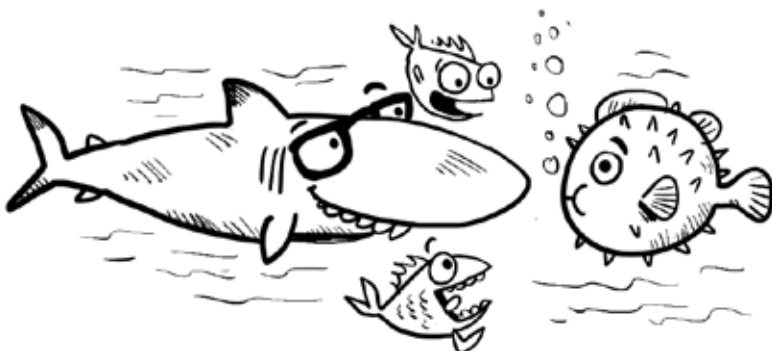




WORKBOOK





WELCOME TO WINDSURFKIDS

Hey! Stoked you're here :)
This workbook is filled with everything
you need to become a WindsurfKid.

You can bring it along to every
WindsurfKids lesson you have, and
use it to remember all the awesome
stuff you learn along the way.

Here's
how it
works...

There are 6 main sections in this
workbook, one for each of your
WindsurfKids lessons.

You'll do some of
the exercises with
your WindsurfKids
class, and some you
can do at home.

Oh, and there's extra
space to scribble
things down & plan
your next Windsurf
adventure.



6 LESSONS IN THE WindsurfKids PROGRAM!



This lesson is all about staying safe in the water, recognising hazards, self rescue and being able to help someone else who gets in trouble. [Page 8](#)



This lesson will teach you the all important windsurfing basics. So you can learn to use the power of the wind to zoom across the water. [Page 20](#)



This lesson is all about going on adventures. You'll learn about some amazing explorers and how you can plan your own adventures without having to go too far from home. [Page 25](#)



This lesson is about keeping our oceans & waterways clean. You'll learn why plastics are causing so much trouble in our environment, and what we can do to help. [Page 36](#)



This lesson is about being a healthy WindsurfKid. You'll learn how to stay fit for your windsurf sessions, what kind of food you should be eating, and the little things you can do to stay relaxed & happy. **Page 45**

This lesson will help you become an ambassador for the planet. You'll learn what's happening in your local area and around the world, and you'll choose which cause you want to support and what you can do to make a difference ! **Page 57**



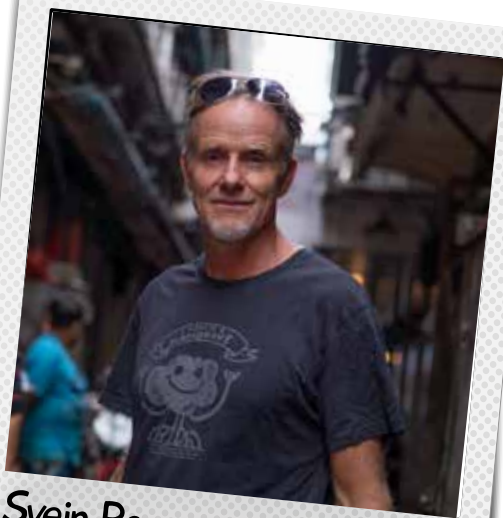
Meet TIKI & the Dream Team

You'll also spot lots of Dream Team members throughout the workbook, sharing their tips & tricks & making sure you stay safe in the water and take good care of our planet.



MEET TIKI!

TIKI will be your guide throughout this workbook! Teaching you everything you need to know about being a happy, healthy, planet-protecting WindsurfKid!



Svein Rasmussen
Starboard Founder



Sarah Quita Offringa
Starboard Team Rider



Zane Schweitzer
Team Rider & Ocean Ambassador



Lizzy Howard
Starboard Eco Team



Hélène Noesmoen
iQFOIL Committee

The Starboard Dream Team is made up of professional Team Riders, Ocean Ambassadors, members of the Starboard Eco Team and of the iQFOIL Committee.

(iQFOIL is the new type of windsurfing that is being brought to the Olympics in 2024!)



Thip Mongprasert
Starboard Eco Team



Lena Erdil
Starboard Team Rider



Nico Prien
Starboard Team Rider



Florian Jung
Team Rider & Ocean Ambassador



Federico Morisio
Team Rider & Ocean Ambassador



Merijn Tinga
Ocean Ambassador



Oda Brodhølt
Starboard Team Rider



Maria Belen
iQFOIL Committee

The first thing we need to learn is how to stay safe in the water. Once we know this, windsurfing is a lot more fun!



