



Pathfinder's Name

Windsurfing

- 1. Have the Intermediate Swimming Honor.
- 2. Learn the meaning of the following terms:

Across the wind _____

Backhand _____

Basic starting position _____

Beginner's checklist _____

Board control _____

Centerboard _____

Center line _____

Center plane _____

Clew _____

Forward _____

Forward hand _____

In _____

Jibe _____

Mast position _____

Out _____

Points of the clock _____

Sail trim _____

Self rescue _____

Scissor technique _____

Tack _____

Uphaul _____

Visual reference point _____

- 3. Know the names of the board parts and demonstrate how to rig your own sail.

- 4. Explain the basics of sailing theory.

- 5. Define and demonstrate the basic starting position.

- 6. Define and demonstrate the four steps to tacking.

1.

2.

3.

4.

- 7. Define and demonstrate the four steps to jibing.

1.

2.

3.

4.

- 8. List the seven starting sequence steps used to start a sailboard moving through the water.

1.

2.

3.

4.

- 5. _____
- 6. _____
- 7. _____

9. Answer the following questions about safety:

What safety equipment should be worn while wind surfing?

Why is it important to know the local weather forecast before going out on the water?

When first learning to windsurf, why is it important to be in an enclosed or protected area?

What are the hand signals for "Everything is okay" and "I need help"?

10. How should the sail and sailboard be cared for to keep them in good working order?

11. Successfully sail a sailboard to a visual point of reference and return to the starting position.