

Lesson 1 of 4 Instructor Notes;

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Intro: Buddy System for sailing

Three Basics

1. Safety - personal, limited boundary, flag system to end session/foghorn blast
2. Gear: Rigging, putting board and sail together
3. (Basic)Sailing (Getting started, and how to get yourself out and back)

Simulator

Out on the Water Practice

Debriefing

Intro: Welcome to Windsurfing Club, overview of course, day plan and debriefing at end (at shore) what worked, what didn't, lots of positive reinforcement for next. Have class introduce themselves, split people into buddy system, explain buddy system to help each other rig, look out for each other, make sure each other get safely back, and share a board/rig on the first day. Instructors - try to pair up people of same height/weight, so rig can be shared for first lesson.

1. Safety rules and safety equipment, pfd, whistle water shoes (quick check that properly attired for the weather/water conditions, more detail on this in later lesson) Instructor does a quick check that all students have proper gear for the weather conditions - it's cold it - got steamer, it's warm out - got sunscreen - feel the water make sure you're wearing enough to be comfortable if you get wet - later lesson will discuss details:

Start with Windsurfing Limited Boundry, flag system to time session:
green to start session, orange 45 minutes from end, red 30 minutes from end, fog horn 15 minutes from end
repeated fog horn or whistle bows means to come in immediately

Safety: Safe falling: if falling off put up hand to protect head from getting hit by mast
Safe Stopping: (reverse uphaul)- carefull not to drop sail on anyone, crouch down and get off board, (dismounting board safely)

Safe board Handling to Beach, into and out of water - either you are in the water with the board and holding it, or sailing it, or the board and sail are out of the water with you and on the land. There is no alternative - you and board stay that close together.
warn of possible loss of deposit if safety rules are not followed or board or if equipment is mishandled or put away improperly
Start a safe distance from others, safe effective stopping let wind luff in sail, lower sail slowly being
If you see someone else not using safe sailing let instructor know

Self Rescue:

don't get yourself out further than you can rescue yourself (test conditions)

tow board back: by walking back upwind and start all over - (don't ram board or sail into shore)

swim board back to where you can walk it back from: using sidestroke with one hand holding nose of board,

2. Board Basics: Board parts, sail parts and rigging: assign/reassign sails for each person, bring out sails, Demonstrate Rigging with Buddy, Checking boom height - for beginners, easiest height is mid chest. Instructor's note: pair up people of same height/weight, so rig can be shared for first lesson.

3. Basic Sailing: Limited Sailing Area: End of Session marks for students

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3. Basic Sailing: "How To"s (practical demonstration on simulator, and practice on water).

CYA 4 step set up

1. Check windicators, board perpendicular to wind.
2. Place rig downwind of board.
3. Get on board one foot on either side of mast.
4. Find Balance, find uphaul.

CYA 4 STEP SET UP

1. Windicators

how to identify wind direction/indicators, plan direction that you will be sailing and place nose of board in that direction

2. Place Rig Downwind

how to place sail downwind, find uphaul at bottom of mast,

3. Get on board:

Finding centre line of board - balance point.

make sure you are getting up on upwind side, mast and boom on downwind side

"Put your hands where your feet are going to go, (one hand on either side of the mast, along the centre line of the board), now put your knees where your feet are going to go (grab the bottom of the uphaul which will help support you in standing), finally put your feet, where your feet are going to go." when you are up, you should have one foot on either side of the mast and be able to stand up, with loose knees (slightly bent) , loose ankles (flexible) and get your balance, holding on to uphaul line.

