

# 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.