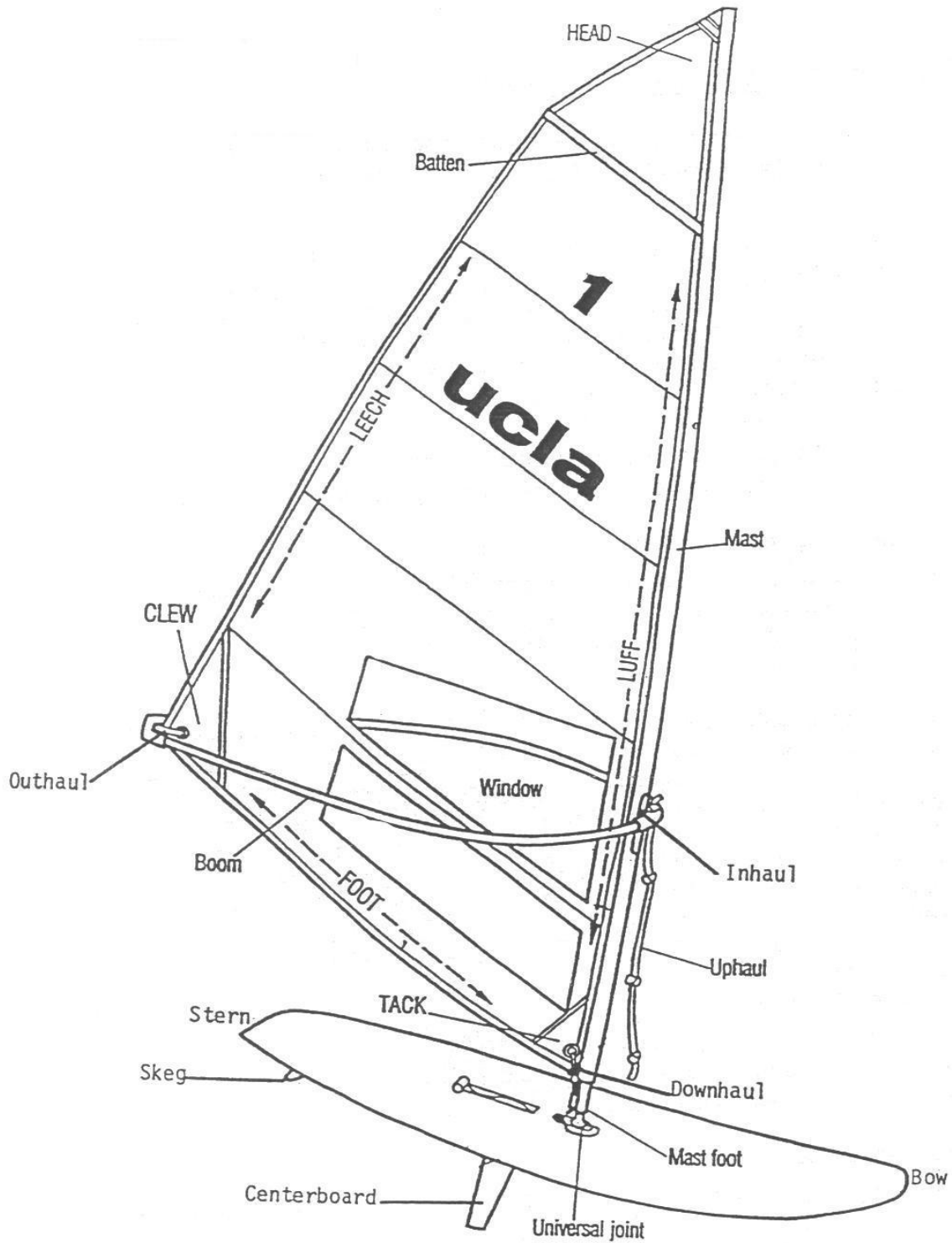


UCLAREC

MARINA AQUATIC CENTER

WINDSURFING I MANUAL





INTRODUCTION

We would like to share with you the physical and mental challenge of windsurfing, the exhilaration of weather, equipment and windsurfing with friends.

GOALS

Our beginning classes are designed for the complete novice with gentle wind, shallow water, equipment appropriate for beginners and lots of personal feedback. This may not challenge those who have windsurfed before, but it is an opportunity to correct improper technique before it becomes habitual. You can also arrange a brief private lesson, demonstrate your skill, rent our equipment and join our quest for wind and water.

In Windsurfing I you will:

- *Have fun* sailing in a light breeze (4-7 mph)
- Learn to rig beginner equipment, uphaul, get underway, tack and care for equipment
- *Qualify* to rent beginning equipment by bearing to a point upwind, returning on a run, tacking and jibing at will and passing a written test on sailing theory, right of way, parts of the rig, and basic safety considerations.

You will probably benefit from additional time on the water before you tackle the more challenging conditions in our Windsurfing II class. One way to practice the skills you learn in beginning classes is to rent equipment from the dock on a thursday or friday. You will get more from Windsurfing II class if the basics have become automatic. When your arms start to get tired before the rest of you does, you will be ready (and motivated) to learn how to use a harness!

In Windsurfing II you will:

- Have fun trying out intermediate equipment.
- Rig more powerful sails and ride a smaller boat.
- Learn to fast tack and to use a harness.

