

APPENDIX 2C – WINDSURFING SPECIFIC PROCEDURES

Use of Coach Boat support with windsurfers:

Use suitable craft to come along side windsurfers, preferably RIBs or craft with soft sides.

Select suitable sized craft and engine size to maintain contact with craft in weather/sea conditions on the day and act as safety support. Recommend 4.8 m minimum.

Carry floating toelines.

Participant / Coach Boat ratios

Ratio of 12 Students : 1 Coach boat.

Sufficient Coach boats should be in operation to provide separate cover for all groups afloat. They should be driven by trained drivers. Coaches supervising basic skills courses from a Coach boat are not expected to provide cover for a separate group

Windsurfing equipment safety checks:

Coaches should check the following prior to a session commencing:

- Universal joint's (UJ's). Ensure there are no cracks/splits in the rubber joint. In mechanical joints, check for excessive 'play/wear'. If in doubt, replace the UJ
- Deck plates should lock down firmly onto the deck and should not slip
- Decks should have effective non-slip. Any foam nonslip should be free from damage and should be secured to the board in all areas
- All lines and hauls should be free from wear and fraying. Replace where necessary
- All up-hauls should be long enough to allow the sailor to stand up fully before leaning back to raise the rig
- Fins & dagger boards should be free from chips & knocks on the leading & trailing edges
- Locking pins on the UJ should securely fasten the rig to the board so that separation cannot occur
- Long boards should have a towing eye
- Booms should have grip that is free from any damage
- Boom clamps should be able to lock onto the mast without slipping

Preferred windsurfing sailing areas:

- Area should be free from local hazards
- The launch point should ideally be a gently shelving beach

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- The area should allow participants to sail from the beach on a beam reach (cross shore breeze)
- The area should allow for the possibility of participants not being able to hold their position cross wind relative to their starting point and consequently should be able to return to the beach at a point further downwind and walk back upwind to their start point.

Student / Coach Ratios:

Ratio of 6 Participants : 1 Coach

These are minimum recommendations for sheltered, flat water and no more than low to medium wind speeds and should be observed for all training courses, at all levels and at all times in relation to the type of craft. Ratios of the number of Coaches for each participant should be increased according to the prevailing conditions during training to ensure that at all times sufficient attention can be given to student safety. The ratios recommended assume that in addition to Coaches there will be a Coach boat or Coach boats with crew present, in accordance with the Coach Boat recommendations.

The *Coaching Assistant* counts as qualified in the ratios, but should only work under the direction or supervision of an Senior Coach or experienced Coach. *Coaches* may be assisted by unqualified helpers who are competent and experienced. The unqualified helpers should be supervised by an *Senior Coach* and only deployed in roles appropriate to their skills and awareness. Unqualified helpers do not count in the participant / *Coach* ratios.