

# **Day 1 – Start Windsurfing**

## **On Land**

- Welcome, introductions, housekeeping and registration
- Brief about the land environment and sailing area including limits, hazards
- Introduction to weather and tides, and why these are important
- Introduce concept of No-Go-Zone
- Introduction to kit
  - Board & component parts
  - Rig & component parts
  - Wetsuits, boots & buoyancy aids
- Rigging - demo then working in pairs, taking care of kit

## **LUNCH**

- Simulator demos and practice of:
  - Getting on board – importance of wind awareness, foot position either side mast, principle of centreline, area of max. buoyancy.
  - Standing up using up-haul and assuming secure position
  - How to ensure the rig in correct position for achieving secure position
  - Effect of leaning rig forwards and backwards and returning to secure position
  - 180° turn tacking firstly but not necessarily rigid adherence to this but explain difference if it happens to be a gybe.

## **On Water**

- How to carry kit to water safely – wind awareness again especially with rig
- Exercises on bare board as ice-breaker and discover buoyancy, effect of dagger board, and how to self-rescue using “butterfly”
- Demos by instructor - fit rig and run through secure position progressing to 180° turn. May need revisit to simulator to reinforce learning points but, if all going well may be left to recap session
- Sailing position emphasising balance point of rig, importance of having a goal point, sheeting in and out to control power, using body weight to counter balance weight of powered-up rig, changed stance as moving down the board as speed increases. Trim and balance, and be aware of surroundings i.e. a subtle introduction to the principles of the Fast Forward Formula

Stow gear, recap main points and close.

# **Day 2 – Start Windsurfing**

## **On Land**

- Recap of main points from Day 1
- Safety:
  - seven common senses
  - forecasts and tides sources of info
  - how to attract attention
  - rules of the road
  - different types of self-rescue and limitations
- Points of sailing
- Effects of wind e.g. cross, off-shore, strength etc
- How a sail works and interacts with the board CoE and CLR

## LUNCH

## **On Water**

- Q&A on main points from On Water day 1
- Practice and demos if required
- Steering to and away from goal point – looking out for others and returning to sailing position to avoid over-steering. Set a course/follow my leader
- Introduce the tack using hands on mast going round front
- If all going well, discuss gybe and demo.
- Practice time to consolidate

## **Finally**

- Stow kit, change and recap, mentioning follow-up courses and RYA membership
- Issue certificates and disperse