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**WINDSURFING**  
**Windsurf in winds of less than 10 knots  
and a chop of less than 40cm**

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| <b>level:</b>                | <b>2</b>  |
| <b>credit:</b>               | <b>3</b>  |
| <b>planned review date:</b>  | December 2005   |
| <b>sub-field:</b>            | Outdoor Recreation  |
| <b>purpose:</b>              | People credited with this unit standard are able to: prepare to windsurf; demonstrate windsurf techniques in winds of less than 10 knots and a chop of less than 40cm; and investigate the safety aspects of windsurfing.   |
| <b>entry information:</b>    | Open.   |
| <b>accreditation option:</b> | Evaluation of documentation by NZQA and industry.   |
| <b>moderation option:</b>    | A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation Advisory Group.  |
| <b>special notes:</b>        | <ol style="list-style-type: none"><li>1 This unit standard is a prerequisite for Unit 461, <i>Demonstrate windsurfing techniques on a longboard.</i></li><li>2 For this unit standard it is recommended that the board have more than 160 litres volume and that the sail used be smaller than 4.5m<sup>2</sup>.</li><li>3 A <i>longboard</i> is a windsurf hull (10-12 feet long) with a centreboard.</li><li>4 All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the <i>New Zealand Environmental Care Code</i>, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. The <i>New Zealand Environmental Care Code</i> is available from the Department of Conservation, Head Office, PO Box 10420, Wellington.</li></ol> |

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- 5 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfrito website <http://www.sfrito.org.nz/>.

## **Elements and Performance Criteria**

### **element 1**

Prepare to windsurf.

### **performance criteria**

- 1.1 Wind theory is explained.  
Range: prevailing winds, sea breezes (afternoon wind change).
- 1.2 The theoretical components of windsurfing and how their inter-relationship allows steering of the board are explained.  
Range: centre of effort of the rig, centre of lateral resistance of board, production of sail force by wind.
- 1.3 The areas of maritime law relevant to windsurfers are explained.  
Range: right of way, speed restrictions, commercial shipping.
- 1.4 Issues relating to windsurfing are identified and explained.  
Range: water currents, swimming areas, access lanes, boat ramps.
- 1.5 Board types are described and their uses explained.  
Range: short, long.
- 1.6 Windsurf components are identified and preventive maintenance of these components is demonstrated.

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Range: board, fin (skeg), dagger board, mast, mast-foot, stern, bow, boom and attachment to mast, sail-head, foot, clew, mast pocket, battens, window, uphaul, outhaul, downhaul.

**element 2**

Demonstrate windsurf techniques in winds of less than 10 knots and a chop of less than 40cm.

**performance criteria**

- 2.1 The board is rigged and derigged efficiently.
- 2.2 The sail is retensioned to suit conditions.
- 2.3 Uphaul starts are demonstrated in a moderate chop (less than 40cm).
- 2.4 Tack and gybe turns are performed without falling off.
- 2.5 The board is stopped quickly.

Range: lowering rig onto water, backwinding sail.

- 2.6 The board is steered using the rig only.
- 2.7 Progress is made sailing upwind to a mark and returning downwind.

**element 3**

Investigate the safety aspects of windsurfing.

Range: first aid, transportation, derigging, weather and water conditions.

**performance criteria**

- 3.1 Potential first aid problems are identified and treatment described.

Range: melanoma, fatigue, hypothermia, blisters, cut feet.

- 3.2 The windsurfer (board and rig) is transported safely.

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Range: on roofrack, from rigging area to water.

3.3 Derigging is performed in water and the trainee paddles at least 50m.

Range: using the mast, using hands.

3.4 Proposed windsurfing activities are evaluated in terms of current wind, weather and water conditions.

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**Comments on this unit standard**

Please contact the Sport, Fitness and Recreation Industry Training Organisation [info@sfrito.org.nz](mailto:info@sfrito.org.nz) if you wish to suggest changes to the content of this unit standard.

**Please Note**

Providers must be accredited by the Qualifications Authority or a delegated inter-institutional body before they can register credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for providers wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

This unit standard is covered by AMAP 0102 which can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.