1. ALWAYS WINDSURF WITH A BUDDY



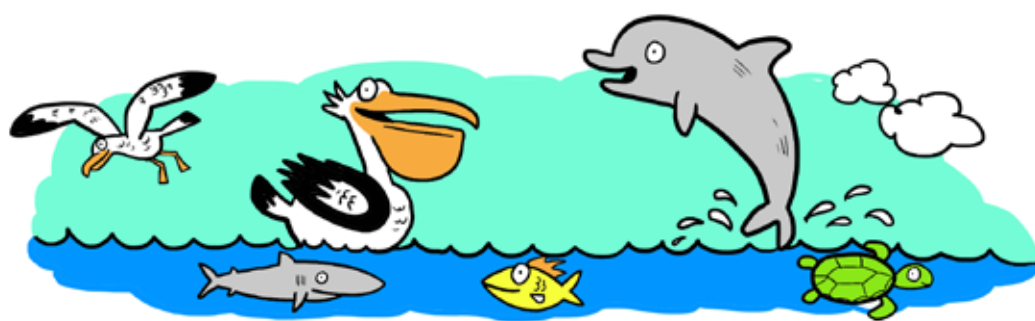
2. RESPECT OTHER WATER USERS



4. KNOW YOUR LOCAL BEACHES & WATERWAYS



5. ALWAYS CHECK YOUR EQUIPMENT



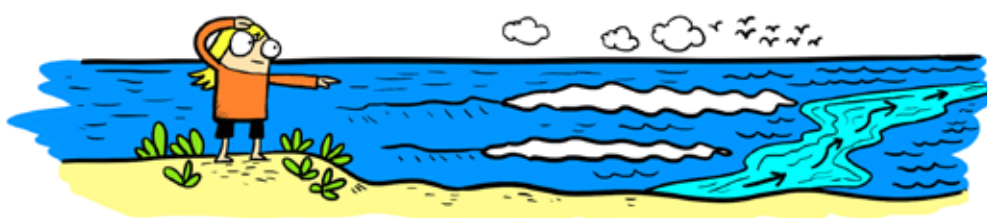
6. TAKE CARE OF LOCAL WILDLIFE



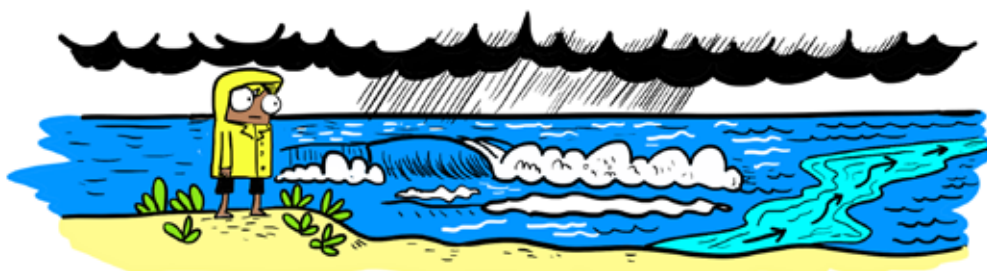
7. SHARE YOUR KNOWLEDGE



8. ONLY LEAVE YOUR PRINTS



9. LEARN TO RECOGNISE HAZARDS

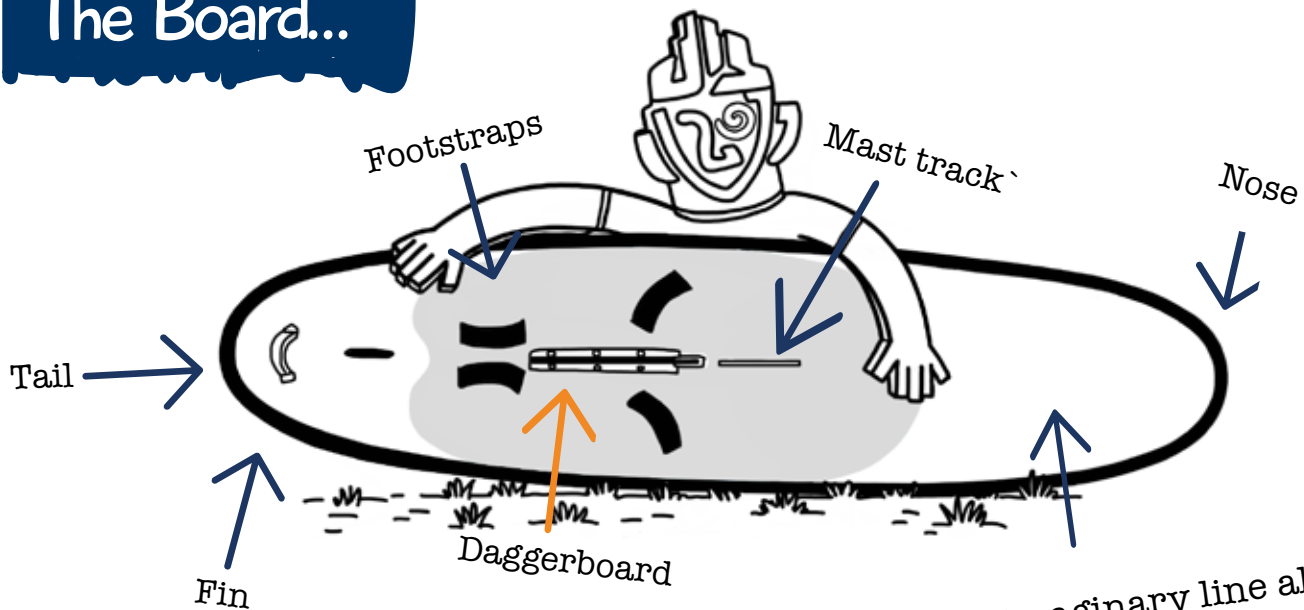


10. IF IN DOUBT, STAY OUT!

Get to know your Windsurf Kit

Ok, we know the 10 SUPKids rules we have to follow...now it's time to learn about your equipment. Windsurf Kit is split into two main parts:

The Board...

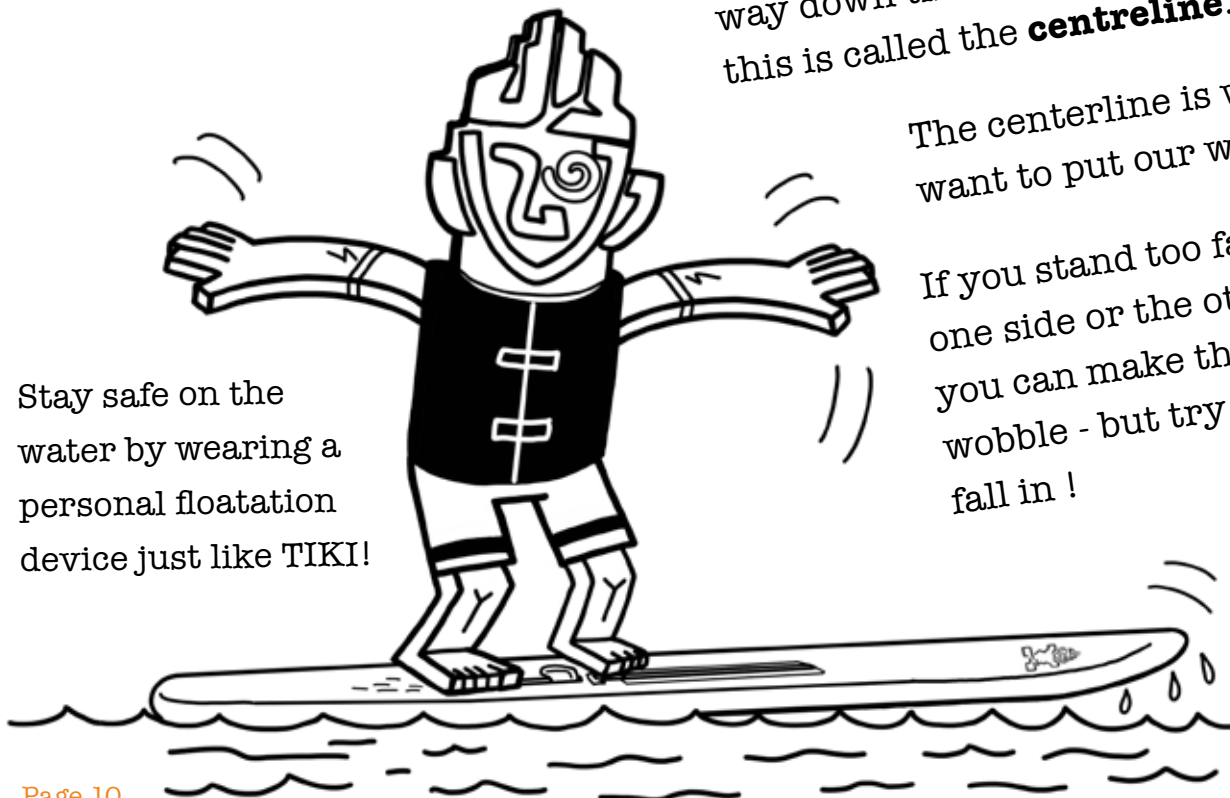


There is also an imaginary line all the way down the middle of your board, this is called the **centreline**.

