

# **COURSE SYLLABUS - UAS PE \_\_\_/ODS \_\_\_ Introduction to Kiteboarding**

Summer Semester, 2012

PE CRN \_\_\_\_\_ Sec. J01, ODS CRN \_\_\_\_\_ Sec. J01

Course Dates 20110809 - 20110814 1 credit.

Begins with planning meeting 8:00 - 10:00 am Thurs., Aug. 9, JREC 115

Field course departs on Skagway ferry 11:00 am Fri. Aug. 9

Returns to Juneau 2:30 pm Tues. Aug. 14

Instructor Bill Glude

## **NOTES**

- Check tide tables once available; need high slack to ebb in afternoon; if not suitable will have to use different week or relocate to Skagway/Dyea where tide is not important!
- Check ferry schedules; not available yet!
- Fill out camping gear section of gear list; check against ODS camping list.

## **Instructor Information**

### **Name:**

Bill Glude

### **UAS office:**

I do not have a UAS office, but I am available for a short time immediately after classes to meet with students, or you can contact me directly to set up a time and place to meet.

### **Home office (mailing) address:**

PO Box 22316, Juneau, Alaska 99802

### **Phones:**

586-5606 home office, 523-8900 work office, 206-617-7703 cell.

### **Personal E-mail:**

I will list it in two parts to foil the spammers' web crawlers that automatically harvest e-mail addresses from websites. The username, or first part, is snowcom01, and the name of the server, which follows the conventional symbol for at is me.com. I may not be able to respond immediately, but I do check it daily when I am in town or able to get a decent Internet connection.

## **Course Website**

We will be using the PE section course website on [UAS Online](#) for our announcements, syllabus, and other special items for this UAS course. We will post the course handouts as class time approaches. We usually post updates before each topic is covered during

the fall course and as new information or improved presentation comes up during the season. Be sure to check the course site before each session for the latest updates and course announcements.

Go to [UAS Online](#) and search the appropriate semester for “kiting”, then go to the PE section.

## Course Schedule

NOTE: This is primarily a field course, and is highly dependent on wind, tide, and weather, so this is a framework rather than a fixed schedule. We will adjust the course to the weather conditions we have. We will update the syllabus periodically, so check the date at the top to be sure you have the most-current version.

Note that this course begins with a planning, paperwork, and gear checkout session before we head to out on the ferry. This first session is strictly required; you must be there if you want to complete the course.

Afternoon into evening is usually the best time for wind, so we will tend to have a late schedule. We will adjust to take advantage of good wind when we have it. We will fill mornings and other windless times with classes and practice sessions on kite setup, gear types and choice, kite care, picking good sites, understanding wind and tide effects, and other related skills. We may take some rest, store, and internet time then too, especially if we have had a long session the previous day.

### Day 1

#### **Morning Planning, Paperwork, and Gear Checkout**, 8:00 to 10:00 am

- Introductions
- Course Format, Liability & Risk, Forms
- Handouts
- Field Trip Logistics
- Gear Checkout

#### **Ferry to Skagway**, 11:30 am to midnight

- 11:45 am UAS Rec Center; meet up for van ride.
- Ferry sails 1:30 pm; arrives Skagway 11:00 pm.

#### **On the ferry:**

- 2:00 - 3:00 solarium: risk management, etiquette, gear care, practical kite theory**

#### **Catch up on sleep**

- Unload Skagway 11:00 pm, to City’s Dyea campground. Set up camp.

### Day 2

#### **Morning Field Session**, 10:00 am to noon

- Kite setup, foil and tube kites
- Control and multiple release systems.

### **Kiting Field Session**, noon - 8:00 pm

Drive to Pyramid Island Spit

Foil trainers on land

Foil kite setup and packing.

Risk management and gear care review.

Foil trainer exercises: short turns to get the feel of the kite, launching/landing, exploring the edge of the window, move slow/ move fast, untwisting the lines, stop at each "hour", power strokes: shallow "kitty sips" at edge of window, longer strokes deep in window; relaunching; lulls and gusts, walking while flying the kite.

Tube trainers on land

Tube kite setup, preflight, launching/landing, and packing.

Tube trainer exercises: tube kite feel, using harness and chicken loop, relaunching, generating more power.

To camp, dinner and video study.

## **Day 3**

### **Kiting Field Session**, 10:00 to 8:00 pm

Morning classes as wind and tide dictate.

Drive to Pyramid Island Spit

In the water and on the beach

Kite sizing.

Self rescue tactics and practice.

Launching and landing tube kites with a helper, including preflight and post-launch checklists.

