

Surf Foil Clinic - Learning to Fly

Overview

Foiling is an exciting new water sports. This clinic will serve as an introduction to surf foiling and provide an overview of the sport and insight on how to get started. While many skills are transferable from non-foiling boards such as surfing, paddle boarding or skateboarding, it does require some new skills to master the foil.

Duration

4 hours

We'll introduce foil boarding and go over some basics including foil history, equipment overview, safety, and how to get started foiling instruction. If wave conditions are right we'll provide instruction and let participants try out some foil boards.

Preparation

Please prepare yourself for the clinic with the following:

- We will have a select few demo foil boards available
- If it is your first time to foil we suggest bring a helmet for safety ie a skateboard helmet
- Make sure you have plenty of water or food to stay hydrated and energized
- Sunscreen as needed
- A great attitude to learn about the coolest sport around

Agenda

1. Introductions
2. Foil Boarding Overview - a little history of how we got to this new sport
3. Equipment Overview - provide an overview of the different types of foiling equipment for both boards and foils the differences and why it matters.
4. Safety - priority number one is safety. Foiling can be challenging and inherently dangerous if not approached correctly. We will

spend some time talking about how to make your foil experience as safe as possible.

5. How to Foil Board
 1. Setting up the foil board
 2. Land demo with instruction on foiling specifics and tips on how to get started
 3. Foil Safety
 4. Etiquette
 5. How to transport board/foil setup safely and launch safely to and from the beach
6. Try out a foil board - Depending on interest and conditions we'll give participants as chance to try a foil board