



RYA Inspector Foiling Guidance

The RYA Foiling Courses are an integration into the relevant schemes, and not a **new** scheme. The courses integrated into the RYA National Sailing and Windsurfing Schemes are:

1. First Flights: Taster session
2. Sustained Flights: Course
3. Performance Flights: Course

Further information, course length and descriptions are on the RYA website: [RYA Foiling courses and descriptions](#), the RYA Foiling Publication (G101), and RYA centre guidance and delivery on the [RYA Training Support Site](#), especially:

- Training Centre Checklists for inspection of equipment
 - [Sailfoiling](#)
 - [Windfoiling](#)
- RYA Foiling Resource for both centres and instructor delivery

Centres holding or wishing to hold recognition for foiling courses should be inspected as per any other advanced module or additional, higher level RYA course.

Key areas and evidence the inspector should be looking for are areas such as:

- Correct Instructor endorsements
- Integrity of equipment and suitability
- Operational understanding and risk assessment
- Course marketing

Course supervision, ratios and delivery

As with all RYA National Sailing and Windsurfing scheme delivery, a RYA Senior Instructor is required for the supervision of RYA Foiling Courses, however they do not need to be an RYA Foiling endorsed instructor themselves. As with more advanced courses in the schemes appropriately endorsed instructors must be a nominated staff member. The level of course granted is then based on the suitability and personal experience/foiling competency of the instructor, upon approval of the centre's Principal or Chief Instructor.

COURSE	QUALIFICATION	INSTRUCTOR/STUDENT RATIO
RYA First Flights	RYA Foiling Instructor (RYA Sustained Flights personal competency or above)	Sailing: 1:4 Instructor:student, (Max 2 boats)
		Windsurfing: 1:4 - (Initial Session with 2 foils to 4 students)
RYA Sustained Flights	RYA Foiling Instructor (RYA Performance Flights personal competency)	Sailing: 1:4 Max
		Windsurfing 1:6
RYA Performance Flights	RYA Foiling Instructor (RYA Performance Flights personal competency)	Sailing 1:4 Max
		Windsurfing: 1:6

Operational Guidance

(for further information refer to www.rya.org.uk/training-support/Pages/dinghy-keelboat-multihull.aspx and www.rya.org.uk/training-support/Pages/windsurfing-courses.aspx)

Careful consideration should be paid to suitable operating area(s) designated to foiling delivery. The following points should assist the consideration of a suitable operating area:

- **Size of area:** Large sailing areas are required to operate foiling safely, due to foiling craft (boats and boards) travelling at high speeds. Consideration should also be paid to sailing areas that enable room across wind, upwind and downwind
- Beginners require space across the wind as well as downwind
- As skills develop, downwind space, similar to that required for asymmetric and planing windsurfers will be required
- **Speed:** Foiling boats and boards can sail at very high speeds, often silently or much quieter than other craft. Therefore careful consideration must be paid to suitable and sufficient space being made available for students, with *clearly defined* sailing areas, considering across-wind, upwind and downwind (at speed).
- **Effective briefings** should be provided by the instructors with clear instructions outlining any required information, such as
 - downwind limit
 - safety boat
 - safe sailing area
- **Water depth:** Consideration should be paid to the depth of water due to the foil lengths. Therefore sailing areas should have sufficient depth, with any risks from shallow water assessed and included in instructor briefings
- **Water state:** Flat water is a preference and should be a priority wherever possible. If conditions prevent this, effective procedures should be put in place to manage effectively.
- **Launching and recovery** of foiling equipment, like all centre craft, requires specific training to ensure staff and students do not harm themselves with the equipment, as well as to prevent equipment damage.

Safety Considerations

Safety at an RYA Training Centre is paramount and foiling is a new concept to most RTC environments. As such it is important the centre and staff do all they can to avoid unnecessary risk and manage it effectively.

There are a few specific safety considerations when delivering foiling tuition due to the different features, systems and ways to set up and rig both foiling boats and boards. Care and attention should also be paid to the manufacturer's rigging and tuning guides, which will ensure safe use of equipment and promote the best foiling experience through correct set-up.

It is important that the instructors responsible for supervising or running sessions have knowledge of the specific equipment being used, characteristics when stopping and what safety precautions may be necessary.

- The use of helmets should be effectively assessed and be considered
- Instructor briefings should include clear instructions on techniques, avoidance of crashes and what to do in the event of a sudden stop or crash
- Personal equipment should be a high consideration. Foils can be sharp and impacts with equipment can occur. As such, effective assessment of the use of helmets, wetsuits and footwear should be carried out and suitable guidance provided.
- There should be adequate equipment checks and maintenance regimes in place ensuring equipment is rigged effectively and correctly set up according to the manufacturer's guidance.

