

# Wakeboarding

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Have the Advanced Beginner's Swimming Honor.

1. Know and practice the following safety rules:
  - a. Never wakeboard at night.
  - b. Never wakeboard during an electrical storm.
  - c. Always wear a ski vest while wakeboarding.
  - d. Make sure the wakeboarding rope is in good condition.
  - e. Make sure the wakeboarding bindings are in good condition.
  - f. Always have a spotter and flag in the boat.
  - g. Stay clear of objects, such as other skiers, swimmers, tubers, docks or floating objects.
  - h. If you fall let go of the rope.
  - i. After a fall, raise a hand to indicate you are all right.
  - j. Do not stand in the boat while it is moving.
2. Know the following hand signals:
  - a. Slower
  - b. Speed is OK
  - c. Faster
  - d. Back to dock
  - e. Stop
  - f. Turn
3. Put on the wakeboard by yourself. Be able to remove the wakeboard in deep water by yourself.
4. Execute a deep-water start on the wakeboard on a full line rope.
5. Successfully cross both wakes and return to center without falling.
6. Do a small jump off the wake and land without falling.

\*NOTE: All wakeboarders in AY sponsored wakeboarding class must wear a ski vest.

## Skill Level 1

Original Honor 2006

