

Level 1 Beginning Non-Planing Windsurfing Instructor

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 Jibe) with a 2 step finish 180 degree mast steering downwind turn aka Simple Jibe (Mast 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