

HOW TO WINGFOIL PROGRAM

WITH THE BKSA & BSUPA



HOW TO WING FOIL

INTRODUCTION

WHAT IS WINGSURF FOILING?

- Why do it?
- Who can do it?
- Where to do it?
- Where not to do it?

Foiling has been a thing within watersports for a decade or so now thanks to advances and technologies pioneered by the Americas cup that has now cascaded down to cover all disciplines of sailing, windsurfing and kitesurfing. Having had a 'wind wing' back in the early Noughties, I recognised and didn't think much of the new breed of wing surfer when I first saw one in 2018. With a background of sailing, windsurfing, SUP and kiting I found it fairly straightforward to pickup, although the boards have got small and the jumps are big, so I am enjoying the challenge every day.

Where does it sit as a sport? Is it a windsport for suppers? Kitesurfing for inland lakes? Or windsurfing without the UJ? One thing is for sure, it has huge potential, is lots of fun and pretty straight forward and safe to learn.

We hope the guidance here will help you get into the latest watersport safely and enjoyably.

Andy Gratwick

BKSA MD (and foiling addict)

WHAT IS WINGSURF FOILING?

Winging, wing wanging, wing foiling, wingin' it. The definitive name hasn't been cemented into our psychi yet, and whatever specific phrase gains the golden term ticket. This fab new sport is a hybrid, a mix, a coming together of new technologies and possibilities from its sibling sports or windsurfing, surf foiling and kiting.

In simple terms you hold the wing in your hands above your head much like a sail, and first kneeling then stand and pump the board onto the 'plane' or foil. Once you're up, your away and you can use the wing, the swell, a wave or your own pumping effort to continue both across up and downwind

- **The Wing** is a simplistic no lines kite type constructed inflatable batwing that you hold in your hands without a harness. Some have a solid boom and most simply inflatable struts and leading edge with handles. A few pioneers are experimenting with harness lines as the speeds and tricks increase in amplitude.
- **Boards** are changing dramatically and reducing in length and volume to an impressively small 'waterstartable' volume now varying between 150 litres to less than 40 in some extreme examples. Uni directional and generally specifically designed for wingsurfing, most don't have alternative fins and are becoming boxy and short and unique to this growing specific sport.
- **Foils** are also changing all the time. Generally they are a little bigger than kitesurf foils around 1500cm² in surface area for the front wing. This is becoming wider by the minute with more of a glider shape than the low aspect short fat surf front wings used for kite and surf foiling. Masts are of medium length between 60-80cm. All of the equipment is changing and evolving fast as the sport develops rapidly and disciplines become established within it.

WHAT IS WINGSURF FOILING?

WHY DO IT?

Who doesn't want to 'float' silently on the ocean blasting in super light winds, cruising down swells or waves riding the foil alone, silently carving back and forth....I know I do!

WHO CAN DO IT?

Anyone. It is very accessible initially with big SUP type boards and medium wing sizes without foils.

Anyone who can SUP, Windsurf or Kitesurf to an intermediate level can have a go on the foil. It's safe, straightforward to learn and now accessible to learn in numerous locations nationwide (just look for the wingsurf logo at a BKSA, RYA or BSUPA school).

WHERE TO DO IT?

It opens up an enormous new amount of spots both inland and coastal. All you need is space, and depth with flat or choppy water is ideal.

WHERE NOT TO DO IT?

Shallow water doesn't work for foiling, which is great as it restricts it congesting existing windsurfing, SUP and kitesurfing locations.

Wind quality is not as paramount as it is kitesurfing, so some of those gustier inland locations are ideal and really suitable. It's worth avoiding rough coastal areas while learning.

WHO CAN TEACH WINGSURFING?

We have developed this as a fantastic coming together of three governing associations in the UK:

- **BKSA: The British Kitesports Association**
- **RYA: Royal Yachting Association**
- **BSUPA: British Stand Up Paddleboarding Association**

If you are a qualified instructor in kitesurfing, sailing/windsurfing or SUP, and you have the required basic wingsurfing skills then you can attend a one or two day 'Wingsurfing/ wingsurfing foiling' instructor course. Once qualified you can teach through any **BKSA / RYA / BSUPA** school with the right location, facilities, equipment and qualified staff.