ORIENTATION

Fortunately windsurfing is difficult and there are challenges no matter how good you get, you must respond to something invisible and ubiquitous. Just think how crowded Cabrillo and other windsurfing spots would be if it had been easy! Windsurfing involves surfing and sailing at the same time, you cannot secure one thing to focus on another. It is easy to forget about the board while you are concentrating on the sail.

There are many levels of windsurfing and people learn at different rates. In Beginning 1, you should have reasonable expectations of yourself. Try to stay on the board most of the time on the first day and stay upwind most of the time on the second day. You cannot learn just by watching.

The positive side of these difficulties is that you will have fun. You can challenge yourself, or take it easy and you will exercise your mind and body while closely connected to nature. Remember that windsurfing requires more balance and focus than physical strength.

Return to shore frequently for feedback. You may learn most by listening to an explanation of what is happening to someone else. Explanations do not work on the water, only reminders of what you already understand. Time in the classroom will develop your understanding so you will know what to pay attention to on the water. Models and the blackboard will help explain crucial ideas and videos will help your visualize techniques. Time on the simulator will help you get the feel of how to use the sail without the board tipping.

You might not be doing loops this year but you will experience a windsurfing adventure!



SCHEDULE OF EVENTS

Beginning Level 1

Day 1

Orientation	15 minutes
Key ideas: points of sail, wind clock, parts of rig, rigging and derigging, uphauling, BSBS, 180-degree turn	30 minutes
Get wetsuit and go to D-Basin	10 minutes
Simulation	20 minutes
Rigging: instructors watch and help	30 minutes
On the water demonstration	10 minutes
Individual sailing with comments and suggestions	30 minutes
Sail and return upwind for feedback	30 minutes
Review and questions on the beach	30 minutes
Sail with on the water reminders	30 minutes
Derigging and loading	20 minutes
Wrap-up	20 minutes

Day 2

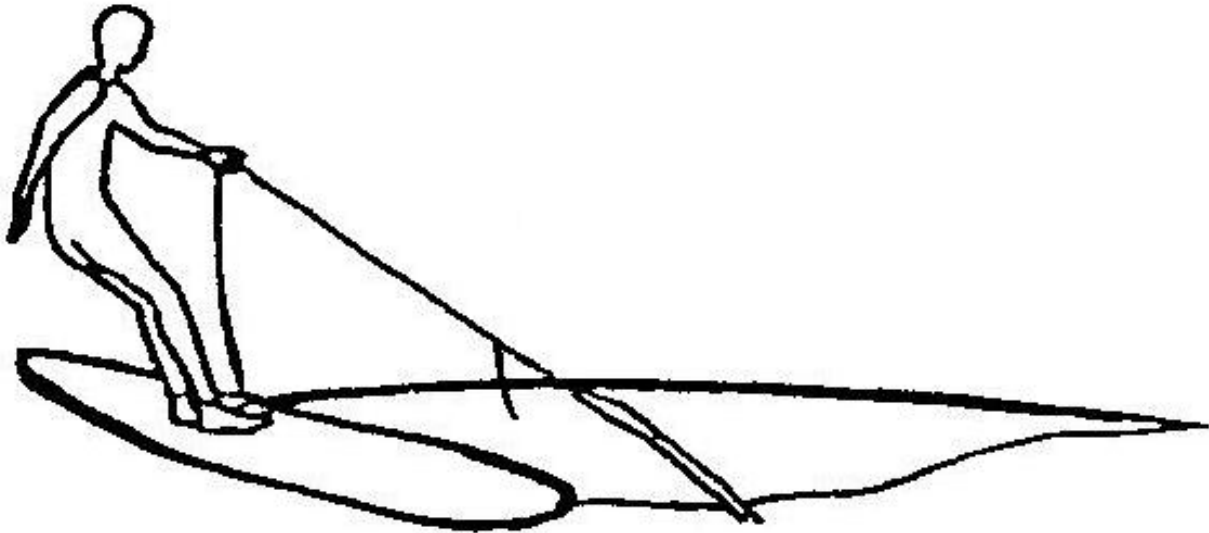
Lecture: safety regulations; right of way	30 minutes
Get wetsuit and go to D-Basin	20 minutes
Rigging demonstration and practice	30 minutes
Launch	10 minutes
Sail and seek feedback ashore	60 minutes
Break for discussion and refreshment	30 minutes
Sail and seek reminders afloat	50 minutes
Derigging, loading and returning	20 minutes
Evaluations	10 minutes
Wrap-up	10 minutes



BASIC SKILLS

How to Uphaul

- Place feet on either side of the mast.
- Grab the uphaul line down low.
- Lean against the sail while pulling on the uphaul line, and wait until the water runs off the sail.
- Keep your head up, back straight, arms extended, and knees bent so you will lift the sail with your weight and legs (not your back and arms).



HOW TO GET STARTED (BSBS)

Basic

Square up into the Basic position. After uphauling your feet should be on either side of the mast and on the center line of the board and you should be holding the mast below the boom.

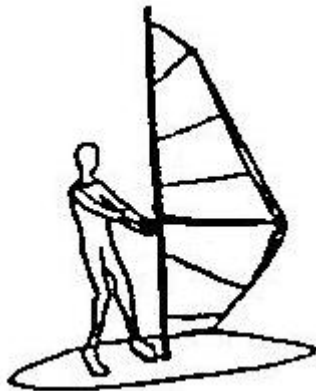


The board and sail will be perpendicular to each other forming a “T”



Start

Shift your feet and hips so that your feet are in the “tug-of-war” position behind the mast and your hips are facing forward. The arch of your front foot should be against the mast base and your back foot across the centerline of the board.