Superman survival; what to do when kite lifts or drags you.

What to do when overpowered.

Practice flying full sized tube kites.

Understanding trim system.

Practice using release systems, including setting up to relaunch.

Body drags, no-board upwind and downwind, with board.

Water relaunching.

Body dragging, board recovery practice.

Feet-first controlled drift.

Same with board on.

Stopping and coming back.

Water start.

Stance and riding.

Speed control.

Dealing with lulls and gusts.

To camp, dinner and video study.

## **Day 4**

### **Kiting Field Session**, 10:00 to 8:00 pm

Morning classes as wind and tide dictate.

Drive to Pyramid Island Spit

On the water and on the beach  
Troubleshooting problems.  
Sliding transition.  
Generating smooth power.  
Heelside turns.  
Landing, parking, and stowing kites in strong winds.  
Go kiting; practice and have fun!  
To camp, dinner and video study.

## Day 5

### **Kiting Field Session**, 10:00 to 8:00 pm

Morning classes as wind and tide dictate.

Drive to Pyramid Island Spit

On the water and on the beach  
Troubleshooting problems.  
Self launching and landing techniques.  
Heelside and toeside turns.  
Jumping.  
Strong winds, riding and body drag in with board.  
Kiting upwind.  
Kiting downwind.

To camp, dinner and video study.

## Day 6

### **Ferry to Juneau**, 6:00 am to 2:30 pm

6:30 am check in for ferry; check in course gear; collect gear in van.

Ferry departs Skagway 8:00 am; arrives Juneau 2:30 pm.

**On the ferry:**

**Get some sleep!**

**Breakfast**

**Course wrapup including gear choices, continuing learning.**

To Rec Center; unload and stow gear so it dries.

## Course Requirements

**The best thing you can do to prepare for kiting lessons is to buy or borrow a foil trainer kite and put in as much practice time as you can with it beforehand.** It will take at least three or four hours to dial in the basic skills, preferably in several sessions so you practice in a variety of conditions.

The more practice time you put in before your lessons, the stronger your kite skills will be and the more benefit you will get out of the lessons. You want to practice your basic kite handling skills into muscle memory, so you don't have to think about them. Work systematically through the trainer kite exercises in the key skills list below.

Trainers with a three or four-line flag-out release system are strongly recommended; if you can only get a two-line kite just be sure it is 2m or less and don't fly it in strong winds.

Kiting is tremendously fun, and can make you feel like you can do anything, but you must always remember that the kite has tremendous power that can easily drag you or lift you and carry you into things you might not want to get dragged through or dropped into. We must strongly emphasize risk management and require that you learn and follow guidelines and practices to minimize risk to yourself and others. If you disregard those protocols, we cannot allow you to continue the course.

In order to pass, you must attend the pre-trip planning session, the on-ferry training sessions, and at least three of the four field sessions, and demonstrate basic skills including proper risk management. You must have the UAS liability release, medical history, and insurance forms filled out before we head into the field, and must have all the required gear to go.

## **Scope of the Course**

This is a field course with some classroom sessions as we travel to and from the field, and in the evenings. We will be primarily learning hands-on, but will also have handouts on risk management and key skills.

Our locations in Haines and Skagway are known for wind, so we have the best odds on suitable wind conditions of any location in the Southeast Alaska region. During windless periods, we will work on related skills while keeping an eye out for kiteable wind, or take a break if we have had a long day the day before.

## **Personal Field Gear**

### **Clothing**

You will need clothing for camping and being out in what could be wet, cold, and windy conditions. It is common for August to have rainy days in the 7 to 10°C temperature range, with wind. Stress windproof and water-resistant outer layers.

When kiting, we will wear wet or drysuits with booties and gloves. Helmets are mandatory. It's a good idea to wear a small snug-fitting swimsuit under your clothes so you can change into and out of your wet or drysuit anywhere. It's nice to get the suit off when you are done for the day or taking a long break!

### **Recommended Clothing**

long underwear - synthetic, silk, or wool; NOT cotton!  
shirt or turtleneck - synthetic, silk, or wool; or heavy long underwear

at least two warm insulating layers, such as: fleece vest, fleece jacket, wool sweater, fiberfill coat or vest, or pile coat or vest  
shell parka - waterproof breathable preferred; on this trip heavy-duty raingear will work too  
pants - shell; waterproof breathable or heavy-duty raingear  
warm shoes  
warm hat - like a stocking cap or beanie  
light gloves  
baseball hat for warm, sunny days  
light clothes for warm weather

## **Field Gear**

### Required Field Gear

We will provide kites, harnesses, and boards. We will have to trade off with them, rather than all riding at once, but we have found that learning is best in 20 to 30 minute sessions with break time to watch others in between.

