

Give it a Go Guides windsurfing badge

Guides
Girlguiding
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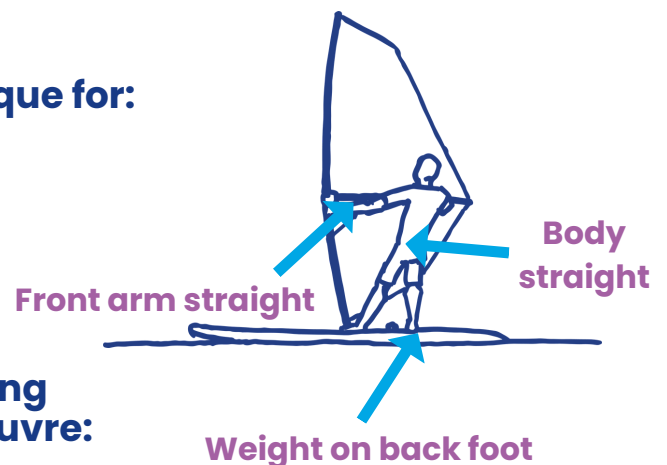
To gain your 'Give it a Go' windsurfing badge, you should complete the requirements below or take part in a taster session with a level 2 qualified windsurfing instructor.

- Name the health and safety issues related to windsurfing.
- Name at least 3 pieces of equipment needed to windsurf.
- Know 3 different types of manoeuvres.

1 Activity 1 – Perfect position

Demonstrate the correct technique for:

- Stance
- Arm positioning
- Body positioning
- Head positioning



2 Activity 2 – Steering

- Learn the correct way of steering
- the board to be able to manoeuvre:
- Forward
- Left & right turn
- Changing direction

3 Activity 3 – Ready steady go

- Race against your friends from a starting point to a finish point in a straight line.
- Windsurf around a set obstacle course – how far can you get without falling?
- Race against your friends to see who can complete the course first.
- In teams complete a relay race from one side to the other.

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