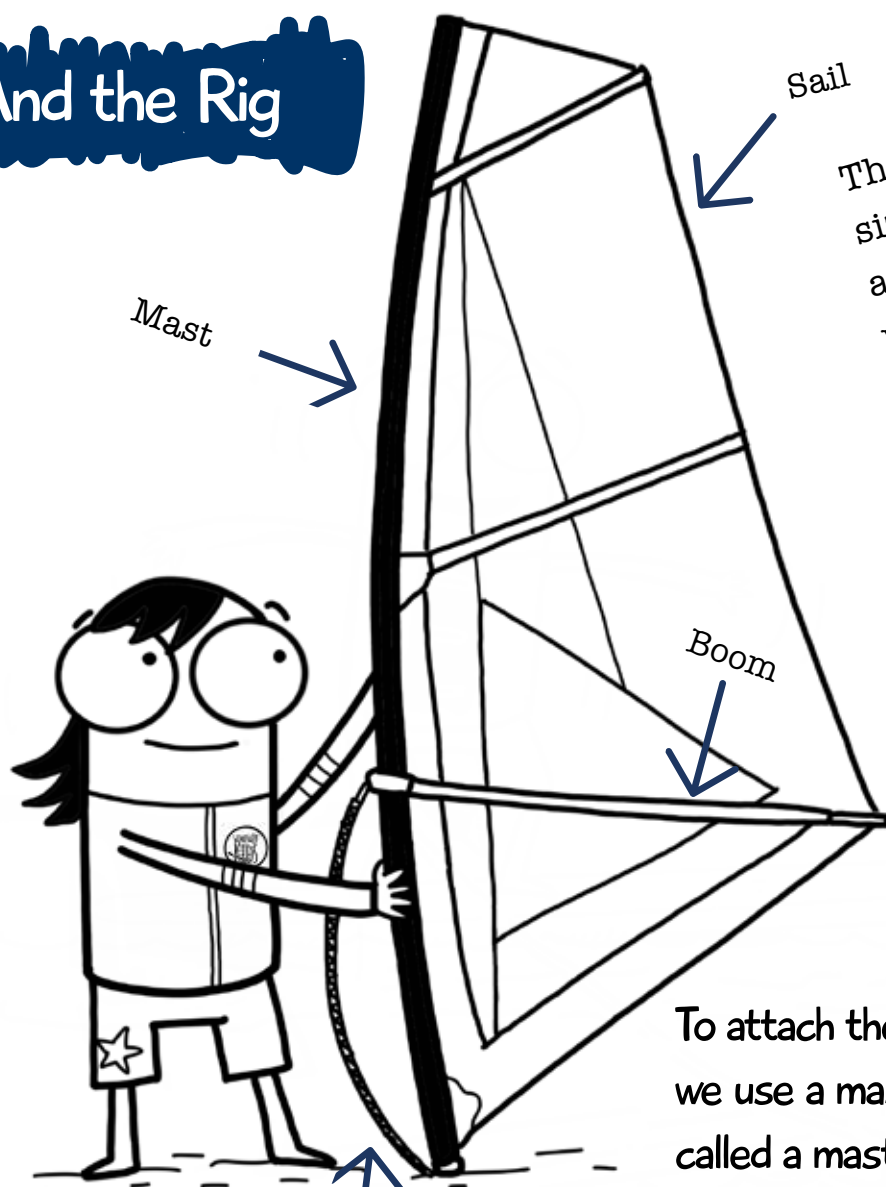
The centerline is where we want to put our weight.

If you stand too far on one side or the other you can make the board wobble - but try not to fall in !

Stay safe on the water by wearing a personal floatation device just like TIKI!



...And the Rig

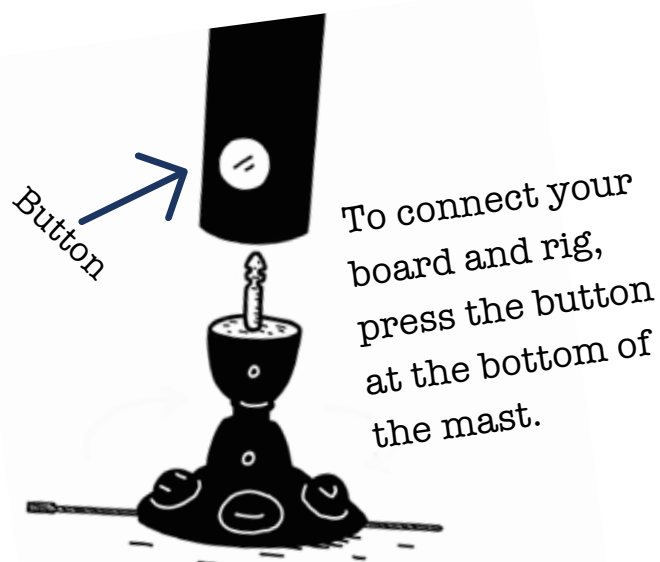
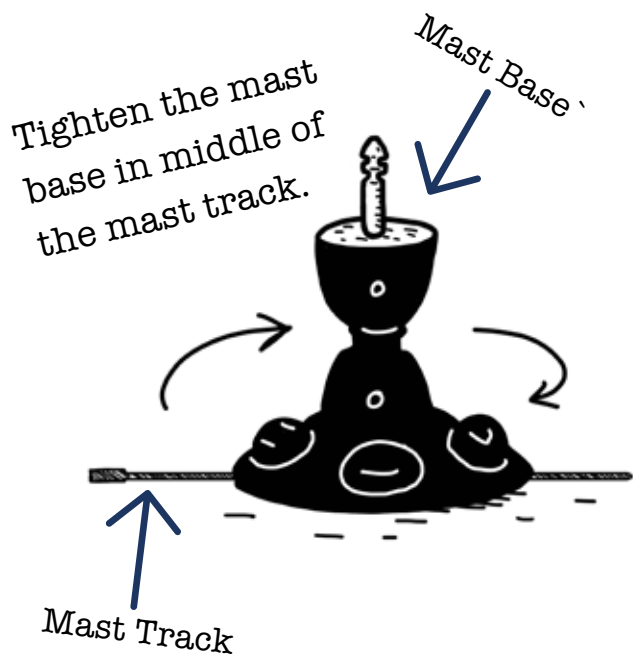


There are lots of different size sails for different amounts of wind. The windier it is, the smaller your sail should be.

To attach the board and rig together we use a mast base (sometimes called a mast foot or a UJ).

You guessed it, this is what you use to 'haul up' your rig!

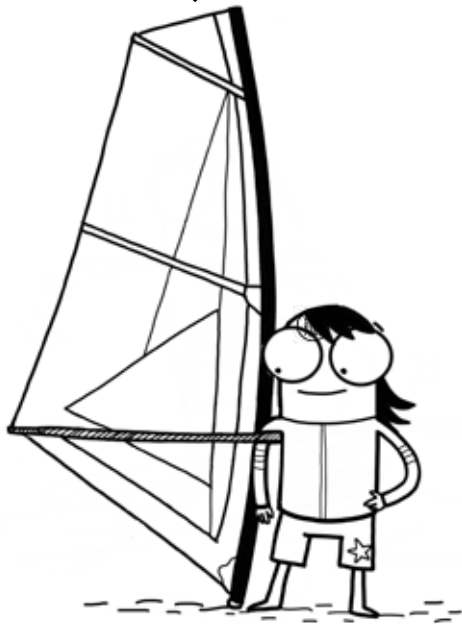
You attach this to your board first by loosening the screw at the bottom - be careful not to unscrew it all the way off! Then you slide it into the mast track and screw it tight.