+ Wet or drysuit, with booties and gloves. If using a paddling-type baggy drysuit, you will need your own fleece top and pants to wear under it.

+ helmet - strictly required for kiting! A water sports helmet is best, but the ODS program climbing helmets will also work.

\* day rucksack, duffel, or mesh bag for dry clothes, towel, wet or drysuit, water, camera, sun protection, and lunch.

sun glasses for the beach

sun screen and lip protection

### Recommended Field Gear

emergency medical kit - strongly recommended

camera (still or video) with memory cards and spare batteries

spare headlamp and beacon batteries

## **Camping Gear**

### Individual Camping Gear

Sleeping bag

Pad

Headlamp

Line for rigging shelter, and for drying clothes and wet and drysuits

Toilet kit and towel

Lighter

Pocket knife

Cup

Bowl  
Plate  
Eating utensils  
Bug dope

### Shared and Group Camping Gear

Tents  
Solar Shower  
Stoves  
Cook pots  
Cooking utensils  
Water jug  
Paper towels  
Trash bags  
Ziplocks  
Food

\* Items available for checkout at the Student Activity Center; must be picked up ahead of course, during normal SAC hours.

+ Items available for checkout from the ODS program. We will check out ODS gear at the precourse session.

## Group Gear

### Required Group Gear

group emergency medical kit  
radio or phone  
foil trainer kites  
tube trainer kites  
water kites  
kiteboards  
harnesses

## Video DVD

*Zero to Hero* and *Evolution* DVDs, from Real Kiteboarding. We will bring copies for the course. Also available online for \$29.99 plus shipping here <http://www.realwatersports.com/gear/kiteboarding/dvd/>

## Grading

### PE Requirements for Pass Grade:

In order to pass the course, you must be there and actively participating for the pre-course meeting and at least three of the four field sessions, fly trainer kites, and be able to waterstart, ride a hundred meters, stop, and turn with a water kite and board.

There is no written exam.

### **Additional Requirements for Outdoor Studies Students:**

We have to give a letter grade for the ODS students. We will grade with equal weighting on

1. Knowledge of key risk management considerations; we may use a written quiz for this so study the handouts.
2. Ability to preflight check, rig, and launch a water kite.
3. Ability to waterstart.
4. Ability to ride at least a hundred meters with good stance and control.
5. Ability to stop.
6. Ability to turn.
7. Ability to land and secure a water kite.
8. Ability to kite upwind.
9. Ability to kite downwind.

### **Conferences**

If you have anything to discuss, grab me after class, or give me a call, or send me an e-mail, and we can set up a time.

### **Late Assignment Policy**

There will be no assignments.

### **Registration and Withdrawal Policy**

Those who show up for the first class session will be given a place in the class, up to our limit. If there are people on the wait list who show up and you are registered but are not there, they will get your spot. You may withdraw anytime before the last official withdraw date for this semester without penalty.

### **Student Rating of Instruction**

During the last three weeks of the semester, you can rate courses online. Notification is sent to your UAS e-mail account when the questionnaires become available. Please help us improve our courses by taking a few minutes to fill out the rating forms!

### **Course Outcomes**

When you finish this course, you should:

1. Know the essentials of water kiting risk management, including choosing good locations, wind and weather evaluation, how to deal with tides and currents, kite setup and preflight checks, harness use, launching and landing including signals and water relaunches, speed control, stopping, courtesy to other users and kites, self rescue, and the control and release systems.
2. Understand the wind window and be able to fly a trainer kite without having to think about which way to turn it, be able to stop and hold the kite at any point on the front of the wind window, deal with lulls and gusts, moving the kite slowly or rapidly, short and long power strokes, power strokes at the edge of and deep into the window.
3. Understand the rules of the road and right-of-way practices for riding with other kites and water traffic.
4. Be able to fly a tube trainer kite off a regular harness and line set with good control of kite power, position, and speed.
5. Be able to choose appropriate gear and size it for the conditions.
6. Be able to body drag up and downwind, with or without the board.
7. Be able to body drag upwind to retrieve a lost board.
8. Be able to set up, preflight check, launch, and land water kites, including knowing how to land and secure a kite in strong wind.
9. Be able to waterstart in both directions, ride a hundred meters, stop or turn, and ride back.
10. Be able to travel upwind and downwind and turn while controlling speed and course.
11. Be able to do a stop or sliding transition to change direction.
12. Understand heelside and toeside transitions well enough to continue independent practice.