

6. Windsurfing - How to Play?

Windsurfing is a game of balance, so understanding the ways to keep oneself upright on the surfing board and knowing the skills needed to stay afloat once in the water, is very important to be a surfer. Let us discuss some of the basic steps that are supposed to be practiced before getting into serious surfing.

Preparing for Windsurfing

- Wear a wetsuit, shoes, rescue coat, and helmet.
- Place a whistle in the pocket of the rescue coat.
- Keep personal flotation device with you.
- Check the status of the boat, board, rig, and allied equipment for good condition.

How to Windsurf

- Push the board out into deep water, until the fin is clear of the bottom.
- Get a sense of the wind direction.



- According to the wind direction, decide how you need to move, as it is completely a play of sailing with the help of the wind.