PRE REQUISITES:

Hold a current valid instructor license under one of the following awarding bodies:

- **BKSA Kitesurf**
- **RYA Windsurf**
- **BSUPA Paddleboard**

SKILL LEVEL: WINGSURF INSTRUCTOR: (ONE DAY ITC CONVERSION COURSE)

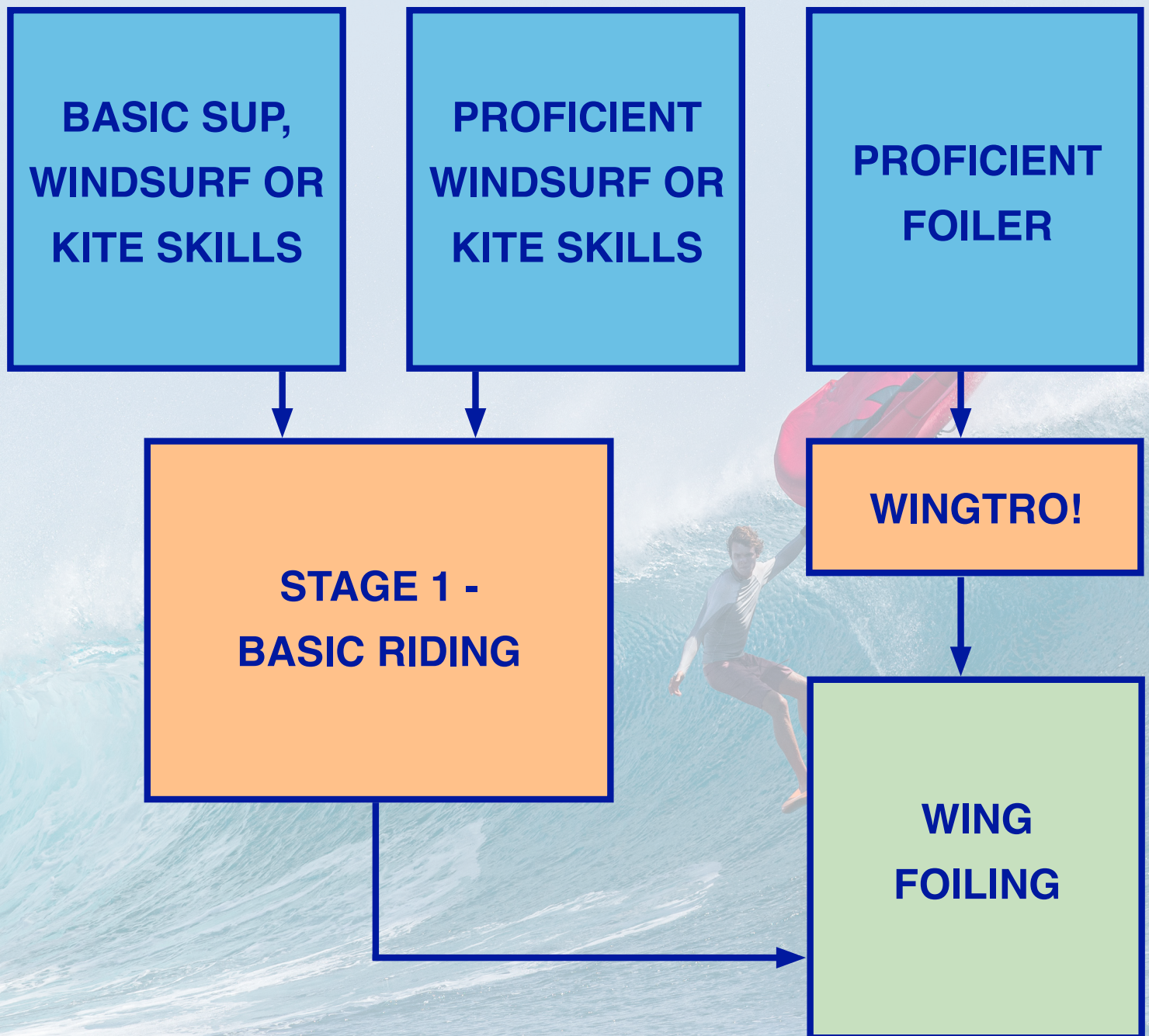
- Capable of riding a medium sized (semi flotation) board
- Good wing controls and power generation
- Able to go across the wind in both directions
- Perform a consistent basic turn in both directions

