

# Sail MV Windsurfing Syllabus

## 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:

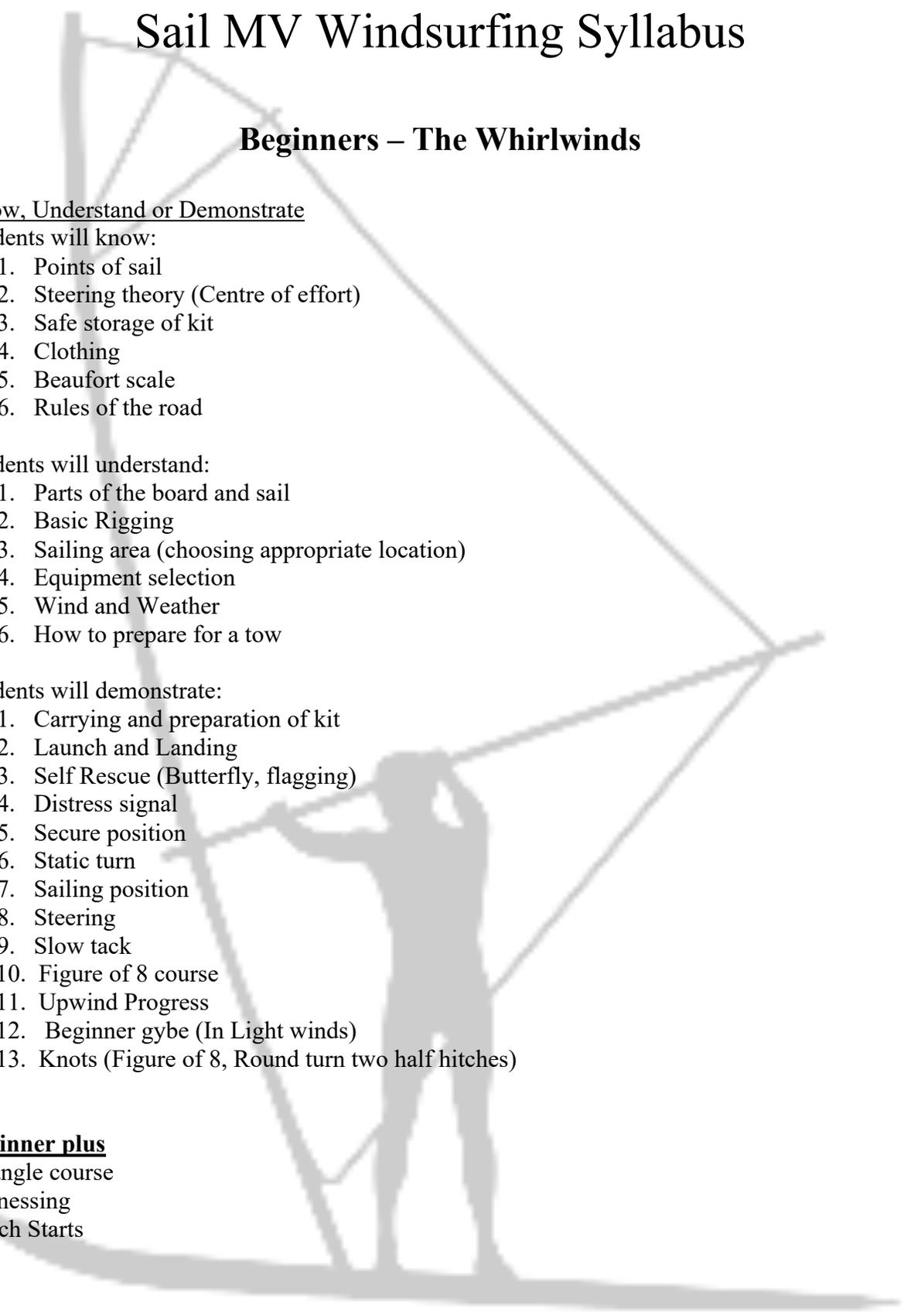
1. Carrying and preparation of kit
2. Launch and Landing
3. Self Rescue (Butterfly, flagging)
4. Distress signal
5. Secure position
6. Static turn
7. Sailing position
8. Steering
9. Slow tack
10. Figure of 8 course
11. Upwind Progress
12. Beginner gybe (In Light winds)
13. Knots (Figure of 8, Round turn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

### Beginner plus

Triangle course

Harnessing

Beach Starts





## **Intermediate – The Storms**

### Know, Understand or Demonstrate

Students will know:

1. More advanced rigging, and tuning sail to conditions
2. Different Disciplines (Racing, Freestyle, Wave)
3. How to spot gusts and use them

Students will understand:

1. Tide (Rule of 12<sup>th</sup>, Springs & Neaps, Effects of wind and tide)
2. Fast forward formula (Vision, Stance, Balance, Trim & Power)
3. Environmental dangers (Hypo/ hyperthermia)

Students will demonstrate:

1. Beginner manoeuvres in moderate wind
2. Fast Tack

## **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)
2. Board Chat (Materials, and Rail shape)
3. How a sail works (Turbulent & Laminar flow)
4. Weather effects