Session delivery

As with all RYA Course delivery and session planning, dynamic risk assessing of sailing areas and weather conditions continues to play an important role. It is important to consider that students who are new to foiling and developing their technique can tire quickly. Consideration through effective session planning should factor in aspects such as the chosen sailing area; session timings; environments for the sailors to rest, or perhaps the delivery through shorter sessions. Effective staff training should be in place and include, safety considerations, foil workings (inc. disengagement) knowledge of the specific features of the boat/board and foil, and understanding as to correct set-up of both the boat/board and foils

RYA Inspections:

Additional Checklists items

(for further information refer to www.rya.org.uk/training-support/Documents/Training_checklist_windsurf.pdf and www.rya.org.uk/training-support/Documents/Training_checklist_DKM.pdf)

SailFoiling:

- ✓ F1: All foils functioning and in good order
- ✓ F2: Twist grips/extensions and mechanisms in good working order
- ✓ F3: Wand, attachment and push rod functioning and good working order
- ✓ F5: Main foil flap and push rod in good condition
- ✓ F4: Wand is fully operational

Foil designed:

- ✓ F6: Fitted correctly, in good condition, with adjustments working
- ✓ F7: Equipped with flotation bladders, in good condition and working order

WindFoiling:

- ✓ Appropriate boards,
- ✓ Appropriate foil mast lengths and wing sizes
- ✓ Securely and appropriately fitted
- ✓ Foils well maintained

Boards

- ✓ Appropriate boards, inc: volume, width for foils and sail sizes being used

Rigs:

- ✓ Appropriate range of sails sizes

WindFoil Equipment:

(for further information refer to www.rya.org.uk/training-support/Pages/windsurfing-courses.aspx and dedicated RYA Foiling Publication G101)

Foil Types for teaching:

1. Medium to Low aspect foils

- Level: first timers
- Performance: Excellent early foiling, can be limited on top end speed
- *What does it look like:* Front wing over 700cm²,
- The larger the surface area of the front wing the earlier the flight in lighter winds!
- Manufacturers: Naish Hover, NP Wind Alloy, Slingshot levitator, Starboard Super Cruiser.

Extra information: Medium aspect foils offer early flight but also good speed and so have a range of teaching applications. This would be a good choice for a centre with limited foiling kit. (Examples, AFS 700 and 800, Starboard Freeride, Slingshot hover glide, Loke Foil, Starboard GTR)

Higher aspect foils, Level: Early intermediates and above

- Offering increased speed and performance.
- *What does it look like:* large rear to front wing ratios
- Performance: good stability but *increased* speed
- Examples: Starboard GT alloy, NP Alloy, AFS 85

Sails:

As an RYA Intermediate windsurfing centre appropriate sails should be available, around 6.5m plus.

Boards:

Boards will tend to be of 135 litres or above. Types you may come across: Foil Ready: Normal freeride board with reinforced fin box

- Convertible: A board that has Foil specific features but can also be used as a normal board.
- Foil Board: Specifically designed for foiling and not for use with a fin

First Flights: Foil and Foil ready, convertible or Foil Board, with appropriate front wing size and volume for conditions foiling is likely to be taught in. A mast length option of below 85.

Sustained Flights: Foil Ready, Convertible or Foil Ready board. A foil with mast length less than 100cm.

Performance flights: Convertible or Foil Board, mast lengths over 85 and ideally a range of foils or boards within the centre.

SailFoil Equipment:

(for further information refer to www.rya.org.uk/training-support/Pages/dinghy-keelboat-multihull.aspx and dedicated RYA Foiling Publication G101)

Courses and equipment:

- First Flights: Foil specific boats (winged) and adapted
- Sustained Flights: Foil specific boats (winged) and adapted
- Performance Flights: At this current time only foil specially designed boats (winged) are acceptable

Boats you are most likely to come across at an RYA Training Centre:

Foiling designed:

Waszp: Intermediate/ advanced foilers. Good technique is required to sail in displacement mode, Need approx. 8-10 knots to foil with good technique, 12+ for beginners, 15 knots and above a good techniques is required.

Moth: Intermediate/advanced foilers with excellent foiling performance.

- The boat is unstable in displacement mode, which can hamper learning in the early stages
- Safety should be a consideration due to shrouds and standing rigging
- Foils early in about 6-7 knots.

Skeeta: An all-rounder, very stable in displacement mode.

- The boat's stable platform facilitates learning for all levels, with the wide hull creating stability and the opportunity to stop and rest.
- Foils in 7/8 knots and upwards,
- Gybing and tacking on the foils as well as having a rig which is easily flattened.

Adaptive kits:

At current there is only one 'adaptive' kit available on the market which is Glide Free Designs.

Glide Free Designs:

- Adapts boats: RS Aero, O'Pen Bic, Laser, Melges
(Please note: The Laser is restricted to experience taking off and first flights only).
- Good entry to intermediate level option
- Adaptive kits provide a good introduction to foiling, they have performance restrictions and therefore are a way to encourage progression on to a foiling designed boat.
- Lighter boats such as the RS Aero foil earlier and on all points of sail in approx. 7/8 knots.
- Allow sailors to rest or sail in displacement mode by disengaging the foils.

Centres wishing to be recognised for RYA Foiling Course should contact recognition@rya.org.uk.

Inspectors, Coaches and Trainers can access further information by referring to the RYA Guidance notes, RYA Foiling Instructor resources and RYA Foiling Publication.