

# HSS Sailing Center (Adult and Youth Sailing) Windsurfing Training Groups 2021



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# Green

## Requisite and sailing experience needed

This group is for members with little or no windsurfing experience and for those who would like to try windsurfing.

You need:

- ability to swim
- minimum age 15 years
- own life vest
- own wetsuit

## Level

Green is a beginner level training. On this level you learn the basics of windsurfing in practice. You don't need to know whether your future includes racing, buying your own board or just having fun on the water - the skills learned here are useful in all forms of windsurfing. Training happens once a week with other Green level sailors and once a week in mixed training. There is no need to join training every week, you can come when it fits for your schedule.

## Coaches

Sailors per coach:

- 6 persons early season (4 boards per coach)
- 6-8 persons late season (4-6 boards per coach)

Coaches: Romain Sibois (responsible coach) and other windsurfing coaches

## Wind limit for sailing

- 6-8 m/s sails

If there is too little or too much wind we will hold theory or board maintenance -classes. Training is never cancelled because of wind conditions.

## Learning goals

- Knowing wind direction and wind speed
- Rigging the board and sail
- Launching from harbour, at least paddling
- Lifting the sail from water with correct technique
- To hold balance on the board
- Sailing straight
- Accelerating, slowing down and stopping
- Tack and jibe
- To lift the keel and push it down
- Basic knots: eight knot, reef knot and bowline

## Next level

Blue - group, with coaches recommendation

# Blue

## Requisite and sailing experience needed

This group is for surfers who master the Green level group learning goals (or such skills). In this group surfer's concentrate on learning the basics of racing and more advanced techniques. Coached training takes place once a week with Blue level surfers and once a week in mixed training, together with Green level.

You need:

- Green skills
- minimum age 15 years
- own life vest
- own wetsuit, thick and thinner one

## Coaches

Sailors per coach: 6-8

Coaches: Romain Sibois (responsible coach) and other windsurfing coaches

## Wind limit for sailing

- 8-10 m/s
- surfer's responsibility to recognize their own limit

If there is too little or too much wind we will hold theory or boat maintenance -classes. Training is never cancelled because of wind conditions.

## Learning goals

- Leaving the harbour and coming back with sail
- Sailing upwind and downwind
- All maneuvers
- Using trapeze
- 360 degrees, punishment turn
- Race sailing rules and flags
- Structure of a race
- Sailing around race course (start, mark roundings, different types of courses)
- To understand wind conditions, gusts etc.

## Racing level

- Participating Wednesday races
- Taking part in local events like Tour de Laru / Lauttasaaren Ympäri