

RVA

Wing Scheme

Syllabus



RYA Wing Scheme



Scheme Syllabus

The RYA Wing Scheme has four courses to help progression and development into the sport:

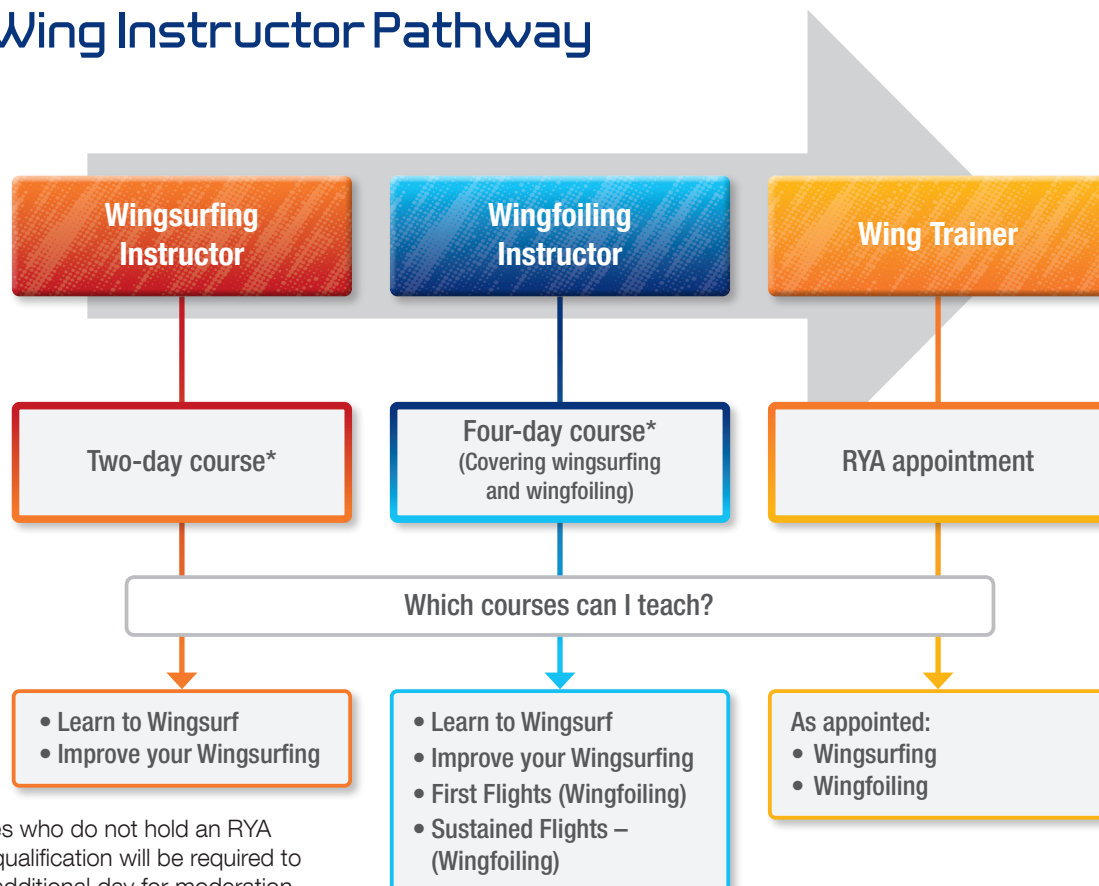
1. Learn to Wingsurf (two parts, an introductory course, up to four hours in duration):
 - a. Flying the Wing Ashore
 - b. Wingsurfing Afloat
2. Improve your Wingsurfing (building confidence and enhancing skills, up to four hours in duration).
3. First Flights (Wingfoiling) (progress your skills and achieve your first flights, eight to 10 hours, delivered over a number of short sessions or full days).
4. Sustained Flights (Wingfoiling) (advancing your skills, foiling knowledge, and sustaining flights. Eight to 10 hours, delivered over a number of short sessions or full days).



