

Demonstrate windsurfing techniques on a longboard

Level 3

Credits 4

Purpose People credited with this unit standard are able to prepare to windsurf on a longboard; and demonstrate windsurfing techniques on a long in winds between 10 knots and 20 knots.

Subfield Outdoor Recreation

Domain Windsurfing

Status Registered

Status date 1 October 1993

Date version published 26 January 2007

Planned review date 31 December 2008

Entry information Prerequisite: Unit 460, *Windsurf in winds of less than 10 knots and a chop of less than 40cm*, or demonstrate equivalent knowledge and skills.

Accreditation Evaluation of documentation and visit by NZQA and industry.

Standard setting body (SSB) Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation

Accreditation and Moderation Action Plan (AMAP) reference 0102

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Special notes

- 1 This unit standard is a prerequisite for Unit 463, *Demonstrate slalom windsurfing techniques*.
- 2 A *longboard* is a windsurf hull (10-12 feet long) with a centreboard.

- 3 All activities must comply with relevant environmental, legislative, and/or regulatory requirements set out in the *New Zealand Environmental Care Code*, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. The *New Zealand Environmental Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington, <http://www.doc.govt.nz/>.
- 4 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 on a longboard.

Performance criteria

- 1.1 The construction of boards is explained and choices about board construction are made and related to the candidates needs.

Range polythene, fibreglass.
- 1.2 Safety issues relating to travelling at high speed are explained.

Range helmet, shape of board,
- 1.3 A sail is selected that suits the conditions and the candidate's mass.

Element 2

Demonstrate windsurfing techniques on a longboard in winds between 10 knots and 20 knots.

Performance criteria

- 2.1 Beach starts are performed in thigh deep water.
- 2.2 The harness fits and is adjusted to suit the candidate and the wind and water conditions.
- 2.3 The board is stopped from planing conditions.

Range lowering rig onto water, backwinding sail, sinking tail of board.
- 2.4 Techniques are demonstrated under planing conditions with the centreboard raised and, foot-steering controlling the direction of the board.
- 2.5 Progress is made while sailing up and downwind with the centreboard in place.

2.6 Tack and gybe turns are performed successfully.

2.7 A self rescue is performed in 20 knot wind.

Please note

Providers must be accredited by the Qualifications Authority, or an inter-institutional body with delegated authority for quality assurance, before they can report 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 organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

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