WINGSURF FOIL INSTRUCTOR: (TWO DAY ITC CONVERSION COURSE)

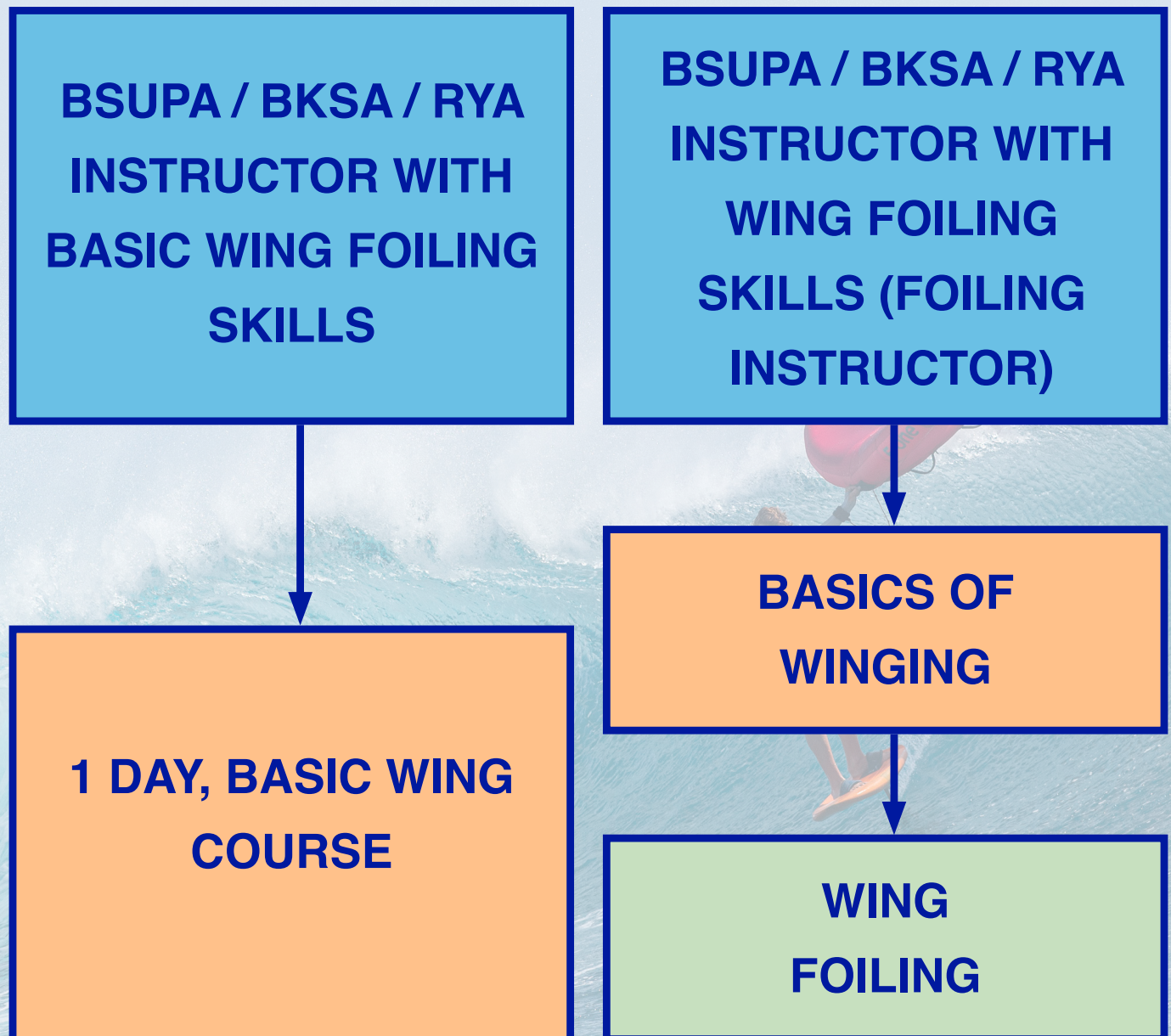
- With a reasonable foil setup - medium aspect ratio & mast length
- Able to ride in control both on and off the foil
- Be able to make ground efficiently to windward and leeward
- Be able to turn on and off the foil

Courses aim to be 50% practical / 50% theory

WINGFOIL COURSE PATHWAY



WINGFOIL INSTRUCTOR PATHWAY



THE LEARNING SCHEME

LEVEL 1 - WINGTRO!