To aid progression through the RYA Wing scheme, and to simplify the teaching of the two disciplines, the RYA scheme and teaching sequence uses the following terms:

- **Wingsurfing:** Winging on a large windsurf board or stand-up paddleboard (SUP), non-foiling.
- **Wingfoiling:** Winging on a dedicated or dual-discipline foiling board.

RYA Wing Instructor Pathway



*Candidates who do not hold an RYA Instructor qualification will be required to attend an additional day for moderation.

1. Learn to Wingsurf

SYLLABUS 1: Learn to Wingsurf – Part a: Flying the Wing Ashore

At the end of this practical session the student should have a practical understanding of how to fly the wing safely ashore, including key positions and terms, how to increase and decrease the power, and the required stance.

Practical

Equipment and Set-up

Has a basic knowledge and understanding of:

- Parts of the wing.
- How to set the wing up and the importance of pumping the wing to the correct pressure.
- Choosing the correct wing size for the conditions.
- Wind direction and direction of travel across the wind.
- The board and fittings.

Launching and Landing

Can:

- Correctly attach board and wing.
- Leave equipment safely ashore.

Sailing Techniques and Manoeuvres

Can:

- Fly the wing in the Neutral Position.
- Flip the wing over.
- Slowly increase power in the wing.
- Depower and change the direction of the wing.
- Walk across the wind in both directions while maintaining wing control.

Theory

Has a basic understanding of:

- Wind direction and terms.

Safety

Has a basic understanding of:

- Rigging and operational area.
- Other users (ashore and afloat) when flying the wing.

SYLLABUS 1: Learn to Windsurf, Part b: Windsurfing Afloat

At the end of this practical session students will be able to fly the wing afloat on a board such as a windsurfer (with centreboard) or SUP. They will start in a kneeling position, progressing onto their feet, sailing across the wind, steering towards and away from the wind, and carrying out a basic gybe.

Practical

Equipment and Set-up

Has an understanding of:

- The impact of wing-size selection and the importance of correctly securing the wing with a leash.

Has knowledge of:

- Different boards and their characteristics in terms of use.
- The different handles and their uses, for powered and neutral flight of the wing.
- Attaching a leash to the board.

Launching and Landing

Can:

- Safely carry equipment to and from the water's edge.
- Launch and recover equipment.
- Leave the equipment safely ashore.

Sailing Techniques and Manoeuvres

Has knowledge of:

- The importance of a 'goal point' across the wind.
- The effect of foot and weight placement to assist manoeuvring the board.

Can:

- Flip the wing over while in the water and on a board.
- Make progress across the wind (kneeling).
- Get into and maintain correct stance (surfer's stance).
- Make progress across the wind (surfer's stance/standing position).
- Perform a basic gybe (kneeling position).
- Perform a basic gybe (surfer's stance/standing position).
- Steer towards and away from the wind while controlling the wing's power (kneeling position).
- Steer towards and away from the wind while controlling the wing's power (surfer's stance/standing position).
- Perform a self-rescue – basic prone paddle.

Understands:

- The importance of (and awareness of) sailing areas, hazards downwind, and when to self-rescue.
- Basic steering technique using the wing.
- The difference between a tack and gybe.
- How to control power through the basic gybe.

Safety

Has knowledge of:

- Appropriate self-rescue techniques.
- Choosing a suitable sailing area.

Theory

Understands:

- Centre of effort vs centre of lateral resistance.
- How a board steers.
- Wind direction and direction of travel across the wind.
- Basic terminology, including beam reach, close reach and broad reach.
- How and when to attract attention if needed.

2. Improve your Wingsurfing

SYLLABUS 2: Improve your Wingsurfing

At the end of this practical session students will have an increased confidence in their wingsurfing, improved ability upwind (being able to hold course and make progress), as well as enhanced tacking and gybing skills.

Practical

Equipment and Set-up

Has knowledge of:

- The importance of, and correct securing of the wing with a leash.

Understands:

- Different boards and their characteristics in terms of use.

