



## **I. Course Overview:**

Upon successful completion of this course, the students should be able to safely and successfully windsurf in moderate weather conditions appropriate for a novice.

## **II. Units:**

### **Unit 1. Safety**

#### General Outcome:

- 1.0 The students should be able to pass the basic swim test, recognize safety concerns that affect the use of a sailboard, and demonstrate ability to self-rescue.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Pass the Red Cross and US and RV recommended basic swim test by:
  - 1.1.1 Jumping feet first into water while clothed
  - 1.1.2 Treading water or floating for five minutes
  - 1.1.3 Swimming 50 feet and properly putting on and fastening a Personal Flotation Device (PFD)
- 1.2 Identify the recall and emergency signal of five (5) or more blasts on the horn.
- 1.3 Identify repeatedly waving fully extended arms from a horizontal position to overhead as a universal emergency signal on the water.
- 1.4 Discuss the purpose of the safety tether affixing mast to board.
- 1.5 Name the five classes of PFD's and be able to accurately enumerate their differences as defined by the U.S. Coast Guard.
- 1.6 Demonstrate ability and understanding of the self-rescue procedure by successfully paddling a fully-rigged board around a triangular course.
- 1.7 Discuss the dangers of offshore winds and currents.

## Unit 2. Parts of the Sailboard and Terminology

### General Outcome:

2.0 The students should be able to define terms of importance to the windsurfer.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

2.1 Define the following terms by a short answer or a diagram:

- 2.1.1 Windward
- 2.1.2 Leeward
- 2.1.3 Pointing
- 2.1.4 Reaching
- 2.1.5 Running
- 2.1.6 Port
- 2.1.7 Starboard
- 2.1.8 Tack
- 2.1.9 Jibe
- 2.1.10 Lift
- 2.1.11 Header
- 2.1.12 Bow
- 2.1.13 Stern
- 2.1.14 Uphaul
- 2.1.15 Downhaul
- 2.1.16 Inhaul
- 2.1.17 Boom
- 2.1.18 Mast
- 2.1.19 Booties
- 2.1.20 Rig
- 2.1.21 Forward
- 2.1.22 Aft
- 2.1.23 Luff
- 2.1.24 Stall
- 2.1.25 PFD
- 2.1.26 Mast Tether

### Unit 3. Rigging the Windsurfer

#### General Outcome:

3.0 The students should be able to rig a windsurfer.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 3.1 Affix centerboard and skeg.
- 3.2 Place mast to universal joint (mast foot) and fasten to board.
- 3.3 Place mast tether and sail on mast.
- 3.4 Attach boom to mast using the proper knot on the inhaul and outhaul.
- 3.5 Tune rig using inhaul, outhaul, downhaul and battens.
- 3.6 Show ability to tie the following knots:
  - 3.6.1 Bowline
  - 3.6.2 Clove hitch
  - 3.6.3 Half hitch
  - 3.6.4 Lark's head
  - 3.6.5 Figure 8
  - 3.6.6 Cleat

## Unit 4. Windsurfing Theory

### General Outcome:

4.0 The students should be able to understand the basic theory of sailboard operation.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

4.1 Demonstrate a basic understanding of the following:

- 4.1.1 Windward and leeward
- 4.1.2 Points of sail and sail trim for each
- 4.1.3 Port and starboard tacks
- 4.1.4 Tacking (coming about) and jibing
- 4.1.5 Lifts and headers
- 4.1.6 Apparent wind
- 4.1.7 CE (Center of Effort) and CLR (Center of Lateral Resistance) Theory of Steering
- 4.1.8 Right of Way rules

## Unit 5. Launching and Getting Underway

### General Outcome:

5.0 The students should be able to demonstrate skills of launching, raising sail and beginning to sail.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 5.1 Properly carry board and sail to water.
- 5.2 Balance on board while afloat.
- 5.3 Raise sail by using correct hand-over-hand method on uphaul.
- 5.4 Trim for point of sail, using proper hand, arm, knee and weight placement.
- 5.5 Trim forward and aft for steering.
- 5.6 Sail as far as possible (30 - 50 feet for most beginners).

## Unit 6. Tacking and Reaching

### General Outcome:

6.0 The students should be able to sail a figure eight course perpendicular to the wind.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

6.1 Sail a beam reach, trimming sail and balancing as necessary.

6.2 Tack at either end of the figure eight course.

## Unit 7. Close and Broad Reaching and Jibing

### General Outcome:

7.0 The students should be able to sail a figure eight course set at a 60 degree angle to the wind.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 7.1 Sail a close reach.
- 7.2 Tack at windward mark of course.
- 7.3 Sail a broad reach.
- 7.4 Jibe at leeward mark of course.

## Unit 8. Application of Skills

### General Outcome:

8.0 The students should be able to windsurf on a triangular course.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

8.1 Sail a close reach to buoy #1, tacking upwind.

8.2 Sail a broad reach/run to buoy #2, jibing at mark or as necessary.

8.3 Beam reach to mark #3.

**Safety Precautions:**

Students should be aware that participation in physical activity carries a degree of risk. Therefore, students are expected to follow instructions and safety precautions given by the HPRD instructor. Also, students must inform the instructor of any existing medical problems.

(NOTE: The College does not carry individual student insurance to cover accidents which occur during college classes. The students are advised to carry their own insurance.)