist will be reviewed in greater detail during the sail weekend.

Distribute copies of the *CANSail Level 1 Checklist* to each cadet.



The skills found in the checklist are to be performed over multiple sail weekends.

ACHIEVING CANS*AIL* LEVEL 1

To achieve CAN*Sail* Level 1, cadets must demonstrate the ability to perform the skills outlined on the checklist. Checklists are meant to be flexible and cadets can complete the skills as either helm or crew. Some boxes on the checklist have been blacked out because a skill might only be completed as either crew or helm.

Cadets will benefit from spending time in both the helm and crew position. It is important that those cadets who gravitate towards crewing complete some skills as a helm, and vice versa.

Explain the Sail Canada checklist and skills are assessed.

In double handed boats: 50% or more of skills achieved are as helm ('I helmed'); and in any type of boat, each skill listed has been mastered as 'I Helmed' / 'I Crewed'

CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. What are the two positions in a double handed sailboat?

Q2. In a double handed boat, what percentage of the skills must be mastered as 'I helmed' /'I crewed'

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ANTICIPATED ANSWERS:

A1. Crew and helm.

A2. Fifty per cent.

Teaching point 3 **Provide an overview of the sail weekend schedule.**

Time: 5 min Method: Interactive Lecture



Distribute the sail weekend letter to the cadets (if prepared by the corps). Review its content and answer any questions.

TIMINGS

Each corps and sail / nautical centre will have different timings for cadet pick up and drop-off. Some corps will use a bus to transport the cadets to and from the sail / nautical centre so review pick up time and location or drop-off times and the location of the sail / nautical centre.

DAILY ROUTINE

Each sail / nautical centre will have a different daily routine based on its facilities and resources. Some of the areas that should be highlighted in the schedule are as follows:

- wakey wakey,
- lights-out time,
- meal times,
- downtime, and
- on-the-water time.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS:

Q1. When and where do you have to be dropped off?

Q2. What time is wakey wakey?

ANTICIPATED ANSWERS:

A1. Answers will vary depending on the sail / nautical centre.

A2. Answers will vary depending on the sail / nautical centre.

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Teaching point 4 **Review the sail / nautical centre Standard Operation Procedures.**

Time: 5 min Method: Interactive Lecture



Highlight the sections of the local sail / nautical centre SOPs that the cadets need to know to prepare for the sail weekend. The following sections are common areas that are found in all SOPs.

LOCATION

Some cadets may not have visited the sail / nautical centre before. Review the location and provide directions (if required).

RULES

Each sail centre will have SOPs. Some of the common sections found in SOPs will include:

- out-of-bounds areas,
- accommodation rules, and
- on the water rules.



Include any other important rules that are specific to the sail / nautical centre. The sail / nautical centre staff will review the rules in more detail, but it is important that the cadets know what to expect prior to arrival.

WEEKEND EXPECTATIONS

Cadets attending a sail weekend are expected to participate in on-the-water training. Cadets will be required to follow the sail / nautical centre routine and participate in all activities.

Cadets should be prepared to get wet, as they will be expected to capsize their sailboat IAW the checklist.

Teaching point 5 **Identify the clothing and footwear to be worn for sailing based on the weather forecast.**

Time: 5 min Method: Interactive Lecture

CLOTHING AND FOOTWEAR



If the local sail centre/ nautical does not provide a list of clothing for the sail weekend, Attachment A may be used as an example.

Show the cadets the clothing item as each is discussed. If possible, have spray tops, wetsuits, or dry suits available as most cadets will probably have not seen them before. Explain how each item helps to keep sailors warm and dry.

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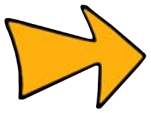
All on-water activities for cadets are governed by A-CR-CCP-030/PT-001, *Water Safety Orders* and cadets are required to wear a PFD within 3m of the shoreline.

Clothes for a rainy day include PFD, rubber boots, raincoat / rain pants, hat, sunglasses, sunscreen, and wetsuit / dry suit.

Clothes for a hot and sunny day include PFD, soft-soled shoes, light-weight clothing, hat, sunglasses, sunscreen, and wetsuit / dry suit.

Clothes for a cold day include PFD, layered clothing, warm boots / shoes, warm hat, sunscreen, and wetsuit / dry suit.



Weather permitting; cadets will spend as much time on the water as possible. The more time spent on the water, the more skills that can be developed.

CONFIRMATION OF TEACHING POINT 5

QUESTIONS:

Q1. What is the general location of the sail / nautical centre?

Q2. What are some of the out-of-bounds areas at the sail / nautical centre?

Q3. What shall cadets always be prepared for during the sailing weekend?

ANTICIPATED ANSWERS:

A1. Answers will vary depending on the sail / nautical centre.

A2. Answers will vary depending on the sail / nautical centre.

A3. Getting wet.

END OF LESSON CONFIRMATION

The cadet's participation in the sail weekend will serve as the confirmation for this lesson.

CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

The sail weekend is designed to introduce the skills associated with the Sail Canada *CANSail Level 1* Checklist. Being familiar with the skills and expectations will help to prepare for the sail weekend activities.

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INSTRUCTOR NOTES / REMARKS

This EO is to be scheduled at the corps during regular training prior to the sail training weekend.

Corps shall contact the local sail / nautical centre to obtain a copy of the centre SOPs, the *CANSail Level 1 Checklist* and the *CANSail Level 1 Rubric*.

REFERENCES

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.

C1-305 Sail Canada. (2012). CANSail *1 – 2 instructor package*. Kingston, ON: Sail Canada.

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SUGGESTED CLOTHING AND FOOTWEAR FOR A SAIL WEEKEND

The weather forecast and the following clothing guidelines can assist in determining the clothing to be worn / brought for sail training.

Footwear

On-the-water training. Soft-soled shoes (sneakers) or sailing boots. No open-toed footwear is permitted. Footwear will get wet so it is recommended that cadets wear older shoes they do not mind getting wet or purchase water shoes.

Ashore training. A separate pair of shoes other than the on-the-water pair is needed. Cadets are not permitted to wear wet footwear unless they are participating in on the water training. Seasonal outdoor footwear is recommended for ashore activities.

Clothing

On-the-water training. All personnel should have at least two sets of the following:

- shirt,
- sweater,
- shorts (if weather permits),
- bathing suit,
- pants, such as, sweat pants or lined nylon (NO JEANS PERMITTED as they restrict movement and become heavy when wet),
- undergarments,
- hat, and
- socks.

Ashore training. All personnel are to bring appropriate seasonal clothing. This clothing should not be the same clothing brought for on-the-water training.

Outerwear

- Warm hat (if expected temperatures are low),
- Jacket, and
- Gloves / mittens (if expected temperatures are low and cadets wish to wear gloves on the water, they must be suitable for working with small lines and moving parts).

Note: Wet weather gear and wetsuits may be available for loan from the sail / nautical centre.

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