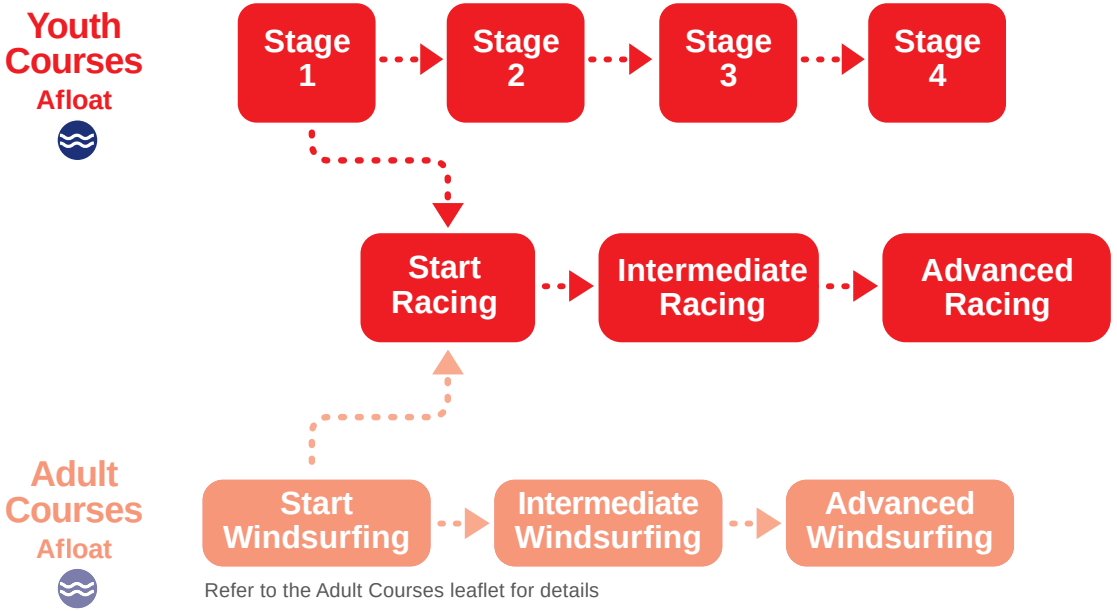
WINDSURFING

YOUTH 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.



Refer to the Adult Courses leaflet for details

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

YOUTH 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.

There is no minimum age for these courses, but training centres often take children from age 8 upwards.

Course	Assumed knowledge	Course content	Ability after the course	Min duration
Stage 1	None	All fun no theory. Get on the water and discover windsurfing. We'll get you up and sailing around in no time	Able to 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 ↓
Stage 2	Stage 1 standard	Learn to tack and gybe, helping you make progression towards and away from the wind	Able to sail on all points of sailing in light winds, tacking and gybing	
Stage 3	Competent Stage 2 sailor	A mixture of theory and practical, introducing beachstarting and harness technique, with time spent improving tacking and gybing in stronger winds	Able to sail on all points of sailing in a variety of conditions, knowing when to tack and gybe, use the harness and beachstart	
Stage 4	Competent Stage 3 sailor	Hook in and hang on! This stage builds on a confident ability to tack, gybe and sail in the harness with an introduction to basic footstrap technique	Able to sail around using the harness, knowing when to tack and gybe, showing a basic ability to use the footstraps	

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 Stage 1 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

Go Windsurfing!

Youth Windsurfing Scheme Syllabus & Logbook

Start Windsurfing

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