Before you go windsurfing you need to check that your boom is at the right height for you. You can check your boom height using one of these moves:

The Underarm Check

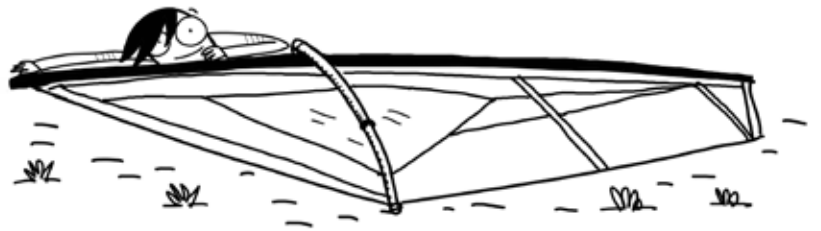
The boom should fit perfectly under your armpit when it is not attached to your board.



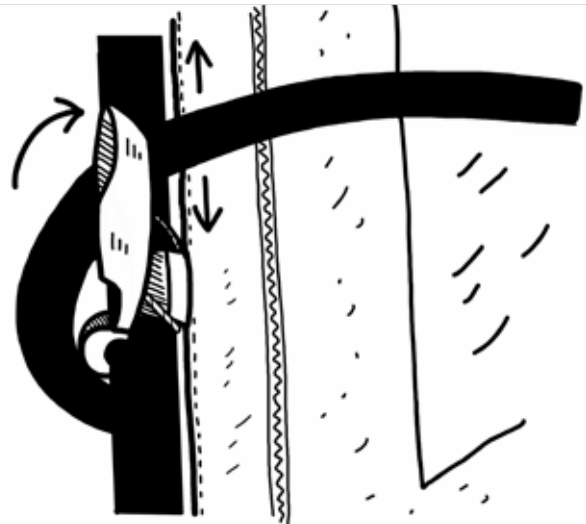
If the boom isn't in the right place you can undo the clamp and move it up or down. But always mind your fingers and ask an adult to help if you need!

The 'Usain Bolt' Check

Put your hand on the bottom of the mast and make sure to press your chest to the mast while you measure!



Your elbow should just touch the boom. If it doesn't reach then the boom is too high, and if your elbow goes past it, the boom is too low.



Lena Erdil

DREAM TEAM TIP

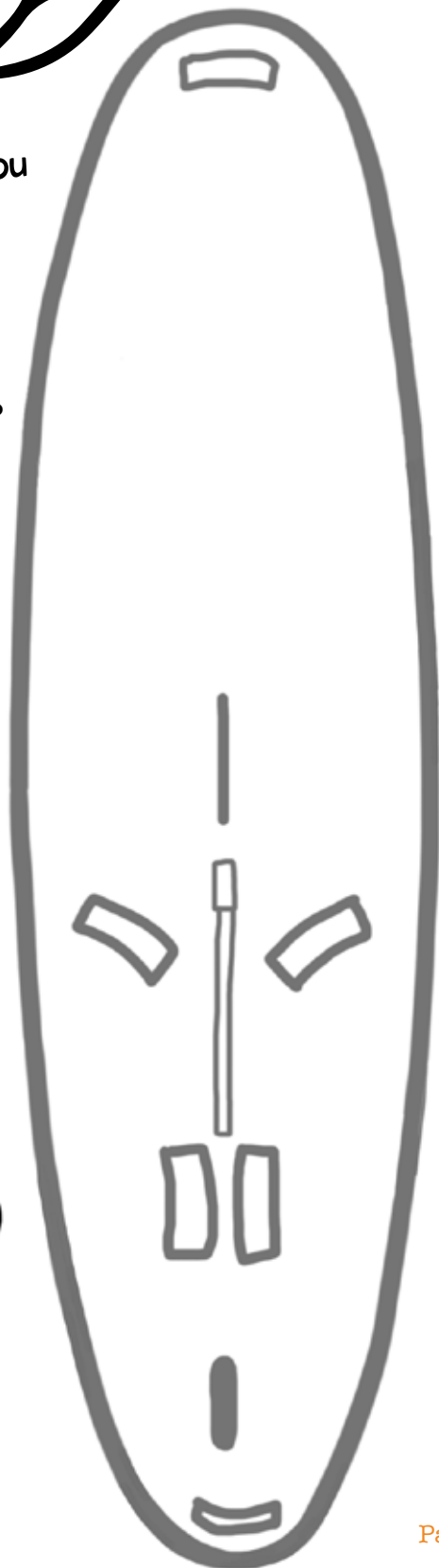
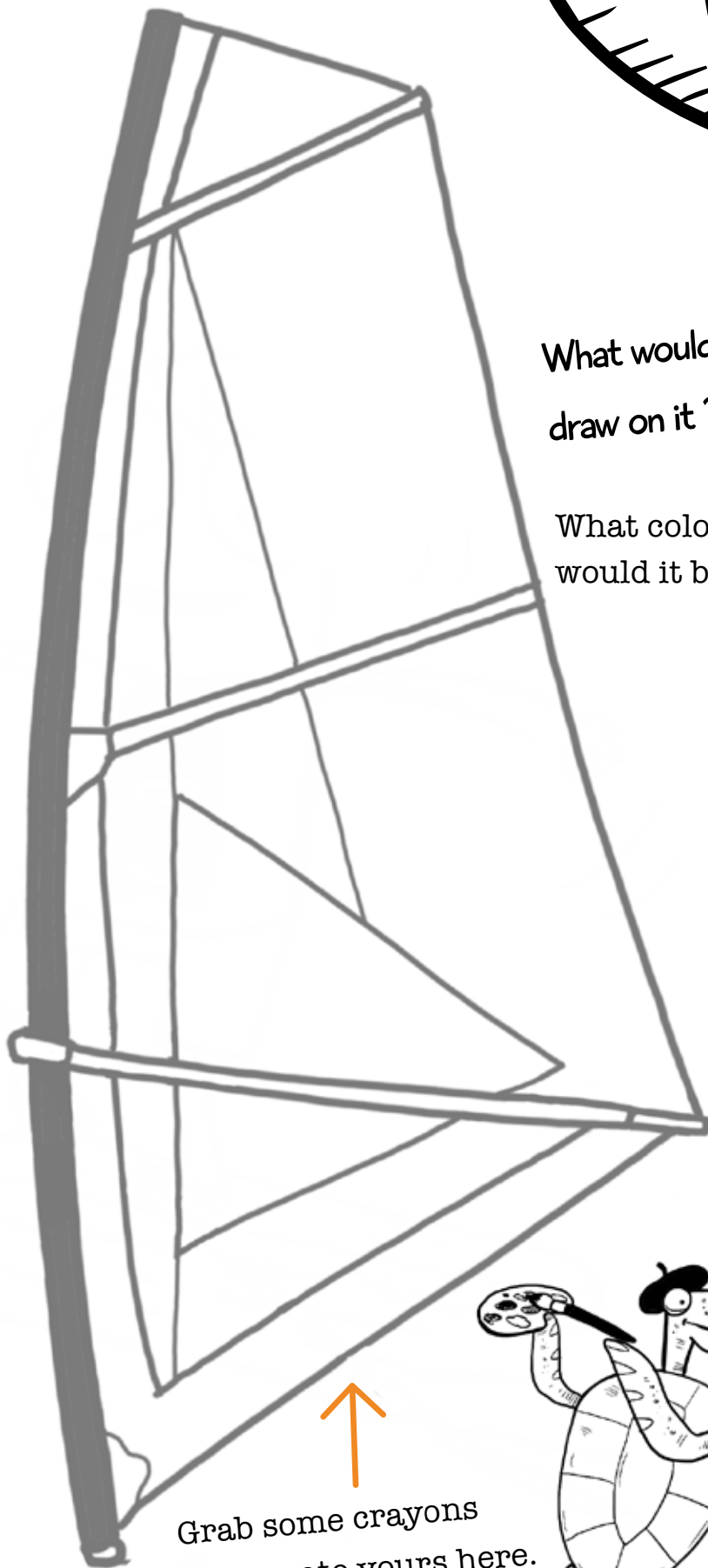
Windsurfing is better and safer when shared. Find a windsurfing buddy to share your sessions with so that you always have someone to check on you and so you can push each other more while learning and exploring. But the most important thing is to just have fun together!

