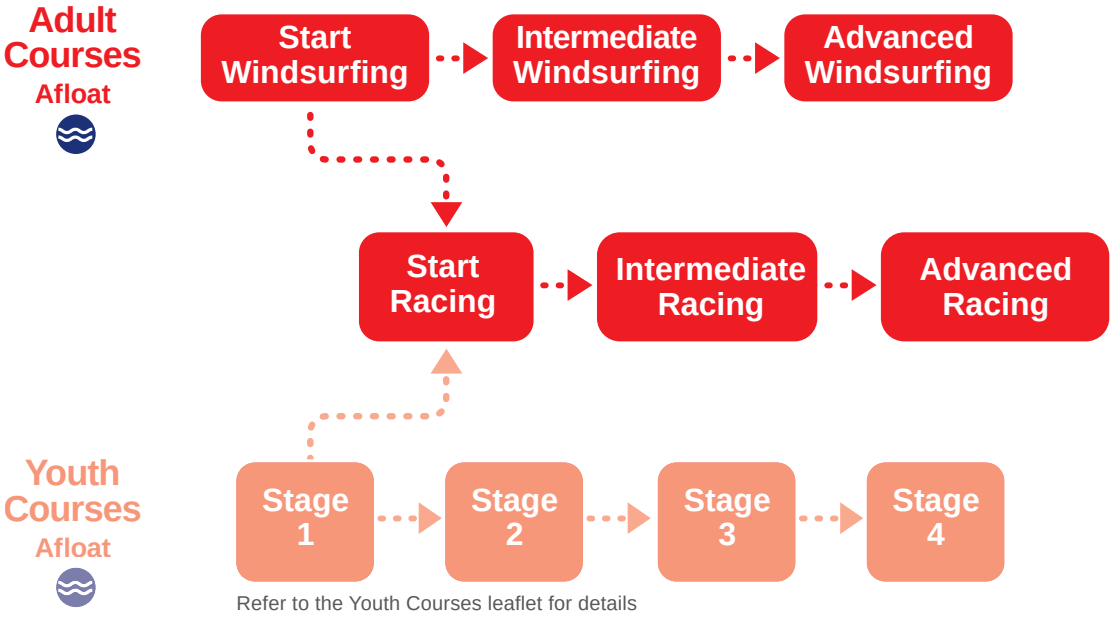
WINDSURFING

ADULT COURSES

Start your training with a course appropriate to your experience - you don't have to start at the beginning.
Our recommended path through the courses is shown below.



KEY — afloat — Recommended progression.

RYA training is also available for: Powerboat, Motor Cruising, Sail Cruising, Personal Watercraft, Inland Waterways, Dinghy Keelboat Multihull, Navigation, Specialist

www.rya.org.uk

WINDSURFING

ADULT COURSES

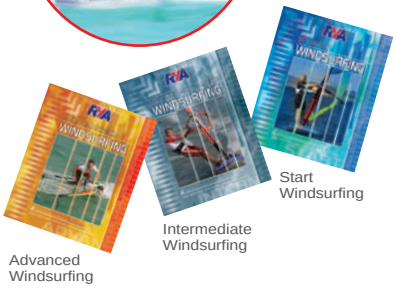
Anyone can experience the thrill and exhilaration of windsurfing. Whether you want to blast on flat water, crack the carve gybe, speed off the start line or sail with the family, there is a course for you. With the right equipment and high quality RYA instruction you should pick it up in no time. Many centres run introductory sessions to give you a taste of the sport first.

Course	Assumed knowledge	Course content	Ability after the course	Min duration	Min age
Start Windsurfing	None	Teaches you the basics of windsurfing using the right equipment	Sail to a chosen point on the water and return to where you started in light winds	2 days or an equivalent number of sessions	Recommended 16
Intermediate	Skills and knowledge to Start Windsurfing standard	Improve your technique and confidence through new skills including the beach start and an introduction to the harness. Taught as part of a course and separate clinics, your centre will advise you and tailor training to your needs, from faster tacking and gybing to the next steps of blasting control, using the harness and foot straps.	Able to sail on all points of the wind in a variety of conditions using faster tacks and the harness. As you progress through this level, you will also be able to use the footstraps and get planing		

RYA advanced and racing modules for youths and adults

Course	Assumed knowledge	Course content	Ability after the course
Advanced	Competent Intermediate standard	Dynamic transitions, advanced planing techniques and waterstarts. Carve gybing and other advanced skills such as advanced carving and bump and jump may also be taught as part of the course	Improved blasting control to aid early planing, tacking on a variety of boards in varying conditions. Additional clinics help you master the waterstart and infamous planing gybe
Start, Intermediate and Advanced Racing	For Start Racing you need no prior racing knowledge but a Start Windsurfing certificate is recommended	Building general racing knowledge: courses, rules, starting, tactics, strategy pre-race preparation and racing techniques	If you go all the way through to Advanced Racing you will have developed your techniques and skills to enable you to confidently take part in higher level competition

Recommended books



Start Windsurfing

Intermediate Windsurfing

Advanced Windsurfing

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