

- Maneuver the board so that the sail is downwind of the board.
- Swim or walk to the upwind side and clamber onto the board - elegance is not required.
- Stay on your knees and grab hold of the up haul, without pulling up the sail yet.



- Stand on your feet at a slow pace.
- Using a beginner's board should mean you are pretty stable - rock back and forth on your feet to get a feel for it.