4. Balance: How to get your balance:

Keeping your knees bent, rock the board back and forth by pushing with your feet (weight on your toes, then on your heels) to make sure you are balanced on the board - if you fall off, you are standing off the centre and on the side you are falling off on (don't haul sail out yet, just hands holding on to uphaul)

Basic Turning:

CYA Basic Tack 4 Steps: start with uphaul to safe-T

- a) Safe-T position (neutral): back hand on mast.
- b) Tip mast towards back of board
- c) Move Feet around front of mast
- d) Finish with Safe-T position (neutral) on new side

Stance: Super 7 Balance Position

Have students stand on board facing instructor

Ask them to put their hands out, palms facing down, fingers curved gently

Instructor reaches out hands, palms up, fingers curved up, hook into student's hands.

Ask students to bend their knees slightly, keep back straight, arms outstretched

Then ask them to lean back against the pull of the instructor.

This will have their body make a "7" and give them the feel of leaning against the wind in the sail.

Do this with each student just before they practice the 4 step getting underway.

Once students get power on and power off, review stance.

This can be done by having instructor pull on opposite side of boom from student.

CYA 4 STEP Getting Underway

1. Uphaul to SafeT (Neutral)
2. back hand on boom
3. Pull and Point (pull mast across front of body, turn to look, front foot facing forward)
4. Power on and Power off

4 STEP UNDERWAY:

1. Uphaul into SafeT (Neutral): using uphaul line, slowly (hand over hand) pull sail out of water, keep knees bent, lean back against the sail, keeping your back straight, using body weight as lever to get it up out of water - once sail gets about 1/3 of the way out of the water, water will slide off sail and out of mast and rig will get lighter, then slowly continue to pull up sail, hand over hand over the uphaul line until mast is at roughly 75 degrees to the board. put hand that is closest to the nose on the mast, just above the boom. Now you are in Neutral - let sail luff in wind. Board will turn crossways to the wind. (You will sail in the direction of the nose of the board).

Stopping: *Do uphaul in reverse, drop sail back into water and crouch down on the board. Give people warning, so they can see you coming, so don't run into them by accident. Secret is to not let yourself get into that position, so that you almost never have to do this.*

2. Back hand on boom: make sure front hand is on mast (below the boom), hold sail with front hand on mast until comfortable with balance. stance is crossways to the board, one foot on either side of the mast. Back foot about a foot back from mast, front foot close to the mast (instep hugging the mast) Front hand indicates direction you will sail, board should be pointing this direction. Take back hand and place it on the boom, close to the mast. Elbow relaxed, but with some flex in it.

3. Pull and Point

Pull mast across chest: start with front hand, on the mast, close to the boom, above or below as you are comfortable,

To start moving, Look where you are heading. As you do this, pull mast across your chest towards front of board – (used to be called "chicken wing and twist"). Bend the elbow of the lead arm, and point it in the direction you want to go - At the same time as you do this, twist the front foot, so that it too is pointing towards the front of the board. This will leave your hips facing forward, your back foot where it was, and then look in the direction you are going to travel.

4. Power on and Power off.

As you bend the elbow of the back arm, it will pull the sail towards you, and allow the sail to catch the wind. You can power on on and off with boom hand pulling boom in or away from you, to go faster pull in with power hand and straighten the arm, to let power out of the sail, if you're going too fast.

Basic Sailing: Test Conditions:

sail out to count of 5 (1 one thousand, 2 one thousand, 3 one thousand - to 5, turn, come back

Switch with your partner, - they go out to count of 5

switch again out to count of 6, back in, all the way to 10 - then you know you can handle the conditions you are sailing in and get back to shore as well.

E: How to sail Safely:

Safe Stopping: (reverse uphaul- careful not to drop sail on anyone, crouch down and get off board, (dismounting board safely)

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On Water Practice:

Assign students to partners
(same size/height)

Assign rigs

Students rig in pairs

Carry board to water in pairs

Check boom height (shoulder to chest)

Show how to carry rig (mast edge into wind)

Set up board in water

take turns - sail out to count of 5, then to count of 6, up to 10 as time permits
turn, sail back in, switch. (Test Conditions and ability to return)

Debrief: What did you learn?

What was easy? What was tough etc.

Lots of positive feedback.

