

Level 2 Intermediate Non-Planing Windsurfing Instructor

Maneuvers

Other ways to carry rigged sail
Other ways to carry board
Carrying board and rig together
Sailing upwind without a daggerboard with weight on front foot
Sail 180 (duck) to clew first sailing - no board turn
Clew first wavy s's
Tack into backwinded sailing with no board turn-sail- then untack to normal sailing
Back winded wavy s's
Stop & go
Fin first from uphaul and beach start-enhances waterline steering
Switch stance from normal sailing and return to normal
Switch stance wavy s's
Pivot jibe, clew first pivot jibe, duck 180 then jibe, switch stance pivot jibe, then switch stance pivot jibe with duck
Long board tack - over sheeted past 12 o'clock tack
Downwind pre-jibe drills
Long board tack and jib with centerboard down
Beach start in light to pesky wind
Getting into the harness 1st time in light to pesky wind
Sail 360
Shore launch & return
Dock launch and return - if appropriate

Retest Level I Maneuvers

Assemble and disassemble a rig
The 4 hauls: inhaul, downhaul, outhaul, uphaul- inspect and adjust
Carry sail
Carry board
Uphaul
Basic position (aka Neutral or Secure)
Getting going
Sailing - power on and power off
Return to Basic Position
Tennis Save uses: overpowered, resting, uphauling, other, etc.
180 degree mast steering upwind turn aka Simple Tack (Mast Tack)
with a 2 step finish
180 degree mast steering downwind turn aka Simple Jibe (Mast Jibe) with a 2 step finish
Rope tack with 2 step finish
Upwind Steering
Downwind Steering
Normal Wavy S's

50/50 tack...steer up wind with sail, then finish 180 degrees turn
with flagging (mast steering) with 2 step finish
Short Board Tack before 12 o'clock with 2 step finish
One handed Simple Jibe (Mast Jibe)
Pivot jibe.
Controlled drop
Controlled drop to light wind self-rescue

Land Drills

Do all maneuvers on land using a fin-less board with sail or ghost
rig
3 windsurfing basics: eyes, centerline, and posture.
3 worst habits verses 3 good habits
Basic rigging, derigging, basic board setup.

Water Drills

Board only drills- on land and water - on land -use pool noodle
Paddling board- lying on the board and using hand paddling

Discussion topics

Safety
Risk Assessment
Weather
3 Worst Habits and 3 Best Practices
Rules of the road
Falling off a windsurfer

Simulator systems

See separate section

Tether systems

See separate section

Safety/Risk

See separate section