

# UBCSC - HW Windsurfing Mentorship Checklist

Student Name:	Student Email:		
Mentor #1 Name:	# of mentorship hours:		
Mentor #2 Name:	# of mentorship hours:		
<p><i>Note on work hours:</i> Number of hours mentored and the number of work hours received are not 1:1. A mentee can allocate a maximum of 4 total work hours to their mentors, regardless of how long mentorship takes. How they divide these 4 hours among their mentors is up to the mentee. If there is only one mentor, this mentor may receive all the work hours.</p>			
<p>It is the mentees responsibility to demonstrate the following skills to two Senior L2 windsurfers, known as certifiers.</p> <ul style="list-style-type: none"> <li>- A member can be a certifier only if they have been at HW level, reliably completing water starts successfully for at least 2 years. They must be familiar with HW club policies, procedures, rigging, and local high wind sailing areas.</li> </ul> <p>Certifiers, sign your initials next to each learning objective if the mentee has demonstrated each skill with the corresponding proper execution.</p> <p>If two certifiers sign this document and it is delivered to and signed by the Kayak Fleet Captain, the mentee has officially gained the HW Windsurfing certification at the UBC Sailing Club.</p> <ul style="list-style-type: none"> <li>- You may send this checklist to the FC at <a href="mailto:windsurfing@ubcsailing.org">windsurfing@ubcsailing.org</a> to be signed.</li> </ul>			
Learning Objectives	Feedback	Certifier #1	Certifier #2
<u>Gear</u>			
<p><b>Gear knowledge, club policies, and handling</b></p> <ul style="list-style-type: none"> <li>- Complete orientation of the HW gear in the fixit room &amp; know where to find and handle &amp; sign out everything safely and carefully</li> <li>- Know how to select and rig HW gear from scratch using the correct gear for the conditions and your size &amp; skill level</li> </ul>			
<p><b>Be comfortable adjusting and using the harness</b></p> <ul style="list-style-type: none"> <li>- Adjust line length and placement for conditions</li> <li>- Get in and out of the harness lines without losing your control of rig</li> </ul>			
<u>On water skills</u>			

<p><b>Before taking a HW course, you must have already mastered the tack, gybe, beach start and harness lines, and have the ability to stay upwind.</b></p> <ul style="list-style-type: none"> <li>- Refer to L2 checklist &amp; if you are new to UBCSC, you must demonstrate you can successfully complete all L2 skills.</li> <li>- Steer upwind and downwind</li> </ul>			
<p><b>Learn how to use footstraps</b></p> <ul style="list-style-type: none"> <li>- Place your feet into the foot straps and get out of them while sailing in HW.</li> <li>- Control the board in HW</li> </ul>			
<p><b>Try planing</b></p> <ul style="list-style-type: none"> <li>- In HW, use your harness and sail sheeted in</li> <li>- Keep the board flat &amp; place your feet into the foot straps</li> <li>- Try pumping the sail, point your bow off the wind, or ride down a wave to get into a plane</li> </ul>			
<p><b>Successfully complete water starts</b></p> <ul style="list-style-type: none"> <li>- Position the sail in the water slightly leeward from your body with the mast 90 degrees angle to the wind</li> <li>- Hold the mast in front of you and slowly lift the sail while treading water and clear the sail of water</li> <li>- Fly your sail, maneuver under it so it is overhead, keeping it low and 90 degrees to the wind.</li> <li>- Control your board slightly leeward of your body to prepare to launch.</li> <li>- Place your back heel on the board &amp; launch when there is enough wind, by pushing the sail up and pull the board toward your hip to get on the board, staying low with extended arms overhead</li> <li>- Sail away without dropping the sail.</li> </ul>			
<p><b>Attained Intermediate Level of Proficiency?</b>      Attained Skill Level / Needs Development</p>			

<u>Certifier name</u>	<u>Date of</u>	<u>Signature</u>
#1:		
#2:		
<b>Attained Beginner Level of Proficiency?</b>	Attained Skill Level / Needs Development	
<u>Fleet Captain Name</u>	<u>Date</u>	<u>Signature</u>