

Camp Levels Recreational Rainbow Windsurfers:

Windsurf the Rainbow this summer – earn all your colours and receive a windsurfing rainbow sticker (see link for stickers with artwork – can be printed on labels for testing this summer – we will work on revising and hope by next summer to have levels and stickers available for each level)

If you are a camp and using this site for your windsurfing levels this summer, please be aware that this is a pilot program for 2006 and we would like to know other locations that can help us test how well this works.

The information is provided free of charge, for downloading, but please let us know that you are using the camp level program, by emailing both of contacts on the site, Tom and Reet. Reet will be at a camp this summer testing the program. This way, we can let you know of any modifications that are made to the program over the summer. In addition, we value your feedback and will send you a brief evaluation form at the end of the summer, so we can fine tune the camp program and make it more widely available next summer. If you have any wonderful activities for off water activities, please forward them to us and we will include them for others to use. Thanks

Off Water Drills and Games for when it's not safe to go on the water.

1. rig sail race (fastest, but also right)

2. Batten relay (do it on beach or in safe spot)

two teams. Relay uses 2 old battens – fairly solid and same length.

Draw a line in the sand. One person from each team runs to the line, puts one end of batten on ground, and has to run around it 10 times, then run back and hand to next person. Be careful – this makes kids really dizzy and they stagger around on the way back, but lots of fun, if there's nothing for them to bump into.

3. Simulator exercises

practice sail handling on the simulator,

If no simulator, take fin off board and practice drills. If there is tow line at nose of board, tie a rope and drag the board around to simulate board action in the water

4. Subway Tag

(as preparation for lesson on rules of the road)

in a small confined area (mark off area somehow)

the larger the group, the better this works.

Pair into partners. One partner is it. Walking only, chase your partner through the crowded subway. No running. But the more people, the more fun it is.

5. Name the parts of the rig relay race

two teams.

A fully rigged windsurfer is in front of each team – distance determined by location

Instructor yells out part of board/rig. First team member runs to rig and touches that part. Races back. Last person is out.

Instructor calls out next part and next person runs to touch it. Last person is out.

Continue til one team has no members left.