

BELS & Hangloose Paddle – Surf – Sail Water Sports Programme



Windsurfing, Sailing & Kayaking program:

This scheme is aimed at the younger Windsurfers, Sailor & kayakers with no/little previous experience. It offers the chance to try the sports and discover what it's all about while conversing in English. The courses cover skills in the respective discipline including awareness of the elements.

The scheme is set on 3 sessions of 2 hours each for sailing and windsurfing, and for those taking the watersports programme, the scheme is 2 sessions of 2 hours each of sailing and windsurfing plus 1 session of kayaking.

The sessions will be held every **TUESDAY, WEDNESDAY AND THURSDAY**.

The pick-up point is BELS RESIDENCE. Please go to the meeting point 5 minutes beforehand to ensure a timely arrival at our center. After the activity you will be dropped off at the BELS Residence once again.

Please remember to take the appropriate swimwear, towel, sun block and hat. Kindly ensure you drink plenty of water so may enjoy your activity and avoid dehydration.

Windsurfing	Sailing	Kayaking
The gear	Rigging on a boat	Basic instructions on rowing and rules of the road & safety
Other equipment	Launching	
Rigging up	Free sailing across the wind	
Carrying and launching	Turning and coming back	Enjoy yourself with this sport in the Bay
Where is the wind	Reaching	
The secure position	Beating	
Rules of the road	Running	Keep within a reasonable distance from your starting point so that you can be supervised.
Sailing away	Sailing skills maneuvers	
Stance	Rope work	
Steering	Kicking Straps	Please be back on time.
The points of sailing	Rules of the road	
Sailing upwind and tacking	Man overboard	
Sailing downwind and gybing	Capsizing drill	
Theory	Theory	
Turning the board around 180 degrees	Getting underway and returning to shore, jetty or mooring.	

“Hangloose, get wet and get stoked. We want you to love the water as much as we do!”

Hangloose Terms and Conditions:

1. All BELS students must take out a travel and water sports activities insurance policy.
2. Windsurfing / Sailing participants must be physically fit to take part in open sea and be free of any condition which may render the activity hazardous. Participants must be able to swim at least 50 meters without aid.
3. We accept no liability for personal injury or loss or damage of personal belongings and equipment.
4. If a student commences a Windsurfing / Sailing session and he/she decide to Stop, BELS/Hangloose will still want to be paid in full. Participants are requested to advise the BELS leader if he/she is unable to attend in advance. BELS in turn will inform Hangloose Water Sports on the day of activity.
5. Hangloose reserves the right to change activities especially if weather conditions are not favorable.

Enjoy this new experience and play safe 😊