Now you are ready to handle the sail but before you grab the boom...



Balance

Balance the sail in the wind by moving the mast across the centerline and to windward so you look ahead through the sail.



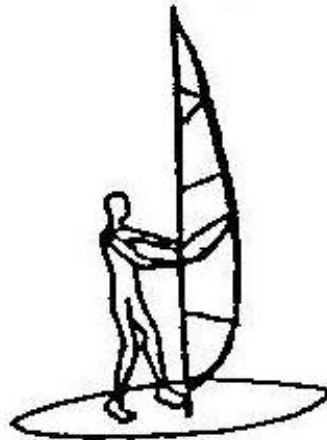


Use only the fingertips of your front hand to do that so you are sensitive to where the sail balances.



Sail

Now grab the boom and sheet-in cautiously with the finger tips of your backhand, you are in sailing position,



...and you are off!!!



How to Make a 180-degree Turn (Tack)

This is a good time to mention Windsurfing Rules Number 1 and Number 2:

Windsurfing Rule #1: Keep your back to the wind

Windsurfing Rule #2: Keep the smile on your face

Why isn't the smile on your face rule #1? Because unless your back is to the wind, you won't have the smile on your face.

Tacking Can Be Related Back to the BSBS Procedure

Sail- Check for other windsurfers or watercraft while you start heading up. Move the rig aft and to leeward without overshooting until the boom end almost touches the water (keep the mast "back to tack"). While the board is turning, trim the sail without overshooting. Continue until the board stops heading up into the wind or the sail touches your back leg.



Basic- Grab the mast below the boom with your front hand while letting go of the boom with your backhand. Keep the rig aft as you shuffle your feet around the mast, keeping your back to the wind and placing your front hand on the mast too. When you are in front of the mast remember to extend your arms. The rig will almost touch the tail of the board and in that position help you keep your balance.



Start- Move your feet and hips so your feet are in the "tug-of-war" position behind the mast and your hips are facing forward again.



Balance- Balance the sail in the wind by moving the mast across the centerline and to windward.



Sail- Grab the boom and steer the board so that you bear-up out of the turn into a beam reach.



POINTS OF SAIL

REACHING (Close reach, beam reach, broad reach) [set course, then trim sail]

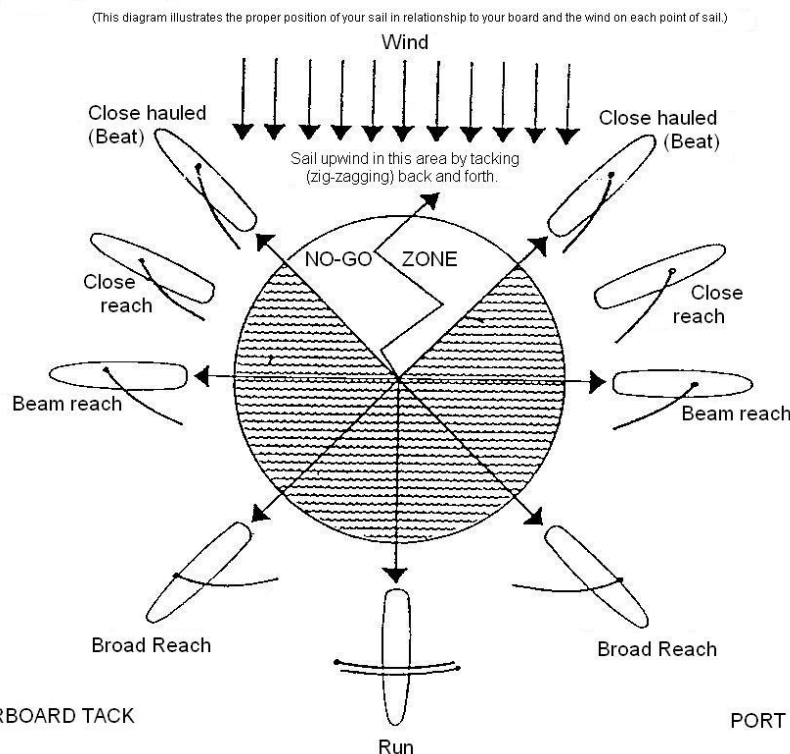
You are reaching when you are not trying to beat or run. You aim your board the way you want to go and steer a straight course. In order to compensate for the change in wind, the sail is let out (open the sail) until it just starts to luff then pulled back in (close the sail) until it stops luffing.

RUNNING

To sail on a run, the sail is let *all* the way out as you fall off, until the wind is coming over the back of your board. Yes, it is hard to tell when the wind is blowing from directly behind your board.

BEATING (close-hauled) [trim sail, then set course]

In order to make your way toward the direction the wind is coming from, you must sail a zigzag course, you must beat to windward. When you want to beat, you must close the sail all the way until the end of your boom is right over the far back (leeward aft) corner of your board. Then by moving your rig aft a little, let your board turn slowly into the wind (heading up) until your sail just starts to luff. As your sail starts to luff, bring your rig forward so as to turn your board away from the wind (falling off) and fill your sail. The course you will end up steering will weave slightly as you react to the varying wind. In order to sail this proper weaving course you will constantly have to test the changing wind by slightly heading up into the wind to see if your sail will luff, and then when it does, fall off until your sail just fills.

