

## The Syllabus for the Windsurfing course

### Stage 1

The basics of getting on the water and sailing the board across the wind and back.

### Stage 2

Practical skills to get you sailing around a course practising tacking and gybing, enabling you to make progression towards and away from the wind.

### Stage 3

A mixture of theory and practical, introducing beachstarting and harness technique with time spent improving tacking and gybing in stronger winds.

### Stage 4

This stage builds on a confident ability to tack, gybe and sail in the harness with an introduction to basic footstrap technique.

