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## **APPENDIX 5C - ISAF / IKA Learn to Kite programme**

### **Level 1 part 1:**

Basic kite handling, kite assembly and the wind window.

### **Location Definition:**

Flat spacious area of open land with sand or grassy surface free from hazards and sharp objects. Sufficient space for quality wind and a safe 'run off' zone downwind of the area.

Permission for Kiting in the area is necessary.

Wind limits are best kept between 5-15knots.

Concrete / tarmac or uneven surfaces are not suitable.

### **Equipment definition:**

Small 1-3 m<sup>2</sup> ram air foil kites. Handles or bars are both suitable. Flying on a bar is more suitable for kiteboarding progression. Handles are very accessible for younger participants.

Two line bars must have an effective safety system fitted allowing the bar to be released without the kite flying away. Handles, a single one can be released to produce the same effect.

Caution should be taken not to provide too much power via larger sizes of kite in stronger winds.

### **Aim:**

To site assess, assemble, launch and fly in basic control a simple foil kite under supervision/ guidance of a suitable person.

### **Course content and teaching points:**

Kit familiarisation

Rigging up

Safety systems

Launching and landing/ signals

Basic control and flying

the wind window zones/ principles

stability and steering exercises

moving and moving principles, including the points of sailing and

understanding of kite behaviour when moving

games and exercises

kite football

triangles and moving

clock face

kite loops

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sitting standing  
square  
round the world  
the landing pin point game

**Debrief and next steps:**

Goals met and reviewed  
Feedback  
Next steps (L1, pt 2)

**Level 1 part 2**

LEI kite flying, harnessing and entering the water  
(part 3 and 4 often lead on from part 2 in one session so are grouped pre  
'end' section)

**Location Definition:**

Preferable water environment would be shallow and sheltered water, minimal tidal currents, with moderate temperatures.  
Preferable wind speeds are between 10-20knots. Suitable space to ensure reasonable wind quality and run-off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable.  
Water more than 1.3 m deep and/or any form of offshore winds should only be used in conjunction with a suitable motorised rescue craft and flotation aids.

**Equipment definition:**

Inflatable kites between 5 m<sup>2</sup> -10 m<sup>2</sup> are best suited to this learning environment.  
A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.  
Kites over 3 years old, or showing signs of excessive wear should be avoided.  
Kites must hold pressure in all tubes.  
Personal flotation and head protection must be worn by all students at all times.

**Aim:**

To introduce the correct assembly techniques for rigging LEI kites safely in a suitable location. Launching procedure and signals identified. Safety and trimming system principles and operations clearly outlined for the equipment being used. Basic Flying within the neutral and safe zone using the control bar and trim system effectively.

**Course content and teaching points:**

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Site assessment, water environment  
Kit familiarisation and rigging session  
Trimming and basic kite tuning  
Safety systems and bar functionality  
Launching/landing hand signals  
Basic flying and harnessing  
Safety system activation and reassembly  
Basic Water re-launching techniques

**Level 1 part 3**

Bringing on the power and basic body-dragging

**Location Definition:**

Water environment = preferably shallow and sheltered water, minimal tidal currents, with moderate temperatures.  
Preferable wind speeds are between 10 – 20 knots. Suitable space to ensure reasonable wind quality and run off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable.  
Deep water deeper than 1.3 m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 7 m<sup>2</sup> – 12 m<sup>2</sup> are best suited to this learning environment.  
A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.  
Kites over 3 years old, or showing signs of excessive wear should be avoided.  
Kites must hold pressure in all tubes.  
Personal flotation and head protection must be worn by all students at all times.

**Aim:**

Introduce the principle of generating power and using this to travel with power and control between A to B, downwind. Be able to stop in control and on demand and generate a suitable amount of power for the equipment and environment.

**Course content and teaching points:**

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Basic small sine wave figure of eight pattern practiced.  
Larger wave-like movement of kite, attempting to maintain a constant speed of drag.  
One handed flying.  
Producing power and motion.  
Controlled stopping or body-dragging, on demand.  
Returning to start point, kite handling whilst walking back along shore.

**Debrief and next steps:**

This stage is often combined with the below.  
Feedback and problem analysis/ fault finding with student technique must be constructively highlighted and verbalised.  
Next step is L1, pt 4

**Level 1, Part 4**

Directional ability and board retrieval body dragging and Self Rescue techniques.