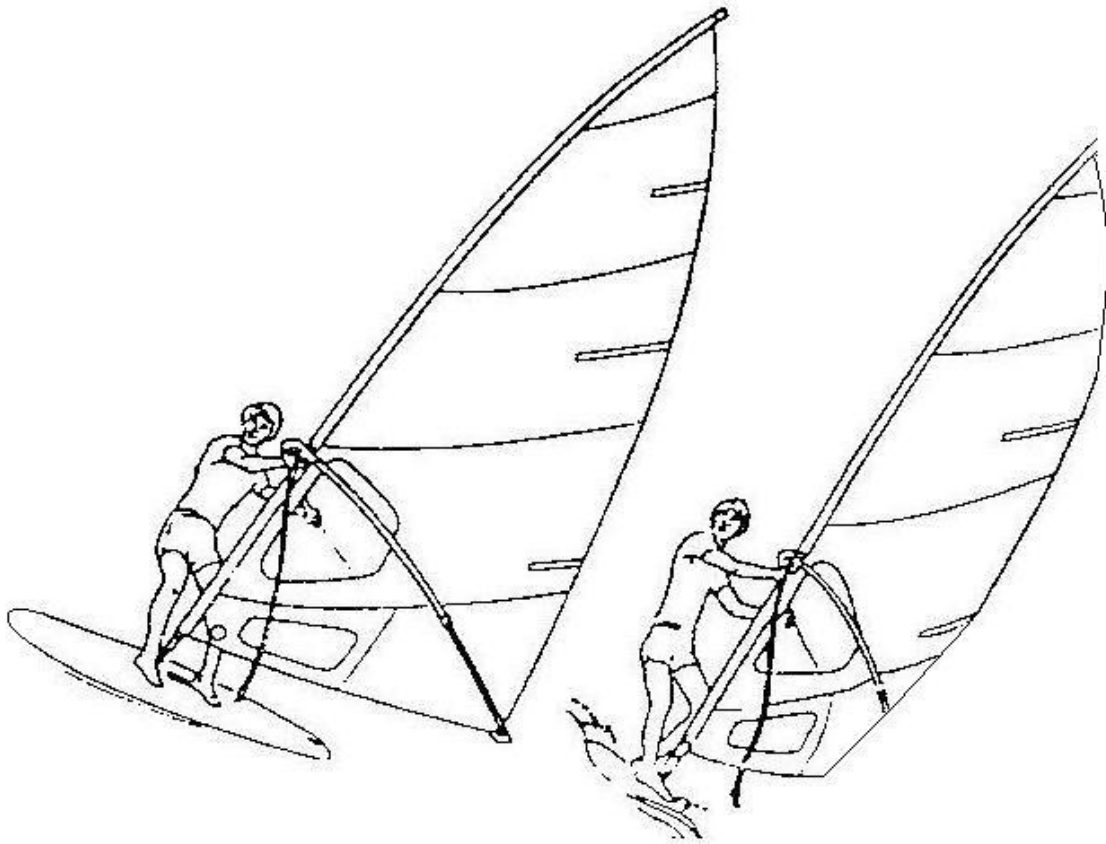


Points of Sail

Before you launch or sheet-in, determine where you are going to head to. It should be 3:00 or 9:00 on the wind clock, a **beam reach**. Now draw an imaginary line on the water from your launch point to where you will turn around and head back. If you get below this line you are

sailing **downwind** and might not be able to land where you want to. So after you get going and gain some momentum, turn **upwind** a little (**head-up**) so you are **close-hauled**. If you don't turn too far and get into the **no-go zone** and continue sailing **close-hauled** for a while you will be able to land when you want to by turning downwind (**bearing-off**).

Let's see if we can make sense of these terms by looking at the wind clock.



