

<b>Title</b>	<b>Demonstrate shortboard sailing techniques</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to prepare to sail on a shortboard; and sail a shortboard in winds over 12 knots.
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<b>Classification</b>	Outdoor Recreation > Windsurfing
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 This unit standard is a prerequisite for Unit 463, *Demonstrate slalom windsurfing techniques*, and Unit 464, *Demonstrate wave-sailing techniques on a shortboard*.
- 2 A *shortboard* is a windsurf hull without a centreboard that is between 8-10 feet in length.
- 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/>.

### Outcomes and performance criteria

#### Outcome 1

Prepare to sail on a shortboard.

#### Performance criteria

- 1.1 Shortboard sailing equipment is identified and its use explained.  
 Range board, rig, footstraps, fins.

1.2 Design and construction of shortboards is explained and choices about equipment are made and related to the candidates needs.

Range plastics, fibreglass.

1.3 Safety issues are identified.

Range first aid, speed, footstraps, helmet.

1.4 Footstraps are used to secure the rider and for trim.

## Outcome 2

Sail a shortboard in winds over 12 knots.

### Performance criteria

2.1 Starts are confidently performed.

Range beach, water (when feet cannot touch the ground).

2.2 The board is stopped with control maintained.

2.3 Control of the board is maintained while sailing downwind for 50m.

2.4 The shortboard is controlled when carve gybing at speed.

2.5 The board is landed successfully after a jump where the whole board is out of water and sailing continues.

**This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.**

### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	1 October 1993	31 December 2023
Revision	2	24 July 1996	31 December 2023
Revision	3	19 February 1998	31 December 2023
Revision	4	5 May 1998	31 December 2023
Revision	5	14 February 2000	31 December 2023
Revision	6	22 October 2004	31 December 2023
Rollover and Revision	7	26 January 2007	31 December 2023
Review	8	16 December 2021	31 December 2023

<b>Consent and Moderation Requirements (CMR) reference</b>	0102
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

This unit standard is expiring