Imagine you were designing
your own windsurf board & sail.



What would you
draw on it ?

What colour
would it be ?



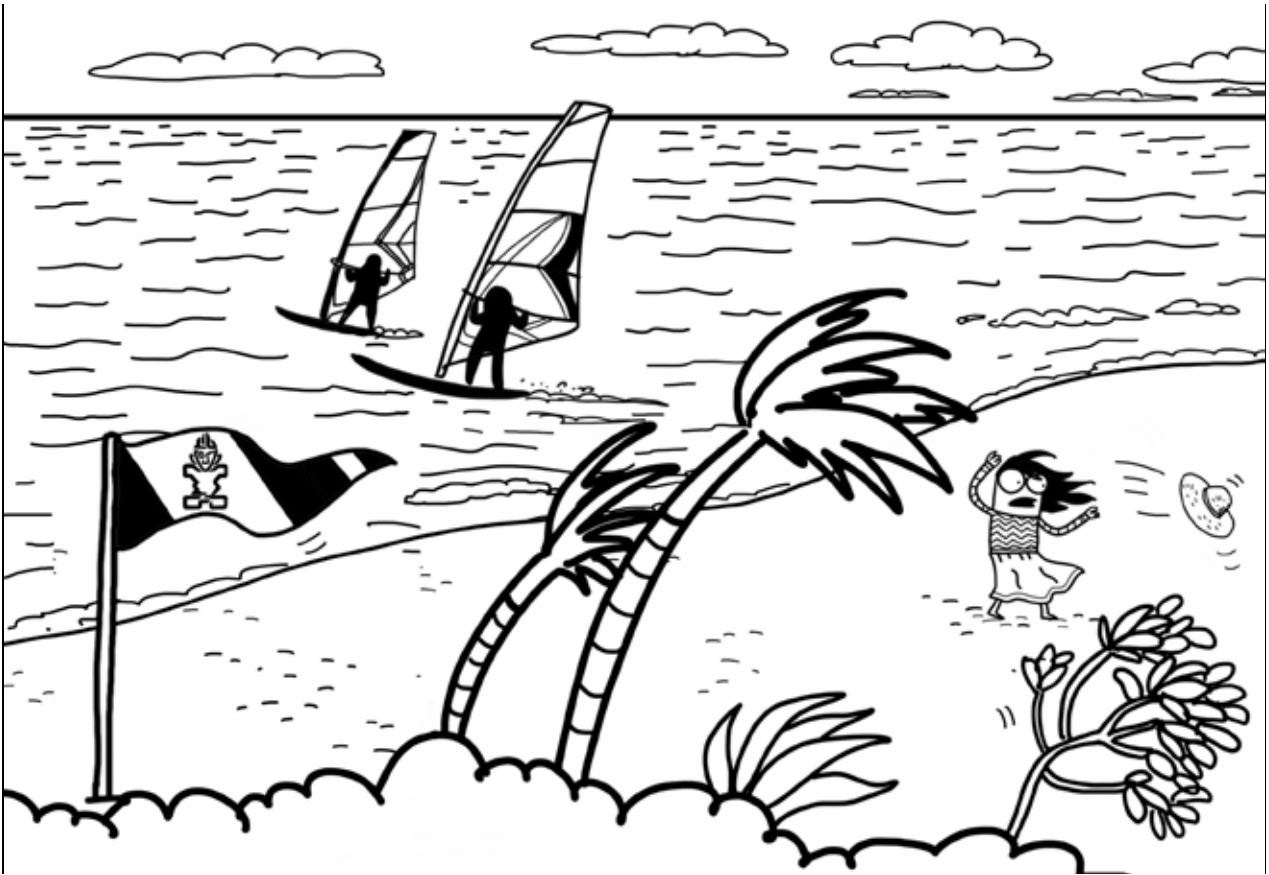
Grab some crayons
and create yours here.



Wind Check!

Before we go windsurfing its super important to check the wind conditions.

Where is the wind coming from in this picture? How can you tell?

