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 CAN*Sail* 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 CAN*Sail* program.	Interactive Lecture	5 min	
TP2	Review the skills found in the Sail Canada *CANSail Level 1 Checklist* and *CANSail Level 1 Rubric*.	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: a. location, b. basic rules, and c. weekend expectations (weather, capsizing, food, etc.).	Interactive Lecture	5 min	

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TP	Description	Method	Time	Refs
TP5	Identify the clothing and footwear to be worn for sailing based on the weather forecast, to include: a. a rainy day: 1. PFD, 2. rubber boots, 3. raincoat / rain pants, 4. hat, 5. sunglasses, 6. sunscreen, and 7. wetsuit / dry suit; b. a hot day: 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: 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 CAN*Sail* 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.

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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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