

Windsurfer



Complete the following:

1. Hold the Sea Activity Log and has passed the swimming test.
2. Complete either (A) or (B):
 - (A) Completed a 2-day Windsurf Training Course (at least 12 hours) held by the Association, which including:
 - (a) Understand the following theories:
 - Windsurfing conditions
 - Wind and tidal currents – know and explain how to get information
 - Know the effects of onshore wind, longshore wind and offshore winds on windsurfing
 - Know the effects of tides and tidal currents on the windsurfing area
 - Know personal limitations and Sir Francis Beaufort chart
 - Choose a safe location for windsurfing
 - Windsurfing theory
 - Sailing positions in beating, beam reaching, broad reaching and running
 - “No windsurfing” locations and tacking methods upwind
 - How a sail creates power and how to change direction on the board
 - Sailing terms – upwind, downwind, luff tacking, scud tacking, port tack and starboard tack
 - Equipment
 - Clothing required for different weather conditions
 - Know suitable sail and board for beginners and the levels of windsurfing

(b) Complete the following practical training:

- Take off, launch and return to shore
 - Take the board and equipment separately to the water and rig the sail and mast to the board
 - Get on the board and balance
 - Pull the sail out of the water and demonstrate the starting off position
 - Take the board and equipment back to the shore and put away safely
- Windsurfing technique and stance
 - Sail across the wind in different directions
 - Gently move the sail forward and backward to turn the board away from the wind and heading towards the wind and avoid obstacles by changing directions of the sail
 - Maintain stance on board and control and create power and speed
 - Stop moving forward
 - Sail puffing up and bearing away
 - Sail on a triangular racing course
- Control the sail and the board
 - From a starting position move the sail and make a 180 degree turn
 - Tack against the wind when afloat – during sailing, use sail to turn the board for tack against the wind
- Assemble windsurfing equipment
 - Know the names and purposes of main parts of the equipment
 - Assemble the sail, board and various parts of the equipment; then dismantle all parts and know the importance of storing equipment
 - Knots skills – Clove hitch, Guyline hitch
 - Know how to secure the mast to the board by the mast foot
- Rescue technique and safety
 - Seven safety guidelines
 - Basic rules to avoid collision
 - Three self-help methods when the mast is still attached to the board
 - Follow up action when self help methods fail
 - Two kinds of signals for help

(B) Hold the Basic Windsurfing Certificate of the Windsurfing Association of Hong Kong or equivalent qualification.