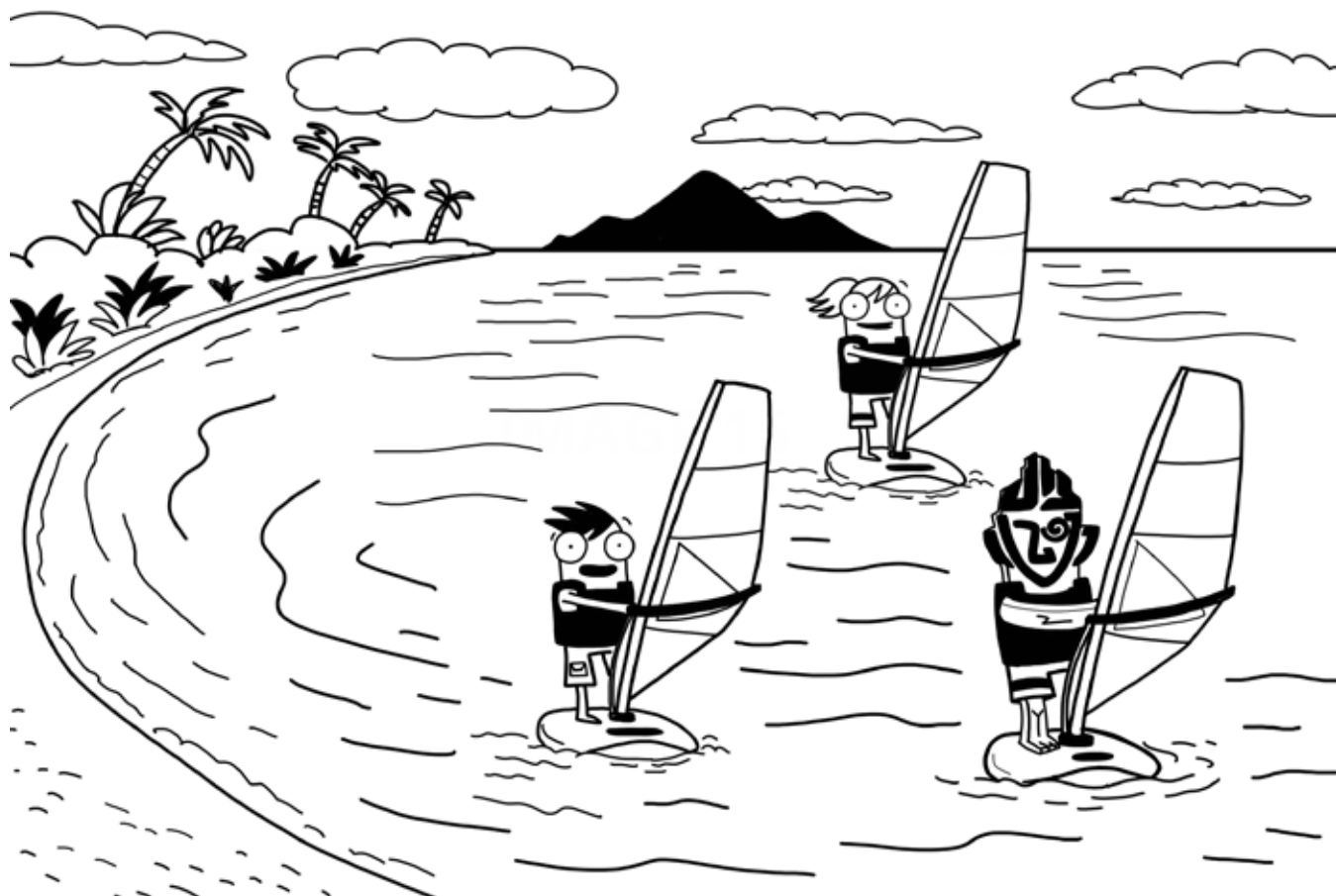


Now, can you point to where the wind is coming from where you are today?

If you aren't sure, try dropping a leaf or some sand and see which way it moves.



When we windsurf we move across the wind, with the breeze hitting our body first and then the sail. Just like TIKI and the other windsurfers in this picture.



Windsurfers need wind so that we can move across the water but sometimes, if the wind is too strong or is blowing away from the beach, it can be dangerous.

Remember the 10th WindsurfKids rule: If in doubt, **STAY OUT!**



Sarah Quita Offringa

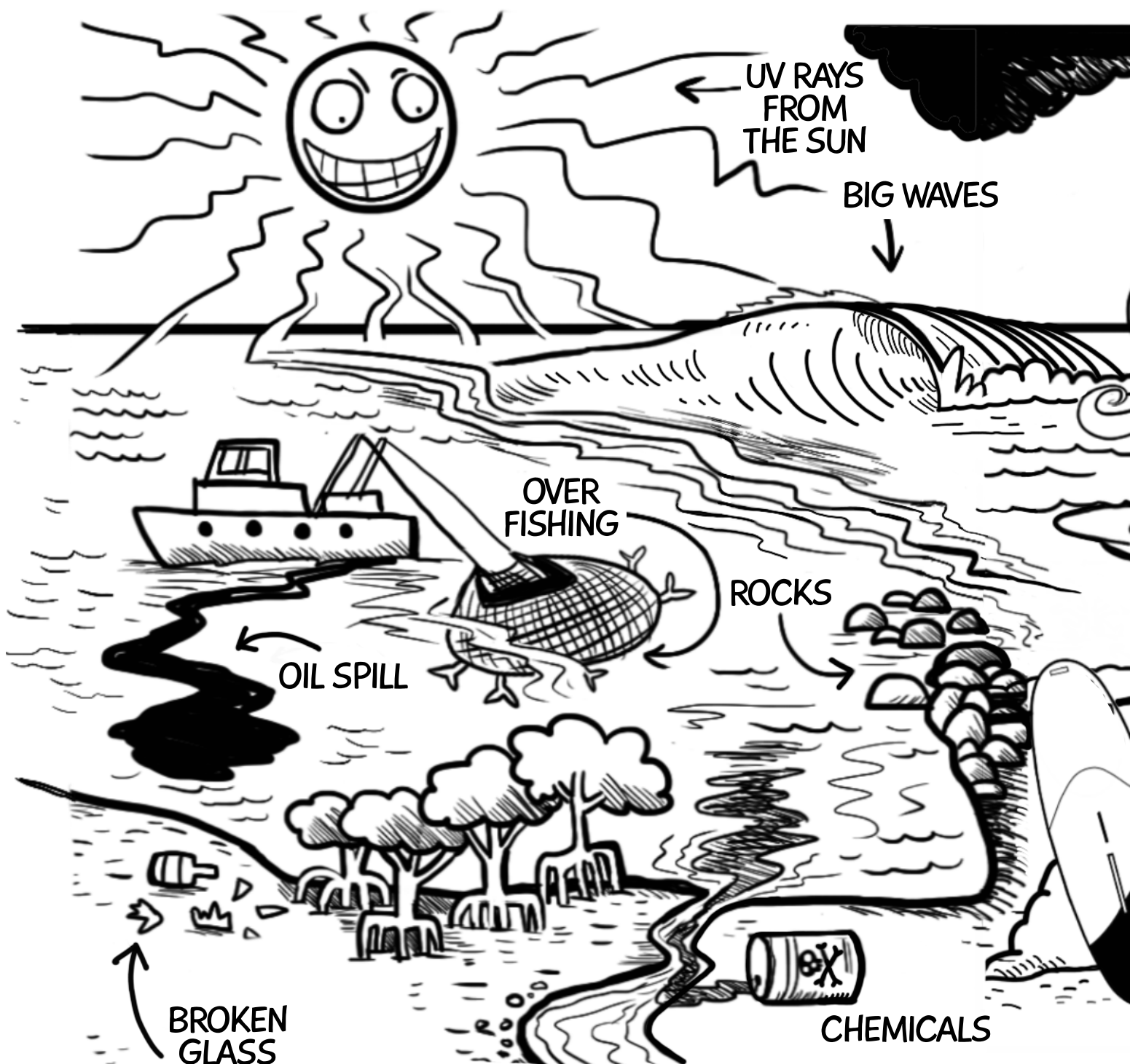
DREAM TEAM TIP

My favourite part before windsurfing is checking the conditions!

Seeing the trees move, checking if there are whitecaps on the water. That's when I get really excited and imagine all the moves I can try during the session.