**Location Definition:**

Water environment = preferably shallow and sheltered water, minimal tidal currents, with moderate temperatures.  
Preferable wind speeds are between 10 – 20 knots. Suitable space to ensure reasonable wind quality and run off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable.  
Deep water of more than 1.3 m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 7 m<sup>2</sup> – 12 m<sup>2</sup> are best suited to this learning environment.  
A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.  
Kites over 3 years old, or showing signs of excessive wear should be avoided.  
Kites must hold pressure in all tubes.  
Personal flotation and head protection must be worn by all students at all times.

**Aim:**

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To generate power and stability in a chosen direction both to the left (port) and to the right (starboard) as well as ability to retrieve the board and get going on it. To be able to control body position facing downwind in the board start position with the kite in a neutral state, ready to receive the board. To understand how to rescue and recover both kiter and equipment from the water, in a controlled environment.

**Course content and teaching points:**

Directional body-dragging and control

One handed body-drag to port and starboard to retrieve the board.

Powered crosswind body-drag to produce power in a given direction

Balance control drag in the board start position

Body-drag with the board across the wind

Demonstration and execution of basic self rescue techniques

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**Level 2 part 1**

Introduction to the board and board start technique

**Location Definition:**

Water environment = preferably shallow and sheltered water, minimal tidal currents, and moderate temperatures.

Preferable wind speeds are between 10 - 20knots. Suitable space to ensure reasonable wind quality and run off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable.

Deep water more than 1.3 m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 7 m<sup>2</sup> – 12 m<sup>2</sup> are best suited to this learning environment.

A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.

Kites over 3 years old, or showing signs of excessive wear should be avoided.

Kites must hold pressure in all tubes.

Personal flotation and head protection must be worn by all students at all times.

**Aim:**

To understand the types and parts of a suitable learning board, how to fit and handle properly. Understand the principle of the board start technique and the key techniques for success.

**Course content and teaching points:**

Introduction to the board, parts types, sizes and how to fit the straps.

Dry land board start lesson

How to put the board on

Small get ups with small dives of the kite

Emphasizing leaning forward and bending the legs

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**Level 2 part 2**

Getting up, First board starts

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Deep water more than 1.3 m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 7 m<sup>2</sup> – 12 m<sup>2</sup> are best suited to this learning environment.

A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.

Kites over 3 years old, or showing signs of excessive wear should be avoided. Kites must hold pressure in all tubes.

Personal flotation and head protection must be worn by all students at all times.

**Aim:**

To get on the board in control and independently. Decide and generate a suitable level of power in a direction to rise up out of the water to a standing position for a brief but not necessarily prolonged amount of time or distance.

**Course content and teaching points:**

Putting the board on in water and maintaining the board start position while drifting over a distance of 50 metres.

First small dives of the kite and practicing rising up out of the water with weight forward and legs bent.

Identification of personal direction bias e.g. goofy/regular

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**Level 2 part 3**

Going along, first board rides and prolonged power delivery

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Preferable wind speeds are between 10 - 20knots. Suitable space to ensure reasonable wind quality and run off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable.

Deep water more than 1.3 m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 7 m<sup>2</sup> – 12 m<sup>2</sup> are best suited to this learning environment.

A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.

Kites over 3 years old, or showing signs of excessive wear should be avoided.

Kites must hold pressure in all tubes.

Personal flotation and head protection must be worn by all students at all times.

**Aim:**

To travel along in a given direction producing prolonged power and control over a reasonable distance and direction.

**Course content and teaching points:**

Mastering of a controlled start.

Prolonged power delivery including sine wave movement of the kite and edging of the board.

Controlling power with the kite and when the sine wave and when to 'park'

Controlling speed with the board and kite trim

How to stop

Rules of the road



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**Level 2 part 4**

Turning, stopping and recovery techniques

**Location Definition:**

Water environment = preferably shallow and sheltered water, minimal tidal currents, and moderate temperatures.

Preferable wind speeds are between 10 – 20 knots. Suitable space to ensure reasonable wind quality and run off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable.

Deep water more than 1.3m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 7 m – 12 m<sup>2</sup> are best suited to this learning environment.

A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.

Kites over 3 years old, or showing signs of excessive wear should be avoided.

Kites must hold pressure in all tubes.

Personal flotation and head protection must be worn by all students at all times.

**Aim:**

To be able to control speed, slow down, stop and travel in both directions with reasonable comfort and efficiency. To be able to perform a deep water rescue of themselves and the equipment in deep water.