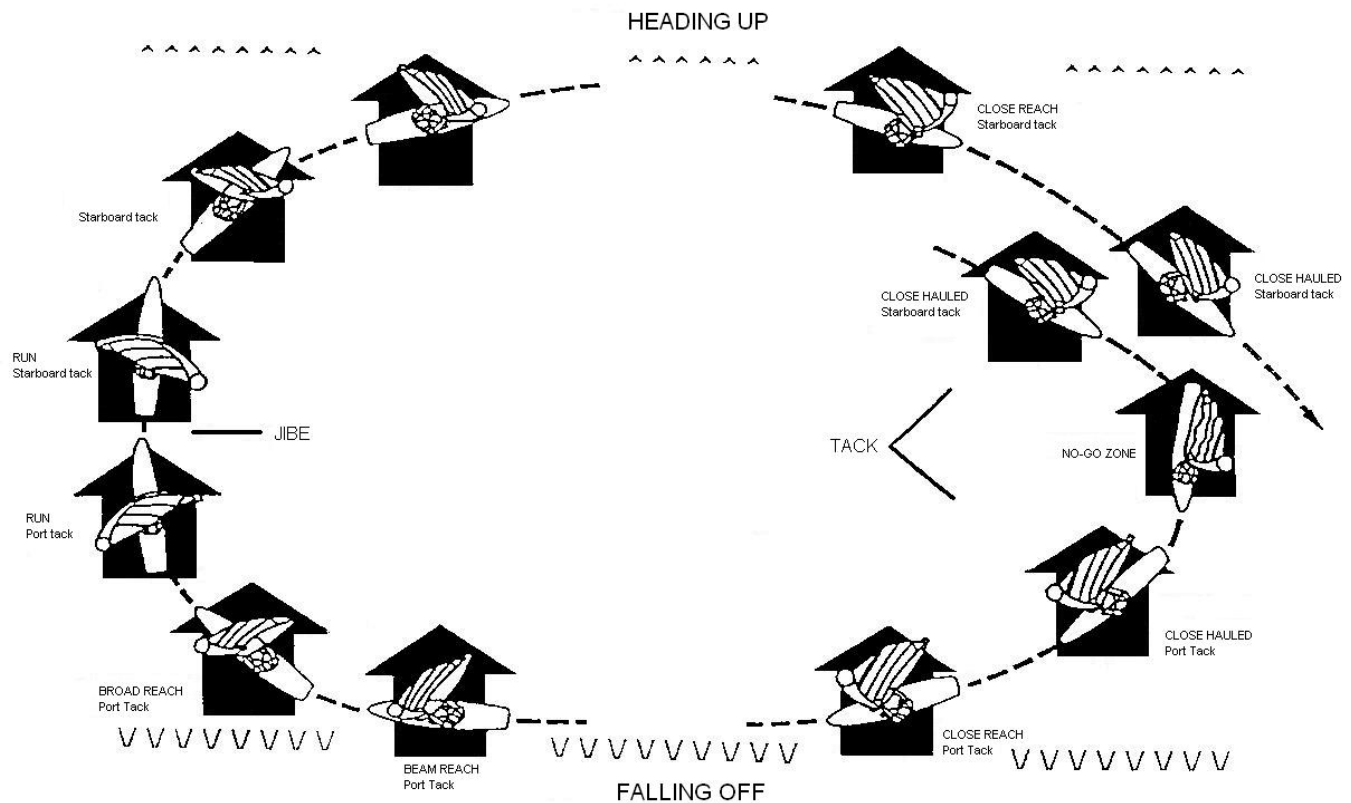
STEERING

Heading Up

Heading up is having your board turn toward the wind a few degrees, but not to the point of tacking. To head up you move your rig aft a little and hold it there until you are headed in the new direction that you wish to go, and then return the rig to an upright position. You head up from a run to a reach and from a reach to a beat. Now that you have your new course, trim your sail (close the sail).

Falling Off

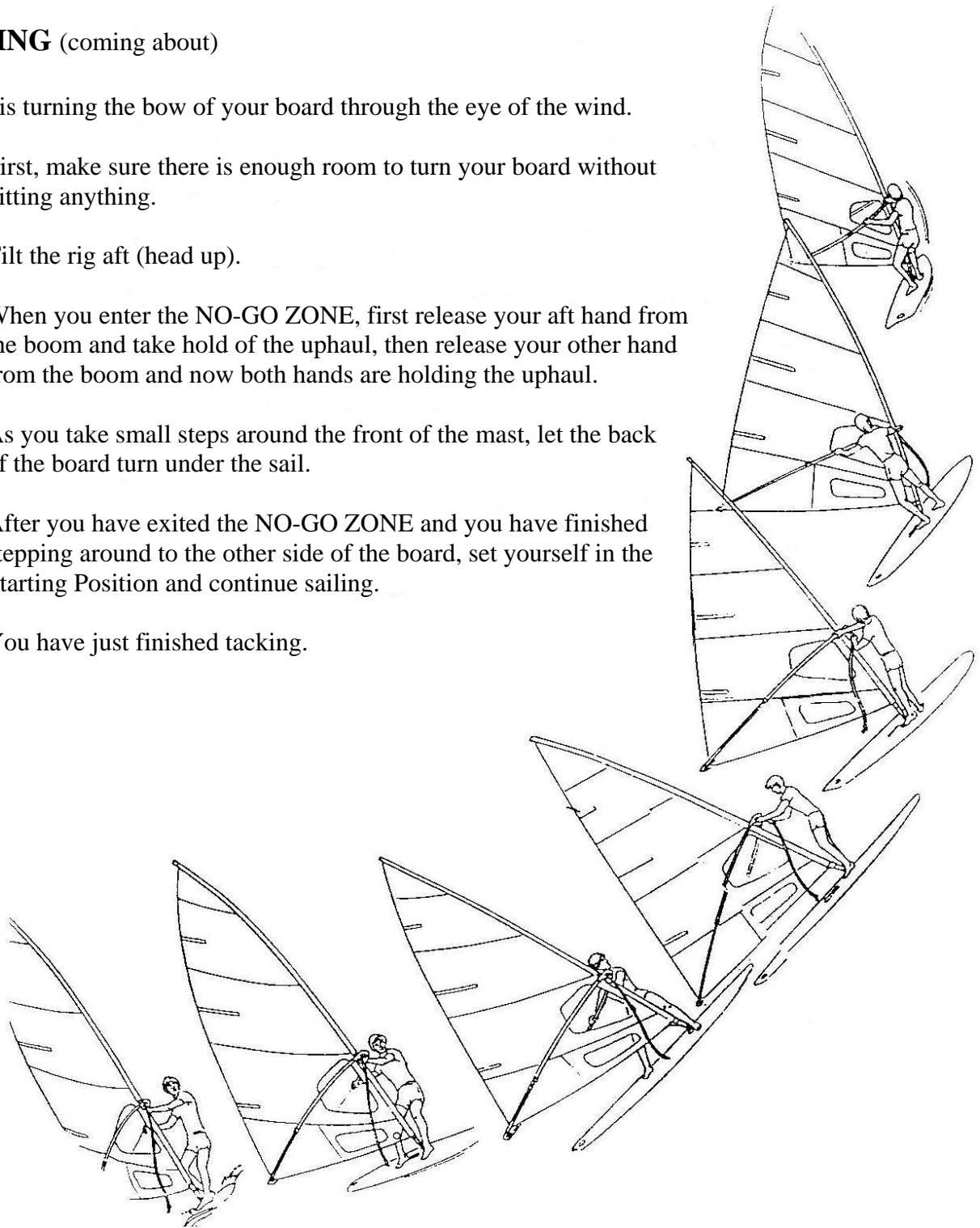
Falling off is having your board turn a few degrees away from the wind but not to the point of jibing. To fall off you move your rig forward a little and hold it there until you are headed the new direction you wish to go, then return the rig to an upright position. You fall off from a beat to a reach and from a reach to a run. Since you have changed course you should trim your sail (open the sail).