Hazard Map

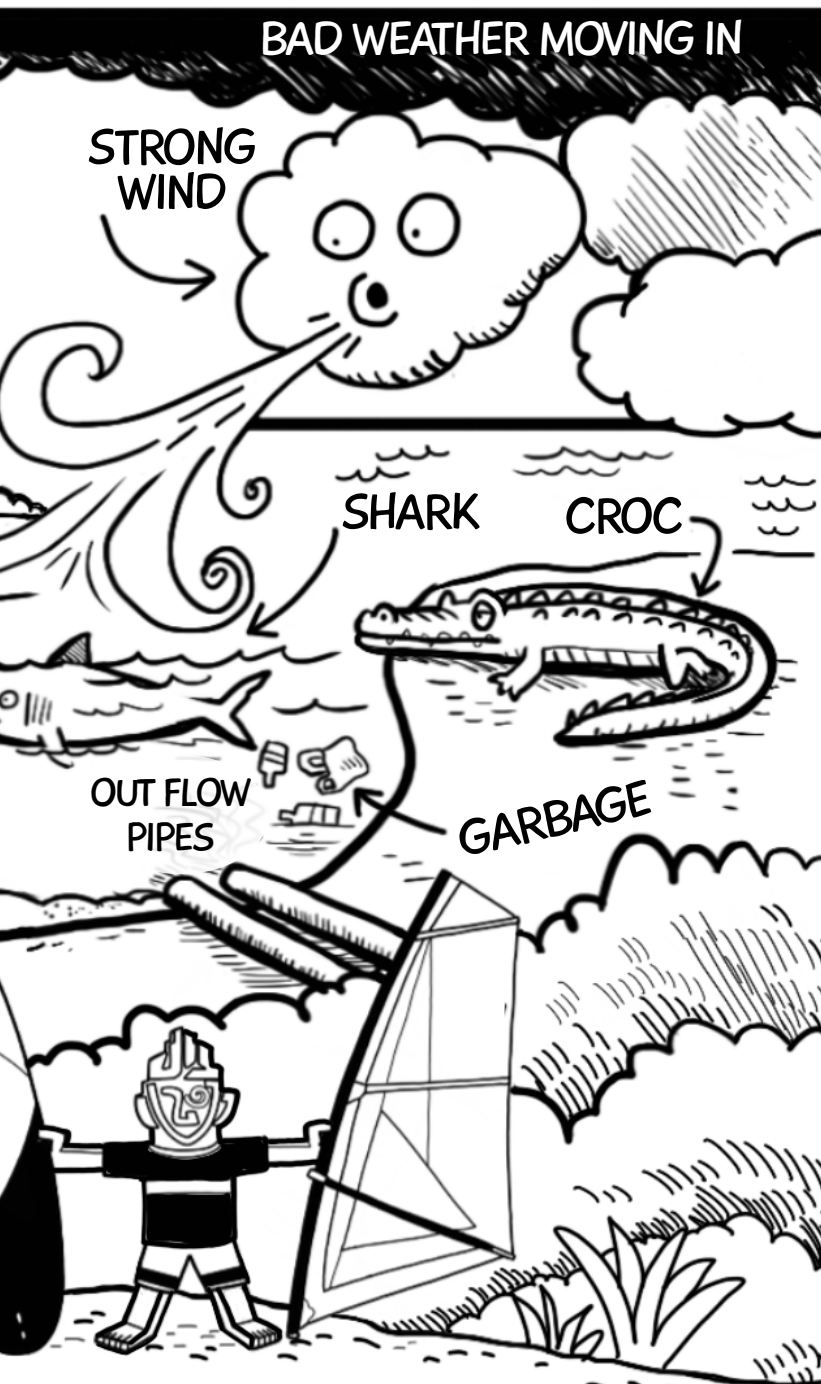
Do you know what a hazard is ? A hazard is something that could be dangerous. Sometimes, when we go windsurfing, we see things that could be dangerous to us or our friends, and sometimes we see things that are dangerous for animals or the environment. Can you spot all the hazards in this picture ? Which of those have you seen in real life ?



How to rescue someone with a rope

Did you know that rescuing with a rope is the smartest way to help someone in trouble?

Why is it safer than swimming out to help them?



Here's 4 things to remember when doing a rope rescue:

1. Make sure you coil your rope properly so it's easy to throw
2. Don't forget to shout loudly to the person in trouble, to let them know you're going to help them and to keep their head above the water & to stay calm & just grab hold of the rope.
3. Make sure you take a couple of steps back from the waters edge.
4. Hold on tight to your end of the rope when you throw!

Self Rescue

Sometimes we can get in sticky situations on the water and it is important to know how to get yourself out of trouble!

Self rescue techniques can be used to help get you back to shore if the wind has or changed direction, your equipment has broken, or you are simply having trouble windsurfing back.

Butterfly Rescue

Use the uphaul to lift your sail out of the water and lower it onto the back of your board.

Your boom should rest on the board and keep the sail out of the water.

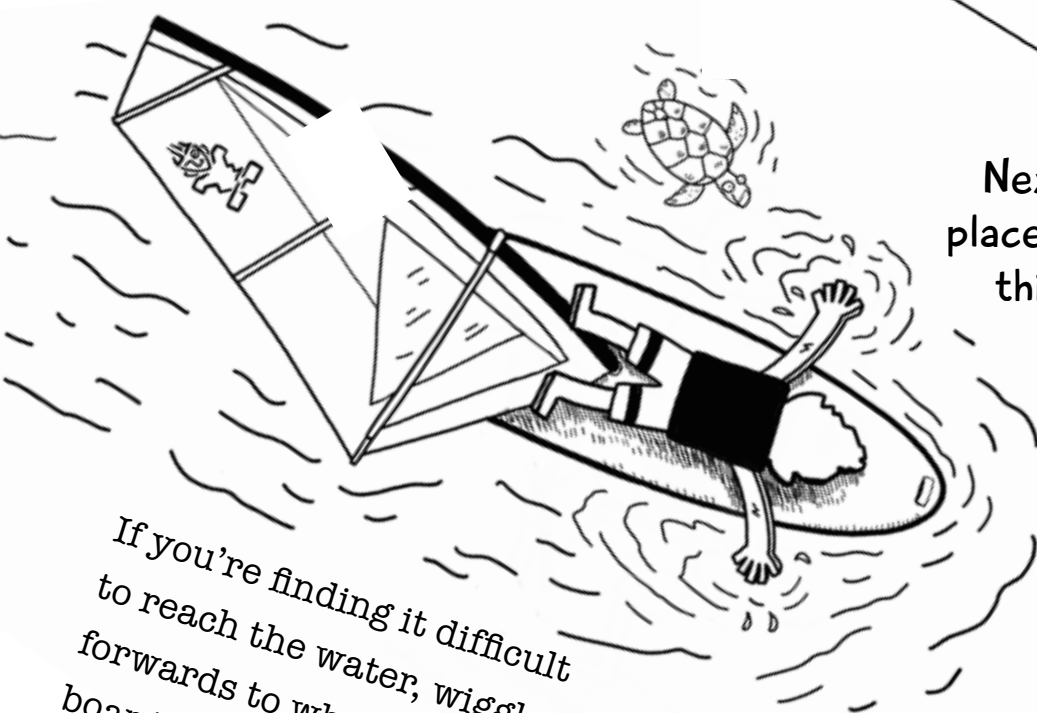
Make sure you keep your sail out of the water so it doesn't drag and slow you down!



Next, lie on your belly and place your feet on your sail, this will help keep it from falling into the water.

Use your arms to paddle like a surfer until you reach the shore !

