

## Camp Levels Recreational Rainbow Windsurfers:

Windsurf the Rainbow this summer – earn all your colours and receive a windsurfing rainbow sticker (see link for stickers with artwork – can be printed on labels for testing this summer – we will work on revising and hope by next summer to have levels and stickers available for each level)

If you are a camp and using this site for your windsurfing levels this summer, please be aware that this is a pilot program for 2006 and we would like to know other locations that can help us test how well this works.

The information is provided free of charge, for downloading, but please let us know that you are using the camp level program, by emailing both of contacts on the site, Tom and Reet. Reet will be at a camp this summer testing the program. This way, we can let you know of any modifications that are made to the program over the summer. In addition, we value your feedback and will send you a brief evaluation form at the end of the summer, so we can fine tune the camp program and make it more widely available next summer. If you have any wonderful activities for no wind days, please forward them to us and we will include them for others to us

Thank you.

Below are some activities for NO WIND DAYS

On the Water Games (Ian Matthews)

- 1) dance on the board (balance) - walk to the front to the back - tip it side to side (try to fall off really push it)
- 2) two people on either end of the board try to knock the other off by tipping the board (balance)
- 3) get towed sail up behind an instructor's board (for kids they mimic and learn from instructor, get feeling of speed)
- 4) fun race for no wind three to a board: one paddling at the front, one kicking at the back, one holding up the sail (sail must stay up at all times) kick around a mark all three times (three hold the sail up). good for balance lots of action and fun
- 5) in no wind get them to try sail tricks like body sail 360s this can be easy especially for kids and gives them a better idea of the board and the sail (better feel).

More NO wind activities (Reet Mae)

### 1. Practice falling

If at a camp setting with a dock, put on life jackets and roll in head first from the dock, backwards, sideways, every way possible.

Then practice falling off a board – no rig – same thing practice falling from a board, with a rig, try this holding on to boom, letting go of boom and putting hands up to protect head, coming up under sail in the water and getting your bearings – every which way possible

### 2. Partnered sail control ( need one rigged board, and one board with kayak paddle)

1 person on a board paddling – the other with board and rig, working on sail control – downwind run position for instance person with paddle shouts – here comes a gust, and give the board a shove, switch

### 3. Self Rescue

practice self rescue in as many different ways as possible, towing board in, swimming board in, paddling board in, derigging sail and paddling in.

4. Self rescue to look for wind

If there is a wind line, one person practices self rescue, other paddles out with them, to find wind line – once out there, each sail a bit and then switch.

5. Uphauling different sized sails

Set up boards and rigs with many different sized sails. Have students move from board to board, trying to uphaul different sized sails, to get the feel of them.

6. Tippy boards

Set out different types of boards, and have students try balancing on each one – to find balance position, and then see how tippy different types of boards are, both sideways and front to back – different stances for sailing

7. Self rescue race

Each person has a board, and practice self rescue drills, to a mark, or from out on the water to shore.