

# Windsurf Director

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## Overview

Windsurfing is one of the most popular activities at camp and can be enjoyed by campers and staff of all ages. Whether you are a beginner or an advanced windsurfer, the thrill of cruising on the lake is no different. While windsurfing is reliant on the weather, there are always fun and creative things you can do with campers to help them learn and appreciate windsurfing regardless of the winds. Just remember to be creative, be energetic and when in doubt, go chicken surfing!

## Daily Tasks

At the start of the summer, before the campers arrive, take some time to review all of your equipment and rig all sails that are in good condition. Make sure you have an equal number of boards and sails and that all boards have working universals.

The windsurfing shed should be well organized and cleaned on a regular basis.

The windsurfing putt-putt should be brought from transportation dock every morning and returned at the end of 5<sup>th</sup> period. All boards and sails must be properly racked and the dock should be cleared of any clothing or other lost and found. Sails and boards should be put away after every period, unless you have another cabin group coming straight down that will likely be using the same equipment.

## Programming

Windsurfing is dependent on weather and can therefore fluctuate day-to-day or even hour-to-hour. You must be prepared to keep kids busy and having fun regardless of the weather. Being flexible is a valuable asset for any Windsurfing Director.

During individual choice it is best to separate periods by skill levels; however, you may not want too many beginner windsurfers on the lake at the same time on a windy day as you will likely end up towing in the majority of them! Try not to leave towing for the very end of the period as it can take some time to get multiple sails in.

One or two windsurfers should be tethered to buoys within the windsurfing area to allow beginners the opportunity to practice basic skills before setting out for their Force 1.

Advanced campers must know how to rig their own sails and be able to surf in and around the camp lake without any assistance from staff.

At least one time per month, a surf and sail all-day should be planned along with the sailing director. This is a great day for campers and staff to do something a little different and winds within the channel can be a great challenge for intermediate or advanced surfers.

## Awards

Kids love to earn awards and are a great way for them to set personal goals each summer. Individual choice periods are ideal for award work as they can be broken out into different skill levels. Once a camper has achieved their force 1 and can adequately demonstrate the basic techniques, they are free to windsurf throughout the lake however all windsurfers, regardless of level must stay in front of the islands and outside of the channel.

## Staff

There are typically 6-8 staff plus 2 CIT's assigned to windsurfing for the summer. The number of staff will vary throughout the summer due to days off and trips however if at any time you are too low on staff, please inform the program or camp director and other staff will be reassigned whenever possible for the day. A minimum of 3 staff and 1 CIT is required to run the dock.

Windsurfing requires a lot of supervision, hands on teaching, and lifeguarding – all of which cannot be done by just the Windsurfing Director! Motivate your staff to get involved in all aspects of windsurfing and switch things up from day to day. Try to rotate positions for each period so everyone has a chance to be teaching, watching the lake and taking over putt-putt duty. CITs should help in getting campers set up and teaching low level awards.

Once one sail has left the dock, one staff member must be on tower duty surveying the water and counting heads/boats at all times – it is important to rotate staff members in the tower each period (and sometimes during the period) to keep them energized and alert.

Other staff should help rig sails to boards, get kids in the water and help teach from the dock. Staff must continue to teach and supervise from the dock or putt-putt once campers are on the water.

*Once windsurfers are on the water, this is not a time for staff to relax and lounge on the docks.*

Two staff members (which can include 1 CIT) are always required in the putt-putt to help assist windsurfers when needed.

## Safety

While we always encourage campers and staff to have fun at everything they do, safety is paramount. The staff member on tower duty must be watching the water at all times. Staff members in the putt-putt should be checking on all windsurfers throughout the period and helping any campers who have fallen and having trouble getting back up (help....I've fallen and I can't get up!).

It is important that campers know how to call the attention of the boat driver, and also know when to call for help.

Decide amongst your staff signals that will be used on the lake.

Be sure to discuss with the Sail Director to not confuse the campers – this also needs to be taught to staff on tower duty – perhaps in precamp?

Meet with Sail and Surf Directors and Stephanie

1 arm wave = minor emergency - i.e. Scrape, bump, bruise, etc... please come

2 arm wave = major emergency - i.e. I hit my head, I saw someone else pass out, I am gushing blood.

Be sure all campers and staff know these signals so you and your staff can assist in a problem as fast as possible.

You will go over many more safety rules for life guarding and lake management during pre-camp. If you have any questions or concerns, don't hesitate to ask.

Windsurfers should never be on the water during heavy rain or in the presence of lightning and lifejackets must be worn at all times while on the water.

It is also important for you to know the boat driving rules, SEE Putt Putt driving guidelines too...

## Summary

We know this is a lot of information. We do not expect you to memorize all of it. We do expect you to read it, take notes, and ask questions! We hope you are as excited as we are to have you with us on South Tea!

## WINDSURFING RULES

- Campers may ONLY use the equipment with staff member's permission
- Everyone must wear a fastened lifejacket at all times
- There is no running allowed on the Windsurf Dock
- Staff members in the lifeguard chair must be 100% attentive
- Leave all belongings on the bleachers
- stay on with your board at all times
- Be sure to put away all equipment after using it