



Tick the boxes to track your progress: Windsurfer Coach

1. Theory

- Main sailing terms and rig / board parts
- Minimum safety equipment
- Rules of the Way: avoiding collisions, basic practices on waterways
- Reading the sea / wind condition & evaluation of the wind force (Beaufort scale)
- Effects of wind and currents on the board and sailor
- Sea marks and navigation
- Safety position / Safety gestures
- Defining the sailing area according to the wind direction

2. Technique

- Completed level 1 to level 3 of the progression card (with wind up to 10 m/s)
- Preparing the equipment / rigging independently
- Choosing sail size according to the conditions and tuning it accordingly
- Putting the board on water and launching
- Taking the board out of the water
- Full control of the points of sail
- Tacking and gybing with full control
- Using harness
- Anticipating trajectories and points of sail to reach a destination
- Knowing the points of sail while sailing

3. Safety

- Evaluating the risks of the potential situations before going on the water
 - Total control in launching / arrival in all wind conditions
- Harbour maneuvers:
- a. S - SW winds
 - b. N winds
 - c. E or W winds
 - d. under 7m/s winds
 - e. over 8/ms winds
- Total control in carrying the equipment on land in all wind conditions
 - Knowing the main regulation of the sailing area / harbour
 - Respecting other users of the sea and the sailing space / acquiring a common sense related to the sailing practice

4. Maintenance

- Knowing how to book the board
- Knowing how to take care of the equipment (no dragging the fin on the ground etc.)
- Monitoring the condition of the equipment (before & after sailing)
- Checking for damages
- Knowing how to fill in the equipment report

5. Skipper's rights

I, _____
name and signature of Coach

hereby grant Techno 293 Skipper's rights to

name and signature of Skipper

In return I, _____ (name of Skipper) hereby declare that I fully understand and take seriously my responsibility as skipper.

Date and place: _____