

UBCSC - L2 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 mentee's responsibility to demonstrate the following skills to two Senior L2 windsurfers, known as certifiers.</p> <ul style="list-style-type: none"> - A member can be a certifier only if they have had L2 certification for 2 years and have been windsurfing at least 20 hours/year in those 2 years. <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 Windsurfing Fleet Captain, the mentee has officially gained the intermediate (L2) windsurfing certification at the UBC Sailing Club.</p> <ul style="list-style-type: none"> - You may send this checklist to the FC at windsurfing@ubcsailing.org to be signed. 			
Learning Objectives	Feedback	Certifier #1	Certifier #2
<u>Gear</u>			
<p>Always be wind savvy, safe and mindful when carrying & caring for the gear</p> <ul style="list-style-type: none"> - Carry the board to the beach first, then the sail making sure to keep luff and mast foot pointed into the wind. - Keep your body between the wind and the sail, with the sail's mast side into and across the wind - one hand halfway down the boom, the other on the mast toward the head of the sail. Keep the sail at waist height. - Carry entire rig into water <u>without dragging the board</u> if you are on an L2 board 			

<p>Be comfortable wearing harness and adjust harness lines for wind conditions</p> <ul style="list-style-type: none"> - Demonstrated knowledge of how to adjust line length and placement based on balance point for conditions (e.g. under non-planing, planing, and powered vs. underpowered wind conditions) 			
<u>On water skills</u>			
<p>The basic tack & rules of the road should already be mastered.</p> <ul style="list-style-type: none"> - Be safe avoid other sailors by checking for space upwind - Know at least three right of way rules - Complete turns toward upwind using quick and efficient fast tack technique & footwork - Try using the L2 boards. You need to be comfortable on them before signing up for a highwind class 			
<p>Complete gybes, turning away from the wind</p> <ul style="list-style-type: none"> - Use right of way rules & be safe by checking for space and other sailors downwind - Steer towards downwind, keeping rig forward toward the bow controlling the sail clew first - When the wind is behind you, rotate/flip your sail without dropping the sail and switch your feet so your back foot comes to front to its new sailing position and sail away 			
<p>Complete beach starts successfully</p> <ul style="list-style-type: none"> - Set up in water deep enough to not damage the fin when you launch - Know how to set up and fly the sail before you launch by positioning your rig slightly leeward from your body with the mast 90 degrees angle to the wind 			

<ul style="list-style-type: none"> - Fly your sail, maneuver it overhead, keeping low, and control your board to prepare to launch. - Place your back heel on the board & launch staying low with extended arms overhead - Sail away and when deep enough, safely lower your centerboard if your board has one. 			
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<p>Get in and out of the harness lines with ease</p> <ul style="list-style-type: none"> - Get in and out of the harness lines while under sail without losing control of the rig 			
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Attained Intermediate Level of Proficiency?	Attained Skill Level / Needs Development
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<u>Certifier name</u>	<u>Date</u>	<u>Signature</u>
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#1:		
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#2:		
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Attained Beginner Level of Proficiency?	Attained Skill Level / Needs Development
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<u>Fleet Captain Name</u>	<u>Date</u>	<u>Signature</u>
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