TACKING (coming about)

Tacking is turning the bow of your board through the eye of the wind.

1. First, make sure there is enough room to turn your board without hitting anything.
2. Tilt the rig aft (head up).
3. When you enter the NO-GO ZONE, first release your aft hand from the boom and take hold of the uphaul, then release your other hand from the boom and now both hands are holding the uphaul.
4. As you take small steps around the front of the mast, let the back of the board turn under the sail.
5. After you have exited the NO-GO ZONE and you have finished stepping around to the other side of the board, set yourself in the Starting Position and continue sailing.
6. You have just finished tacking.



RUNNING

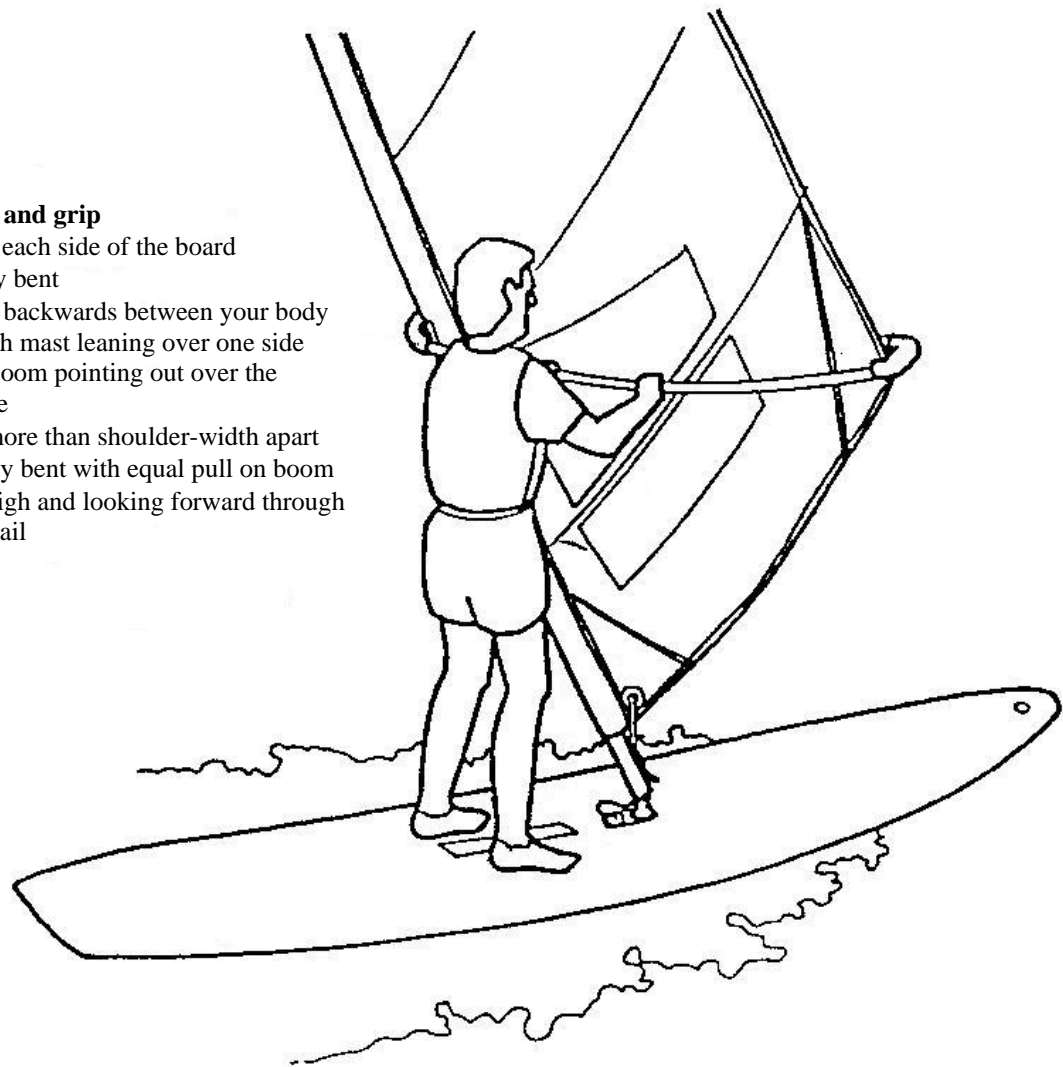
When you first try running downwind, the board may feel unstable and “tippy.” But you will soon learn that once again the key to balance is to keep your legs loose and flexible as you use your body weight to balance the board.

The centerboard is kept in the down position. As you become more experienced, you will learn how to adjust the centerboard to minimize drag and increase performance.

