

Windsurfing Skill Sheet.

Participant Name:

Skills Criteria:

Comments and Feedback for participants working to achieve their “Bronze” level:

Bronze:

- Can name the different parts of a windsurf board: board, sail, mast, boom, strap, outhaul, downhaul
- Can put together and take apart a windsurf board
- Can stand up on the windsurf board
- Has gotten a windsurf board in and out of the water
- Has attempted to up-haul
- Wears a PFD
- Can identify directions of wind with some accuracy and phrases in terms of north, south, east, west

Comments and Feedback for participants working to achieve their “Silver” level:

Silver:

- Can consistently up-haul successfully
- Can identify directions of wind accurately and phrases them appropriately
- Can achieve across wind form in order to move forward on the board using the sail
- Can beam reach to change directions with some consistency
- Has demonstrated tacking and gybing
- Understands points of sail
- Understands and can demonstrate water safety practices, I.e. putting down the main sail when needing assistance from the crash boat, utilizing whistle signals
- Understands concept of “irons” (“No-Go-Zone”)

Comments and Feedback for participants working to achieve their “Gold” level:

Gold:

- Has demonstrated a butterfly rescue
- Has demonstrated a turtle rescue
- Taught a lesson relating to a dimension of windsurfing
- Able to plane
- Has demonstrated skills in different levels of wind

Additional Comments/Feedback: