

Windsurfing

Beginners – The Whirlwinds

Know, Understand or Demonstrate

Students will know:

1. Points of sail
2. Steering theory (Centre of effort)
3. Safe storage of kit
4. Clothing
5. Beaufort scale
6. Rules of the road

Students will understand:

1. Parts of the board and sail
2. Basic Rigging
3. Sailing area (choosing appropriate location)
4. Equipment selection
5. Wind and Weather
6. How to prepare for a tow

Students will demonstrate:

1. Carrying and preparation of kit
2. Launch and Landing
3. Self Rescue (Butterfly, flagging)
4. Distress signal
5. Secure position
6. Static turn
7. Sailing position
8. Steering
9. Slow tack
10. Figure of 8 course
11. Upwind Progress
12. Beginner gybe (In Light winds)
13. Knots (Figure of 8, Round turn two half hitches)

Beginner plus

Triangle course

Harnessing

Beach Starts

Intermediates – The Storms

Know, Understand or Demonstrate

Students will know:

1. More advanced rigging, knowledge of fully-battened sails and how to tune them for varying weather conditions
2. Different Disciplines (Racing, Freestyle, Wave)
3. How to spot gusts and use them

Students will understand:

1. Tide (Rule of 12th, Springs & Neaps, Effects of wind and tide)
2. Fast forward formula (Vision, Stance, Balance, Trim & Power)
3. Environmental dangers (Hypo/ hyperthermia)
4. How to choose an appropriate board and sail for conditions and ability (board volume, intended use, conditions)
5. Assessing weather and local effects

Students will demonstrate:

1. Beginner manoeuvres in moderate wind
2. Fast Tack
3. Non-planing carve gybe
4. Beam reach (Dagger-board less)
5. Triangle course
6. Beach Starts
7. Harnessing
8. Drop and Push, discussing planing
9. Knots (Bowline & Reef 'Square' knot)

Intermediate plus

Basic/ light wind Freestyle

Discussing Foot-straps

Discussing Water starts

Make upwind progress without a daggerboard, always windsurfing without a daggerboard

Committed harnessing, able to comfortably plane in the harness

Windsurfing

Advanced – The Typhoons

Students will know:

1. ISAF Racing rules
2. Differences in Sails Designs
3. Different board types and designs

Students will understand:

1. Synoptic charts (high & low pressure, warm & cold fronts)
2. Board Chat (Materials, board profiles and rail shape)
3. Knowledge of differing masts, fins, booms etc.
4. How a sail works (Turbulent & Laminar flow)
5. Weather effects

Students will demonstrate:

1. Comfortably planing in harness
2. Foot-Straps planing
3. Water Starts
4. Basic Freestyle moves in stronger winds
5. Getting onto the plane in light conditions, power management in strong winds

Advanced plus

Planing carve gybe

Duck Gybe

Chop hop

Planing upwind