

## **Windsurfing Instruction – Operating Procedures - 27<sup>th</sup> Feb 07**

**Core:** All instructors should use common sense and their knowledge of the sport to ensure the highest levels of safety practicable for themselves & their students and other water users.

### **General:**

**Child Protection:** You are advised to always work in pairs, see club policy for detail

**Equipment:** visually check equipment as you assemble it for student. Students can use own gear if suitable. Carry & secure equipment safely (including rigs & boards).

**Clothing:** Footwear is recommended for all. Wetsuits are required for Start course, other courses club general instructions apply. Buoyancy aids should be worn by all on Start course, other courses club general instructions apply. Buoyancy aids should be correctly fitted.

### **Safety Boats** (required when doing on water sessions)

Availability: Before start a safety boat is to be available at pontoon, started, fuelled up with kill cord attached

Before going on the water assess:

- Conditions
- Ability & number of pupils
- Lake you are using

Decide if instructor is better in safety boat or board

A kill cord must be used and attached to driver at all times, when in safety boat

Number in boat: 1 person can be sufficient, 2 are suggested on Main lake if other safety is not present. Radios are advisable on the main lake.

**Teaching Method:** RYA windsurfing teaching & coaching methods should be used including recommendations on ratios etc. Senior Instructor is to be present during any on water activity.

**Simulators:** Ensure on flat surface & stable and board & rig are secured correctly, instructor should be present during use, consider where rig may fall when teaching.

### **Other recommendations:**

- a) Put a flag up to aid students knowledge of wind direction
- b) Have a recall signal & demonstrate at start of course
- c) Read club Safety Plan & risk assessments and understand them