

APPENDIX 5B - COACHING WINDSURFERS

Windsurfing- The syllabus

The windsurfing scheme is divided into 3 stages.

- 1: My introduction to windsurfing
- 2: Basic Windsurfing skills
- 3: Improving my windsurfing

Each of the levels has a 'benchmark' standard of attainment which should be reached by the candidate before moving onto the next. The 'benchmarks' offer a clear conclusion to each level which will be easily recognised by the participant and coach alike. Therefore, each should be in no doubt as to whether each level has been successfully achieved and the certificate awarded.

Beyond level 3 will be short modules which may be dependent on the skill level of the coach, the location and the equipment each training venue has to offer. Each training venue will be able to tailor the modules as they see fit and award them as necessary, Examples of these modules will be given at the end of this section.

The levels, their delivery and modules will closely follow that of the dinghy sailing in the delivery. The content will differ, however.

1 – My Introduction to Windsurfing

Definition:

At the end of the course, the participants will know the major parts of the rig/board, be able to launch in calm conditions, raise the rig, sail away from the beach on a beam reach, turn the board around and sail back to the beach. Upon return, they can then recover their equipment.

Rigging:

Participants should be able to identify by name the main component parts of the rig & board and know which is the front & back of the board.

Knots & rope work:

Participants should be able to tie a fig of 8 knot

Launching:

Participants should be able to carry the board & rig separately to the water, launch each safely and secure the rig to the board. On return they should be able to successfully reverse this procedure.

Sailing - Participants should be able to:

- I. To raise the rig out of the water and hold the rig, ready to sail
- II. To sail on a beam reach (across the wind) away from the beach
- III. To turn the board around using the rig effectively (180 deg turn)
- IV. To return to the beach safely

Recovery:

- I. Participants should be able to recover the board & rig safely, but separately.

Sailing background knowledge:

- I. Participants should be able to recognise the direction the wind is blowing from
- II. Participants should be able to recognise and understand the significance of a cross-shore breeze.
- III. Participants should understand the significance of the rig's 'balance point'
- IV. Participants should be able to understand how to correctly trim a training sail (apply power) in a light breeze

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Clothing & equipment:

Participants should understand the need to wear personal buoyancy when afloat. Participants should also understand the importance of the correct footwear and protective clothing (i.e. rash vest & hat, wetsuit & spray top in cooler conditions). The use of protective sunscreen should be encouraged.

Course duration:

Level 1 will take 2 modules of 2hrs each.

2 – Basic Windsurfing Skills

Definition:

Participants should be able to sail successfully on a beam reach, be able to sail to windward and tack and sail downwind and gybe

Rigging:

Students should be able to rig their own training rig using its component parts. They should also be able to fit the daggerboard and mast base into the board.

Knots & rope work:

Students should understand how jamming cleats operate. Students should know how to thread the downhaul line correctly. Students should be able to tie a bowline & fig of 8.

Launching:

Students should be able to launch the board and rig joined together as one unit.

Sailing:

- I. Students should be able to sail successfully & confidently on a beam reach without losing ground to leeward
- II. Students should be able to steer the board to windward & leeward effectively using the correct rig movements
- III. Students should be able to tack the board from a close reach course and exit the tack on a beam reach
- IV. Students should be able to steer downwind onto a run, gybe and exit the gybe on a beam reach.

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Recovery:

Students should be able to recover their board & rig from the water as a single unit.

Sailing background knowledge:

Students should understand the following:

- I. The significance of an on-shore & offshore breeze
- II. How to apply 'power' to the rig and how to counter act its force in a stronger breeze
- III. How a sail works including the 'centre of effort'
- IV. All points of sailing
- V. How to effectively steer a board using the centre of effort and centre of lateral resistance
- VI. Know how to obtain & interpret an inshore weather forecast and be able to predict the effect on their sailing. They should know the Beaufort scale for their ability & their limitations
- VII. Understand basic 'rules of the road' I.E. 2 boards on opposite tacks meeting

Clothing and equipment:

Students should understand the advantages of a wetsuit & a spray top.

Duration:

Level 2 should be complete through 5 modules of 2 hrs each.

3 – Improving my Windsurfing

Definition:

Participants should be able to sail on all points of sailing in winds of up to force 3. They should be able to use a harness & harness lines.

Rigging:

Participants should be able to assemble a rig from its component part correctly, including applying the correct amount of downhaul & outhaul tension. They should be able to set the mast base the correct distance from the tail if using intermediate type boards

Knots & rope work:

Participants should be able to use all the line & hauls associated with the rig successfully, including harness lines including a bowline & fig of 8.

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Launching:

Participants should be able to 'beach start' without the need to uphaul the rig.

Sailing- Students should be able to:

- I. Sail confidently on a beam reach and return to starting point without losing ground down wind.
- II. Sail efficiently upwind on a close hauled course
- III. Tack effectively close hauled to close hauled.
- IV. Sail on a run.
- V. Steer the board whilst sailing on a run
- VI. Gybe using rig & board steering and exit clew first on a broad reach before flipping the rig.

Landing:

Participants should be able to return to the beach under control, step off the board whilst still 'flying' the rig, recover both as a unit and leave them on the beach in the 'on-beach secure position'.

Sailing background:

Participants should have an understanding of the following:

- I. How to rig and use a high performance sail (fully battened & mono-film) for maximum power
- II. The disadvantages of a high performance sail
- III. How to correctly fit and position harness lines
- IV. How to correctly fit & wear the correct size of harness
- V. How to 'hook in & out' of the harness lines
- VI. The significance of 'planing'
- VII. The significance of 'apparent wind'
- VIII. The significance of correct foot placement and weight distribution
- IX. The significance, advantages & use of a fully retracting dagger board
- X. Participants should be able to make accurate tidal predictions using the appropriate tide table or tidal information. (IE high & low water)
- XI. Using tidal information and the correct weather forecast, students should be able to accurately predict the likely water conditions in their local area.
- XII. Understand and be able to apply more comprehensive 'Rules of the road' I.E. Port & starboard tack, windward board, overtaking board

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Harness work:

Participants should be able to set up their harness lines on the boom appropriately for the conditions.

Participants should be able to hook-in and hook-out successfully and be able to commit their weight to the harness while sailing in winds up to force 3.

Clothing & equipment:

Participants should be able correctly fit & wear their own harness. They should understand the significant differences & advantages of a waist & seat harness.

They should be able to make their own decision as to whether they wear a buoyancy aid or not, and the dangers if they choose not to.

Duration:

Level 3 should be completed during 5 modules, each lasting 2 hrs.