

## **Level 3 Waterstarting and Basic Planing Instructor**

<b>Maneuvers</b>	Flying the sail- feathering Steering board in the waterstart position Back foot first waterstart Rig recovery and clearing the sail many ways Clew first beach and waterstart Getting into and out of harness lines Getting into foot straps first time planing 5 Gears into planing C posture, normal 7 posture, super 7 posture Footwork, displacement to planing waterline, upwind & downwind stance adjustments, gusts and lulls Carving wavy S's in the straps Preventing and correcting spin out Catapulting safety and prevention Escaping from under the sail. Short board, deep water self-rescue
<b>Simulator systems</b>	See separate section
<b>Tether systems</b>	See separate section
<b>Safety/Risk</b>	See separate section