



Physical Requirements for *Students* taking Cruising Courses

Sail Canada Basic Learn to Cruise

These training sessions will require short periods of moderate upper body exertion, and a moderate level of arm strength. Participants will have the opportunity to experience sun, wind, spray, rain, and temperatures consistent with the time of year they take part in this activity. When underway the vessel may exhibit irregular motion due to wind and waves and temperatures may be cooler than on land. Participants will be expected to learn and demonstrate skills and perform tasks while the vessel is at the dock, at anchor, and when the vessel is underway. In a day sailing format, vessels will be underway for varying periods of time (up to 8 hours), during daylight, in light to moderate wind and sea conditions. These sessions are suitable for most fitness levels and will provide a good body core workout.

Participants taking courses in “live aboard cruise and learn” formats may also be subject to conditions normally associated with the Intermediate Cruising standard.

Sail Canada Intermediate Cruise, International Yacht Training ICC and International Bareboat Skipper

These are offered as live aboard training courses. Participants will have the opportunity to experience sun, wind, spray, rain, and temperatures consistent with the time of year they take part in this activity. When underway the vessel may exhibit irregular motion due to wind and waves and temperatures may be cooler than on land.

Participants will be expected to learn and demonstrate skills and to perform tasks while the vessel is at the dock, at anchor, and when the vessel is underway. Vessels will be underway for varying periods of time, primarily during daylight hours in light to strong wind and sea conditions. These training sessions will require short periods of moderate upper body exertion, as well as a moderate level of arm strength and core body fitness for handling lines and operating equipment. You will need to and focus for longer periods like when driving a car. No sweat, right?

Sail Canada Advanced Cruise

These are offered as live aboard courses and include periods (48 hours or more) of continuous passage making. Participants will have the opportunity to experience sun, wind, spray, rain, and temperatures consistent with the time of year they take part in this activity. When underway the vessel may exhibit irregular motion due to wind and waves and temperatures may be cooler than on land. Participants will be expected to move around the vessel day and night, to learn and demonstrate skills and to perform tasks while the vessel is at the dock, at anchor, and when the vessel is underway. Vessels will be underway both day and night in a wide range of conditions which may include large seas and strong winds. Participants will be challenged to work as a part of a team and operate the vessel for two or more days with limited or irregular periods of rest. These training sessions will require short periods of moderate upper body exertion, a moderate level of arm strength and some core body fitness and stamina.