

Throughout this test you have access to the Aerial Kiteboarding Instructional Video only.

What should you focus most on when kiteboarding? Kite

Draw the wind window on the drawings below.



On the images below, looking at the trees on the right, tell me where upwind and downwind are.



Upwind

Downwind

When assessing a new location, what do you need to look for upwind and why?

Any obstacles blocking the wind

ex: buildings, trees, big rocks

These obstacles create a wind shadow and turbulence that can affect the wind

up to 7 times the height of the obstacle downwind

What are some common downwind obstacles you might find on an urban beach?

Buildings, trees, people, boats

What is the approximate minimum amount of wind required to kiteboarding? 12-15mph/ 20-25km/h

What are the 3 different kinds of winds mentioned in the video? Describe 1 of these winds and how they are created.

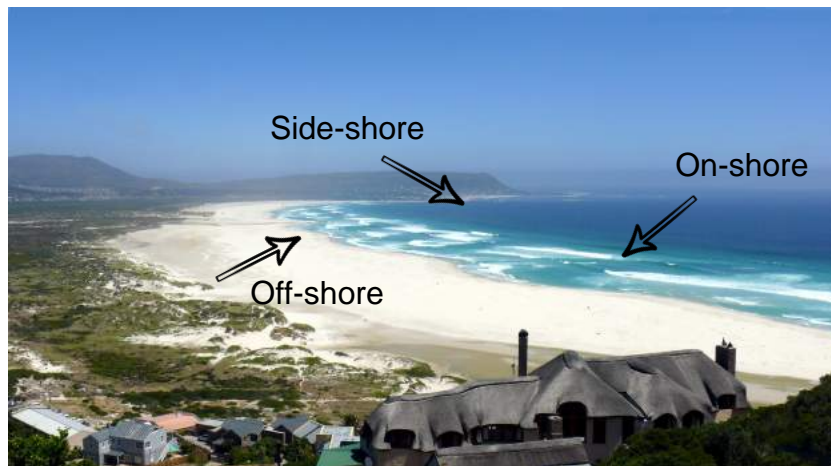
Thermal

Frontal

Trade

On the image below label each arrow with the proper wind direction (on-shore, off-shore and side-shore). Which of these directions are safe for kiteboarding?

On-shore (not preferable), Side-shore

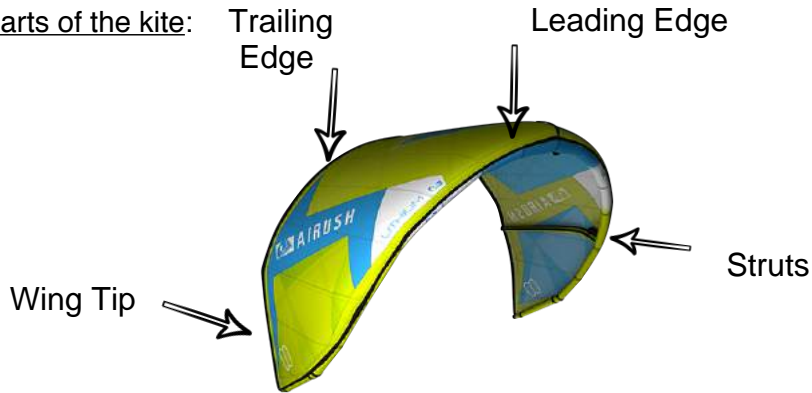


What is the minimum equipment required in order to kiteboard?

Kite, board, harness, safety leash, bar and lines

Recommended helmet and impact vest for beginners and/or shallow water

Name the parts of the kite:

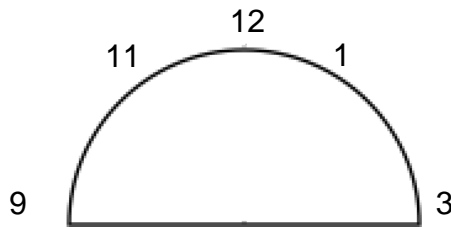


Describe how you effectively steer a 4-line kite.

Always have tension on the steering lines, pull in right gently to move the kite from 12 to 1,

pull gently left to steer the kite from 12 to 11.

The following semi circle represents the edge of the wind window. Label the following possible kite positions using the clock terminology: 9, 11, 12, 1 and 3 o'clock



If you feel uncomfortable when flying the kite, what are the 3 things you can do to manage the power safely:

First, Push the bar out

Second, Push chickenloop safety system

Finally, Puch final emergency release (kite is no longer attached to you)

If you were to fly the kite with only 1 hand, which hand would you use and why?

Scenario 1: Your kite is sitting on your right around 45 degrees from the water:

Left hand

Scenario 2: Your kite is sitting at 12 o'clock, directly above your head:

Either hand

Where does the kite have the most power in the wind window?

When the kite is moving quickly from one side of the window to the other

How do you get the kite to cross the power zone?

Make sure to pass the kite by 12 when switching from one side to the other

Describe the essential steps to completing a proper power stroke:

Start kite at 12 o'clock, steer the kite quickly down to 10 (to the left) or 2 (to the right) and immediately back up to 12, continue fluidly to maintain consistent power

In the following images, label each person appropriately with either upwind body drag or downwind body drag



Downwind body dragging



Upwind body dragging

When the kite is leading edge facing down on the water, what do you need to do in order to relaunch the kite?



1st: Pull on one steering line (red in left or black in right) _____

2nd: Release tension as kite moves to 90 degrees _____

3rd: Kite should sit on the edge of the wind window (3 or 9) _____

4th: Pull gently on the steering line to slowly launch the kite off the water to 12 _____

When the kite is trailing edge facing down on the water, what do you need to do in order to flip it over?



-Pull on centre lines or perhaps swim backwards _____

-Kite will flip over with leading edge facing down _____

-complete steps as in the previous situation _____

List 2-3 reasons why you might want to complete a self rescue on the water:

Loss of board, damaged or broken lines, rapidly changing wind conditions, death of wind

List the steps to a proper self rescue:

1st Harness loops eject _____

2nd Pull safety line hand over hand to your bar (make sure power is in one line only) _____

3rd Secured safety line to bar by wrapping the line around the bar, lock the line off with a half hitch _____

4th Wrap all four lines in a figure eight formation until you get to your kite, lock lines off using _____

a half hitch knot, use kite as a flotation to get you back to shore

On June 16th you will be heading out to Squamish for your 2nd kiteboarding experience. Throughout this experience your main goal will be to get up on the board and get a few short rides. In order to do so, you will need to be familiar with some essential information:

1. If you have done any other board sports, which direction to you feel most comfortable riding?

Left foot forward (regular) or right foot forward (goofy) or I don't know

2. Once you have the board on your feet and you are sitting in the water, what angle should the board always be in reference to the lines of your kite?

Your body should be square with the kite, your board at a T-shape with the lines

3. If your body begins to twist around, what can you do to ensure that your body stays square to the kite?

Use one hand to paddle in the water to ensure your body stays square to the kite

4. What are the 5 steps to getting up on the board?

1. Point board downwind

2. Roll up on board

3. Turn front hip towards kite

4. Counter steer

5. Stand up and edge by pushing on your heels

5. Once up on the board, if you do not feel you have enough power to continue riding, what can you do to increase/maintain your power?

Continue to do figure 8 power strokes until top riding speed is obtained

Throughout this entire experience, what should continuously be your main focus?

The kite