**Course content and teaching points:**

Introduction to basic turning technique

The sitting jibe

Moving towards the training jibe

Riding for controlled distances

Knowledge of rules of the road

Full deep water Self rescue and recovery of the kite techniques

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**Level 3 part 1**

Stance and riding upwind

**Location Definition:**

Preferred water environment is deep and coastal in reasonably sheltered environments with no excessive tidal currents, and moderate temperatures. Preferable wind speeds are between 10 - 25 knots. Suitable space to ensure reasonable wind quality and run off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable. Deep water more than 1.3m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 5 m<sup>2</sup> – 18 m<sup>2</sup> are best suited to this learning environment.

A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.

Kites over 3 years old, or showing signs of excessive wear should be avoided.

Kites must hold pressure in all tubes.

Personal flotation and head protection should be worn by all students at all times.

**Aim:**

To be able to ride away from the beach, perform a controlled sliding turn and return to the same point without losing ground downwind.

**Course content and teaching points:**

Understand and be able to tune the equipment, both on the kite via multiple setting options and on the control bar system via the trim strap.

Understand angle of attack, stalling and airflow principles.

Understand in basic terms the relationship between rider speed and apparent wind.

Understand the principles of good stance and edging technique.

**Debrief and next steps:**

Continue to develop upwind riding and ride independently of lessons with others in suitable environments.

L3, pt 2

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**Level 3 part 2**

Turning & transitions

**Location Definition:**

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**Equipment definition:**

Inflatable kites between 5 m<sup>2</sup> – 18 m<sup>2</sup> are best suited to this learning environment.

A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.

Kites over 3 years old, or showing signs of excessive wear should be avoided.

Kites must hold pressure in all tubes.

Personal flotation and head protection should be worn by all students at all times.

**Aim:**

To be able to execute a number of controlled turning techniques on demand in a range of environments. To be able to switch to toe side riding and continue to travel with sustainable direction and speed for a prolonged distance.

**Course content and teaching points:**

Slide turn

Switch to toe-side

Turning rules of the road, (signals and look before turning)

Heel-side to toe-side turn

Toe-side to heel-side turn

Understand the principle and attempting a small jump transition

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**Debrief and next steps:**

Continue to develop and progress varied turning techniques

L3, pt 3

**Level 3 part 3** - Advanced launch, land and rescue techniques

**Location Definition:**

Preferred water environment is deep and coastal in reasonably sheltered environments with no excessive tidal currents, and moderate temperatures. Preferable wind speeds are between 10 - 25 knots. Suitable space to ensure reasonable wind quality and run off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable. Deep water more than 1.3m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 5 m<sup>2</sup> – 18 m<sup>2</sup> are best suited to this learning environment.

A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.

Kites over 3 years old, or showing signs of excessive wear should be avoided.

Kites must hold pressure in all tubes.

Personal flotation and head protection should be worn by all students at all times.

**Aim:** To develop increased autonomy and independent competency to enjoy kiteboarding in more challenging environments through understanding and executing more advanced methods and launch, landing and rescue.

**Course content and teaching points:**

Self launching

Dual Launching

Self Landing

Dual landing

Competent deep water pack down and recovery in a range of environments

Competent execution of using the kite as a sail to travel across the wind and get back to shore.

**Debrief and next steps:**

Continue to develop and progress techniques - L3, pt 4

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**Level 3 part 4**

Basic jumping technique

**Location Definition:**

Preferred water environment is deep and coastal in reasonably sheltered environments with no excessive tidal currents, and moderate temperatures. Extra space consideration must be given for jumping practice and run off safety zone.

Preferable wind speeds are between 10 - 25 knots. Suitable space to ensure reasonable wind quality and run off area with no large hazards in the operating area. Excessive crowds are also potentially unsuitable. Deep water more than 1.3m and/or any form of offshore winds should be used in conjunction with a suitable motorised rescue craft and flotation.

**Equipment definition:**

Inflatable kites between 5 m<sup>2</sup> – 18 m<sup>2</sup> are best suited to this learning environment.

A functioning and approved safety system must be in good working order and provide complete depower of the kite on demand.

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Kites must hold pressure in all tubes.

Personal flotation and head protection should be worn by all students at all times.

**Aim:**

To understand the principles of edge and release, 'popping' and using the pendulum pattern when moving the kite.

Be able to execute a basic low level controlled jump and safe landing in a suitable environment.

**Course content and teaching points:**

'Popping' the board

Edging and release

Practice small pendulum jumps and focus on the landing

**Debrief and next steps:**

Continue to develop independent riding, by practicing all areas and safely kite with other kiteboarders in a range of locations / conditions.

Advanced coaching input.