A different steering technique is used on a run. Simply lean the rig to one side as you move your weight to the same side, the board will turn to the *opposite* side. To turn back again, lean the rig and shift your weight to the opposite side.

Running stance and grip

- One foot on each side of the board
- Legs slightly bent
- Rig is raked backwards between your body and bow with mast leaning over one side and end of boom pointing out over the opposite side
- Hands not more than shoulder-width apart
- Arms slightly bent with equal pull on boom
- Head held high and looking forward through window of sail



JIBING

Jibing is turning the stern of your board through the eye of the wind.

1. First, make sure there is enough room to turn your board without hitting anything.
2. Tilt the rig forward and fall off to a run. When you fall off from a broad reach to a run, correct body position is very important to counteract the force of the wind on your sail.
3. Once you are on a run, first release your hand (closest to the mast) from the boom and take hold of the uphaul, then release your other hand from the boom and now both hands are holding the uphaul.



4. As you take small steps around the back of the mast, let the front of the board turn under the sail.
5. After you have finished stepping around to the other side of the board, allow the board to continue turning by tilting the rig aft a little (head up) until you are headed in the new direction you wish to go. Set yourself in the Starting Position and continue sailing.
6. You have finished jibing.

RIGHT OF WAY RULES

I. Ranking of Dissimilar Vessels

1. SAIL-POWERED VESSELS*
including sailboards
2. MOTOR-POWERED VESSELS
including sailboats under power

*Note: At UCLA we regard man-powered vessels (i.e. crew shells) to have foremost right of way.

II. Rules of the Road for Sailboats

FOREMOST: AVOID COLLISIONS!!!

1. OVERTAKING VESSEL YIELD

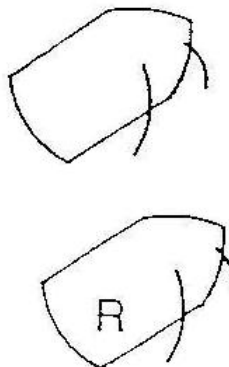
If a sailboat is overtaking a power vessel, the boat under power has the right of way.



2. STARBOARD TACK HAS RIGHT OF WAY OVER PORT TACK



3. LEEWARD VESSEL HAS RIGHT OF WAY OVER WINDWARD VESSEL



Note: "R" denotes the boat that has the right of way.



III. Definition of Terms

-ALL BOATS MUST KEEP A PROPER LOOKOUT AT ALL TIMES-

1. RIGHT OF WAY VESSEL = PRIVILEGED VESSEL = STAND-ON VESSEL

Hold your course. If the burdened vessel fails to heed you, take appropriate action to avoid a collision.

2. GIVE WAY VESSEL = BURDENED VESSEL

You must yield to the stand-on vessel in order to avoid a collision.

3. OVERTAKING VESSEL

The faster of two boats in close proximity.

4. STARBOARD TACK

A boat traveling with its mainsail on the starboard side.

5. PORT TACK

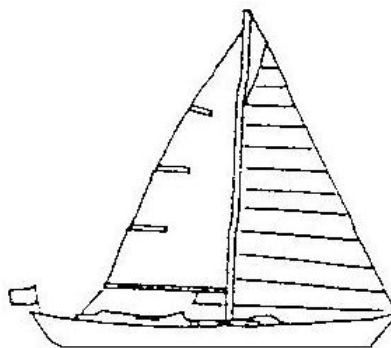
A boat traveling with its mainsail on the port side.

6. WINDWARD VESSEL

A boat traveling closer to the wind direction with reference to another boat.

7. LEEWARD VESSEL

A boat traveling farther from the wind direction with reference to another boat.



VOCABULARY

Aft	part of the board at or near the stern
Batten	a thin plastic strip inserted into a pocket on the sail
Beat	to sail toward the direction from which the wind blows by making a series of tacks while sailing close-hauled
Cleat	a plastic or metal device which is used to hold or secure lines
Close the sail	to pull in the boom or sail
Downhaul	a line attached to the tack and the mast foot fitting that adjusts the tension on the luff of the sail
In irons	to head directly into the wind
Leeward	direction away from the wind
Luffing	fluttering of the leading edge of the sail
Open the sail	to let out the boom and sail
Outhaul	line that is passed through the clew of the sail and attached to the back end of the boom
Port	left side of a board looking forward
Port tack	orientation of the board when the wind is blowing over the port side
Rig	<ol style="list-style-type: none">1. the mast, mast foot, boom, and sail as a single unit2. to assemble the board, mast, mast foot, boom, and sail for sailing
Sail trim	the positioning and shape of the sail to the wind
Self-rescue	the maneuver of rolling up the sail to the mast; lashing the mast, sail, and boom together on the top of the board; and paddling back to shore
Starboard	right side of a board looking forward
Starboard tack	orientation of the board when the wind is blowing over the starboard side
Tack	<ol style="list-style-type: none">1. lower forward corner of a sail2. orientation of the board with respect to the wind (i.e. port or starboard tack)3. to change from one tack to another by coming about
Universal joint	a flexible or mechanical joint that allows the rig to move in any direction
Windward	toward the wind



SCHEDULE OF EVENTS

Beginning Level 2

Day 1 (Meet at D-Basin)

Lecture with two-dimensional models	30 minutes
Simulation	30 minutes
Rigging with help from instructors	30 minutes
On the water demonstration	10 minutes
Individual sailing with comments and suggestions	30 minutes
Break for discussion	15 minutes
Try to sail upwind	60 minutes
Derigging and loading	15 minutes
Wrap-up	10 minutes

