

OUTDOOR AND ADVENTUROUS ACTIVITIES

WINDSURFING

Unit 2564

Governing Body: RYA Windsurfing
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British Windsurfing Association (BWA)
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United Kingdom Boardsailing Association (UKBSA)
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Assessment

The candidate is assessed in the selection and application of acquired and developed skills, whilst planning and taking part in a physically and technically demanding course at a recognised windsurfing centre. Windsurfing must be undertaken in a variety of weather/wind conditions. The water conditions available must allow the candidate to fulfil the assessment phases. Each candidate must wear, and the boat be fitted with appropriate safety equipment.

The following regulations apply:

- the appropriate safety measures must be applied
- the candidate maintains a detailed log book which covers both the planning and preparation for the course itself. The log **must** be available at moderation.

The log should contain:

- details of personal equipment for the course and the reasons for taking it.
- details of group equipment and the reasons for taking it.
- discussion of the safety principles to be applied.
- identification of the code of ethics to be followed.
- detailed route planning together with relevant safety measures.
- route card.
- details of nutritional planning.
- evaluative comments in relation to the course.

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the phases identified below:

- organisation and use of equipment;
- rigging the board;
- demonstration of appropriate techniques whilst performing a range of manoeuvres; - i.e. canoeing/landing, tacking, gybing, going about, capsizing.
- knowledge of health and safety (including distress signals), local by-laws;
- application of knowledge of where to sail;
- application of understanding of the spirit and content of 'the rules of the road and the ethics of sailing/windsurfing'.

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations.

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is the successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate has introduced appropriate strategies and demonstrated an understanding of survival and safety techniques. Performances in the conditioned competitive situations have been excellent and progress has allowed them to achieve their performance based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques on the course. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate has shown a good understanding of the perceptual requirements to perform and introduced a range of survival and safety techniques. Performances in the conditioned competitive situations have been very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances on the course. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate has been able to introduce and use sound survival and safety techniques. Performances in the conditioned competitive situations have been good and improvement reflects satisfactory learning and understanding.
7 –12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performance on the course. There is an attempt to select and apply advanced techniques in the course and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the conditioned competitive situations have become more consistent and progress has allowed some learning and understanding.
0 –6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate has been able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.

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Unit 2567

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The candidate is assessed in the selection and application of acquired and developed skills, tactical awareness and behaviour whilst planning and taking part in a physically and demanding three-day course at a recognised windsurfing centre. Windsurfing must be undertaken in a variety of weather/wind conditions. The water conditions must enable the candidate to fulfil the assessment phases. Each candidate must wear, and the board be fitted with, the appropriate safety equipment. The following regulations apply:

- The appropriate safety procedures must be applied
- The candidate maintains a detailed log book which covers both the planning and preparation of the course as well as of the course itself. This log **must** be available at moderation.

The log must contain:

- Details of personal equipment for the course and the reasons for taking it;
- Details of group equipment and reasons for taking it;
- Discussion of safety principles to be applied;
- Identification of the code of ethics to be followed;
- Detailed route planning with relevant safety measures;
- Route card;
- Details of nutritional planning;
- Evaluate comments in relation to the course.

Assessment is based on performance in a formal three-day course where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the course skill is measured through the phases identified below.

- Organisation and use of equipment;
- Rigging the board;
- Demonstration of appropriate techniques whilst performing a range of manoeuvres;
- Knowledge of health and safety (including distress signals), local bylaws;
- Application of knowledge of where to sail;
- Application of understanding of the spirit and content of 'the rules of the road and the ethics of windsurfing;.

These assessment phases are used in conjunction with the following assessment criteria for the formal 3-day course.

Outdoors and Adventurous Activities: Windsurfing

Unit 2567

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces strategies at a high level and demonstrates an understanding of survival and safety techniques. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation may be an indicator of attainment of this high standard but assessment criteria must still be met.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the course. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation may be an indicator of attainment of this standard but assessment criteria must still be met.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the course. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation may be an indicator of attainment of this standard but assessment criteria must still be met.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the course. There is an attempt to select and apply advanced techniques in the course and under competitive pressure accuracy, control and fluency is usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing the school/college but not at first team level may be an indicator of attainment of this standard but assessment criteria must still be met.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate sails occasionally in a team.