

SPECIALIST - Foiling Instructor (F)

Maneuvers/Topics	Equipment and equipment tuning Safety gear and considerations Carrying foiled board and sails Launching foiled board and rig Beginner progression Intermediate progression Foot pressure, weight shifting, posture Uphauling Non-planing tack Non-planing jibe Waterstart Carving jibe Other advanced moves
Simulator systems	See separate section
Tether systems	See separate section
Safety/Risk	See separate section