Day 2 (Meet at Alamitos Bay)

Written test to qualify for renting beginning equipment	20 minutes
Discussion of Alamitos Bay	10 minutes
Rig own equipment with help if needed	15 minutes
Demonstration on water of what course to take	10 minutes
Review and questions	30 minutes
Individual launching and group sailing	40 minutes
Gather on beach for group discussion	20 minutes
Derigging and loading	15 minutes
Wrap-up and course evaluation	10 minutes



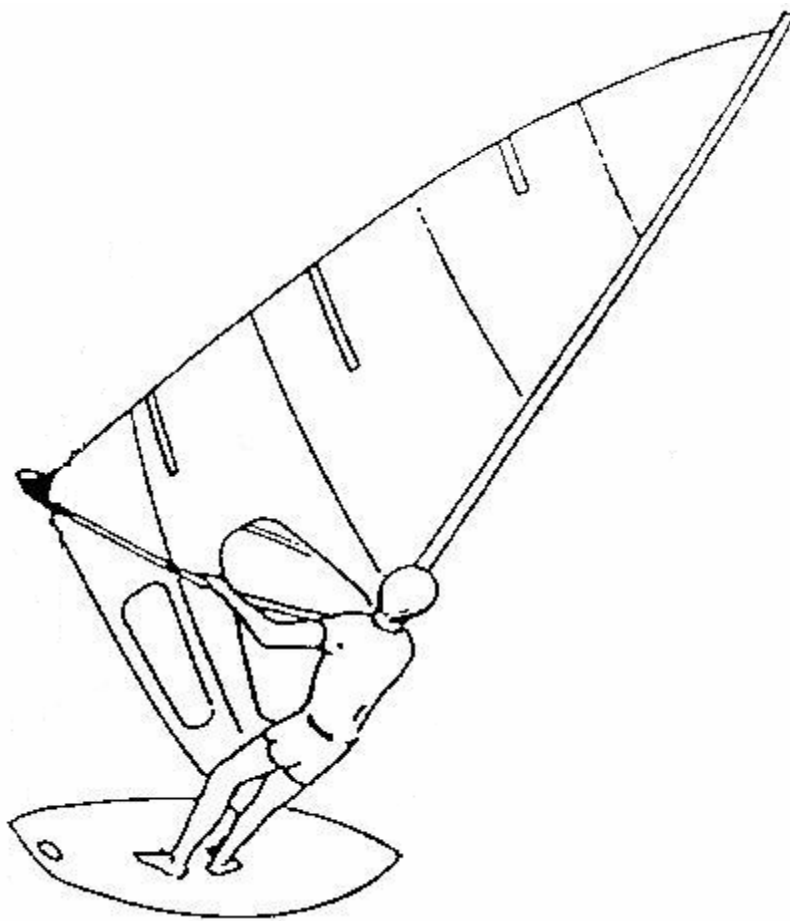
RENTING EQUIPMENT

You will benefit from spending additional time on the water before you tackle the more challenging conditions we look for in our intermediate classes.

To practice the skills you learn in the beginning classes, you can rent equipment from the MAC (UCLA Marina Aquatic Center). During the week you can sail from the dock and join the Thursday Night Club for bargain sailing. On weekends you can reserve a board at a beach where we are conducting beginning classes or camp with us. You will get more from the intermediate classes if the basics have become automatic through practice and repetition.

There are two requirements to qualify for renting equipment:

- Pass the written test
- Stay upwind at Alamitos Bay



SCHEDULE OF EVENTS

Intermediate Level 1

Day 1

Rigging lecture and demonstration	9:00
Harness lecture and simulation	9:30
Break	10:00
Orientation and Safety lecture and discussion	10:30
Rigging	11:00
Sail and return to beach for feedback	11:30
Lunch	12:00
Sail and return to beach for feedback	1:00
Get rescued	1:30
Watch others planing	...
Derig and load equipment	...

Day 2

Fast tack lecture and simulation	9:00
Rigging	10:00
Sail and return to beach for feedback	10:30
Land for a few minutes	11:00
Lunch	12:00
Survive higher winds	1:00
Get rescued	2:00
Derig and load equipment	...
Watch others carving jibes	...



THE HARNESS

How to Balance the Harness Lines on the Boom

- Length:** Elbows to wrist or a bit longer at first
Distance Apart: About shoulder width apart
Forward and Aft on the boom: So your rig balances when held by the lines

How to Hook In with the Harness

- Sail** - While keeping the rig aft and windward, move your hips forward to lift the hook



- Balance** - Bend your knees so the harness takes your weight



- Sail** - Keep the sail aft so the harness lines will be low enough

How to get out of the Harness Lines



- Sail** - Take up the force of the sail with your arms while sailing
- Push your hips up and forward and the line will fall away from the hook (if not, give the rig a shake)

How to fast tack

How to pivot jibe



HOW TO BEACH START

Basic



- Put the sail on the tail and square up the board on a beam reach just deep enough to clear the fin

Start



- Fly the sail into a balancing position, keeping it low for control, and square the board up to your front leg by applying mast base pressure

Balance



- Place your back foot on the board to pull it towards you and steer downwind while still applying mast base pressure

Sail

- Allow the sail to pull you up on the board. Be ready to adjust quickly by sheeting out and steering the board downwind to avoid rounding up.

Wha hoo, you didn't have to uphaul!