Can:

- Pick an appropriate wing size for the conditions.
- Attach a leash to the board.
- Safely carry equipment to and from the water's edge.
- Launch and recover equipment.
- Leave the equipment safely ashore.

Sailing Techniques and Manoeuvres

Has knowledge of:

- The importance of a 'goal point' for making progress upwind.
- The effect of foot and weight placement to assist manoeuvring the board and to assist upwind progress.
- Switch-stance sailing.
- Lower-volume boards and the attributes of a foil board.

Can:

- Maintain a correct and effective stance on all points of sail (surfer's stance).
- Maintain a sailing line.
- Demonstrate improved steering, towards and away from the wind.
- Increase momentum through pumping
- Sail towards the wind and make progress upwind.
- Perform a tack, showing improved technique.
- Perform a gybe, showing improved technique.
- Control power through the basic gybe.

Understands:

- The importance of (and awareness of) sailing areas, hazards downwind, and when to self-rescue.

Safety

Has knowledge of:

- Lifting wing and checking before turning.
- Basic Rules of the Road.

Theory

Understands:

- Points of Sail and the No-go Zone.
- Relationships between centre of effort and lateral resistance.

3. First Flights (Wingfoiling)

SYLLABUS 3: First Flights (Wingfoiling)

At the end of this course the student will be able to set up, launch, and recover wingfoiling equipment safely, making their first short flights on the foil. Students will have a basic understanding of the equipment available and opportunities for continuing, including the progression exercises.

Practical

Equipment and Set-up

Can:

- Put a foil and its component parts together.
- Attach a hydrofoil to a board.
- Check all aspects of the foil are fastened.

Launching and Landing

Can:

- Carry a foil and board on land.
- Launch and recover board with foil, demonstrating awareness and understanding of water depth.

Sailing Techniques and Manoeuvres

Has knowledge of:

- Effective pumping of the wing and foil to aid flight.

Understands:

- How to maintain flight.
- What is needed for 'controlled' flight.
- How to land in a controlled fashion.

Can:

- Wing upwind and turn around, having made ground upwind (non-foiling).
- Demonstrate 'take off'.
- Effectively increase power and speed to encourage flight.
- Decrease power to slow down and touch down, coming off the foil in control.
- Correct point of sail to assist flight.
- Maintain flight for short distances.
- Demonstrate basic foot steering.

Foiling Knowledge

Has basic knowledge of:

- A foil and how it works.
- Wingfoiling set-ups available.

Safety

Understands and has knowledge of:

- Personal safety equipment: helmets, impact vests, and leashes.
- Attaching a leash correctly and securely.
- Falling proactively away from the foil.

4. Sustained Flights (Wingfoiling)

SYLLABUS 4: Sustained Flights (Wingfoiling)

By the end of the Sustained Flights course the student will be able to take longer foiling flights, making effective ground up and downwind, with an aim of entering a gybe from a foiling position. Foiling knowledge and understanding of winging equipment, making choices dependent on conditions, and how foils work will also be enhanced.

Practical

Equipment and Set-up

Can:

- Choose appropriate wing size for the conditions (inc. component parts, rigging, and tuning)

Understands:

- Foil, board, and wing set-up.
- Options for changing foil front wing size for the conditions.

Launching and Landing

Can:

- Launch and land safely and confidently.

Sailing Techniques and Manoeuvres

Can:

- Maintain periods of sustained flight on most points of sail.
- Adjust the board and wing for the required point of sail.
- Demonstrate a good foiling stance.
- Use effective board and wing pumping if needed to encourage flight.
- Demonstrate basic steering towards and away from the wind while foiling.
- Land in a controlled manner.
- Perform a non-foiling gybe.

Foiling Knowledge

Has knowledge of:

- The advantages and disadvantages of different mast and fuselage lengths.
- High- and low-aspect wings.
- Required maintenance.

Safety

Understands:

- The lack of noise when approaching other craft.
- The angles foiling craft achieve compared with traditional non-foiling craft.



RYA Wing Scheme Information & Syllabus

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