- Wing control
- Board control
- Going across the wind
- Turning, gybes and tacks

LEVEL 2 - WINGPRO!

- Riding and turning the foilboard off the foil
- The rise and glide
- Up and down wind
- Turning, gybes and tacks



LEVEL 1 - WINGTRO!

Who can teach it?

- A wingsurfing accredited instructor at a recognised BKSA, RYA or BSUPA school.

Ratio:

- Four students with 2 sets of wingsurfing equipment.

Where can it be taught?

- Shallow, flat sheltered water, with less than 1ft of chop and no rollers coming in.

What kind of craft can be used?

- Motorised craft is not necessary for the wingtro introduction level unless in an environment deeper than 150cm or an offshore wind is prevailing.

Conditions:

- Winds between force 2-4 are suitable for wingsurfing introduction lessons.
- Min depth - knee to waist.
 - Must not be offshore
 - Less than 1ft chop

Equipment:

- SUP style boards suitable to float the learners weight in flat water.
- Wings of a suitable size shall be used in accordance with the wind and the students' weight.
 - Inflatable / hard board 150 litres, no foil
 - Mid-sized wing
 - PPE

Teaching goal / attainment target:

- The goal of this introductory session is to gain control and direction with the wing, and begin to control the speed and direction of the board across the wind, along with coming back to the start point through sailing the wing or walking.

LEVEL 1 - WINGTRO!

Learning Points:

- Learning how to control, manoeuvre, power and de-power the wing in both directions. Generate and control speed using wing and trimming effectively.
 - How to rig
 - How to carry
 - How to hold and power on beach
 - How to move, walking, on a skateboard / landboard
 - How to get onto board with wing
 - Kneeling and learning direction across wind
 - Standing and learning direction across wind
 - Basic turn
 - Waterstart / getting back on
 - Getting back to start point



Learning how to rig



Learning to hold and power on beach



Learning to ride with wing (kneeling)



Learning to ride with wing (standing)

LEVEL 1 - WINPRO!

Who can teach it?

- A wingfoil instructor, valid competency, checked for towing with relevant in house craft.
- In all but exceptional conditions this course would need to be delivered with a motorised coaching craft.

Ratio:

- One instructor can teach up to 2 students, with one set of equipment, on the water at any time.

Where can it be taught?

- Sheltered waters and coastal zones permissible to do so.
 - Max. 1 mile from start point / safe haven.
 - Water must be min. 1.5m in depth.

What kind of craft can be used?

- Must be a planing craft.
- Jeanneau, small inflatable, jet ski, bigger RIB, waterski boat, with appropriate equipment for the water area and a proper towing attachment fixing.
- Craft must be able to carry all lesson participants at one time if required to do so.

Conditions / Location:

- Wind Force 3-6
- Sea state below 1-2ft of chop
- No waves or shallow shelving rollers
- Deep water

Equipment:

- Wing, all current wing brands produce a suitable wing for beginning and progressing. Sizes around 5m are best for a mix of power and controllability. A wrist / waist leash must be worn at all times by the pilot.
- It is recommended to use a 100 litre - 150 litre board with reasonable flotation to allow the student to kneel / stand and balance on whilst getting up onto the foil.
- The foil must have a medium length of mast 50-85cm. The front wing must be minimum 850-1000cm² with a medium aspect ratio profile. A leash for the board must be worn by the pilot at all times.
- A helmet, impact jacket and appropriate PPE clothing must be worn

LEVEL 1 - WINGPRO!

Teaching goal/ attainment target:

- How to carry the equipment, enter and exit the water safely without damaging student or equipment
- The goal of this session is to master getting onto the board whilst holding the wing
- Learning how to flip the rig when touching the ground, in deep water and on the board
- Kneeling and gaining momentum to stand
- Standing and rising from displacement to foiling mode across the wind
- How to turn, and return to your start point
- Self rescue techniques

Learning Points:

- General on land rigging and ground handling session to discover where the power is in the wing, how to carry and trim the wing controllably.
- How to hold and balance with one handed flying.
- Launching and ground handling/ entering water
- How to flip the rig
- How to get into position to go
- How to ride on knees across wind
- How to ride standing across wind
- Turning around
- Water-start / getting back on
- Coming up onto the foil
- Staying up on the foil, trimming and control