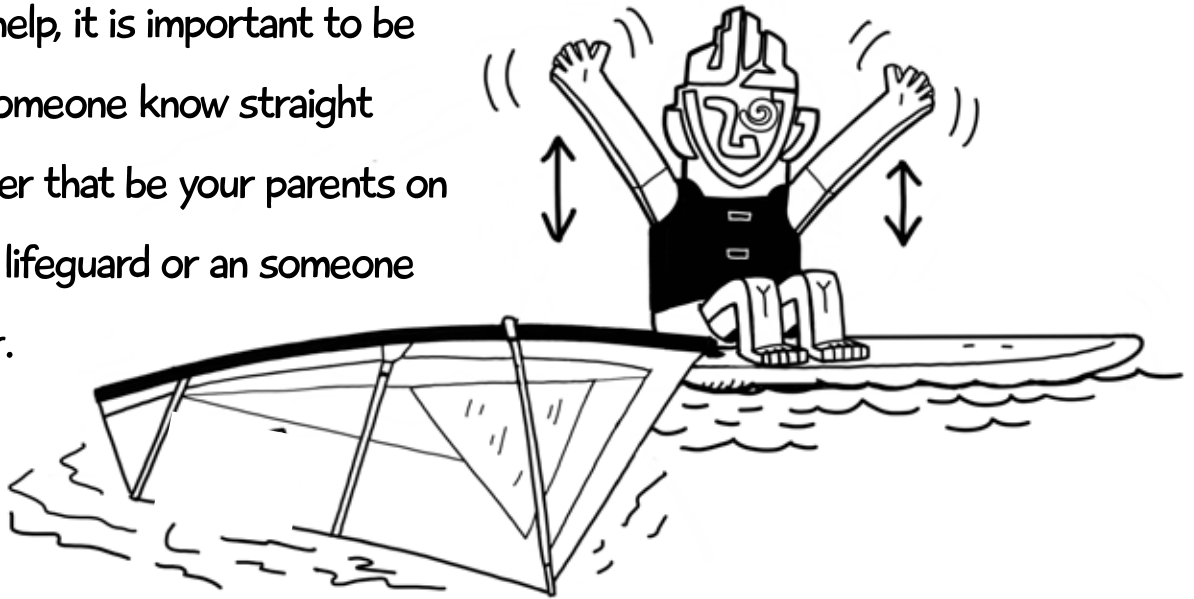
If you're finding it difficult to reach the water, wiggle forwards to where your board is narrower.



Attracting Attention

Being able to rescue yourself is super important, but what if you aren't able to?

If you need help, it is important to be able to let someone know straight away. Whether that be your parents on the beach, a lifeguard or an someone on the water.



Sit on your board facing the person or people whose attention you want to attract.

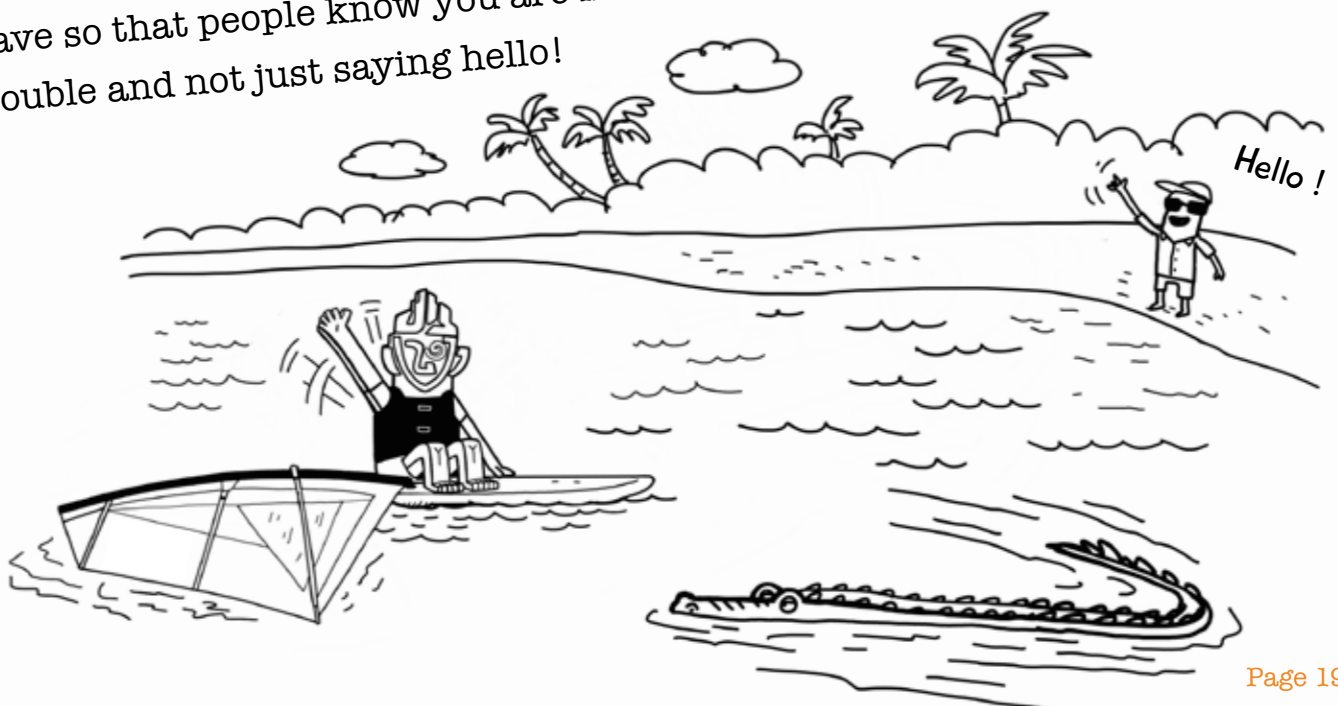
Slowly raise and lower both arms, just like TIKI is in the pictures above.

Keep waving like this until you can see someone is coming to help.

Use a whistle if you have one, or shout if there are people near enough to hear.

The most important thing is to remain calm and to stay with your gear.

It's important to use the two arm wave so that people know you are in trouble and not just saying hello!



Lesson Two

Getting on the Water

Now we know all about our equipment and how to stay safe on the water, it's time to learn the basics of Windsurfing!



1. Getting on the Board

Always approach your board from the opposite side to the sail, this will give you space to climb on. Place your hands on either side of the mast foot, and pull yourself up so that your knees are also either side of the mast foot making sure your weight is over the centreline of the board.

Hold onto the uphaul for balance and slowly get to your feet, placing each foot exactly where your knees were.



2. Lifting the Rig

Keeping your knees bent, arms straight and shoulders back, slowly walk your hands up the uphaul rope and towards the boom. Placing one hand over the other until the sail is out of the water and you have run out of uphaul.

Now hold the mast with both your hands just below the boom.



3. The Secure Position

Keep your arms straight, don't pull the rig towards you. The more distance you have between you and your rig the easier it will be to keep your balance.

It's called the secure position because if you ever get stuck you can always come back to it!

4. How to Turn

It is super important to learn to turn around first. Otherwise you will sail away and not be able to get back!

From the secure position slowly swing your sail towards the tail of the board, keeping the clew as low as you can. Make sure to keep your arms straight and your knees bent the whole time. Notice how the nose of the board will begin to point into the wind.

Continue swinging your sail over the back of the board, and at the same time make small steps around the mast foot.

Be careful to keep your feet pointing the same way as the clew. Keep swinging the sail until your feet are back on the centreline and your board is facing the opposite direction.



This corner of your rig is called the clew!

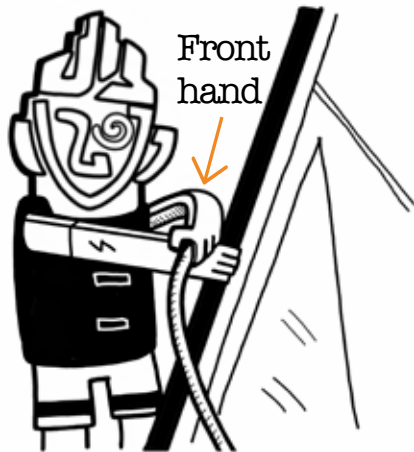


TIP: As you swing your sail, remember to keep it low - imagine you are trying to knock a coconut off the back of your board with the clew!

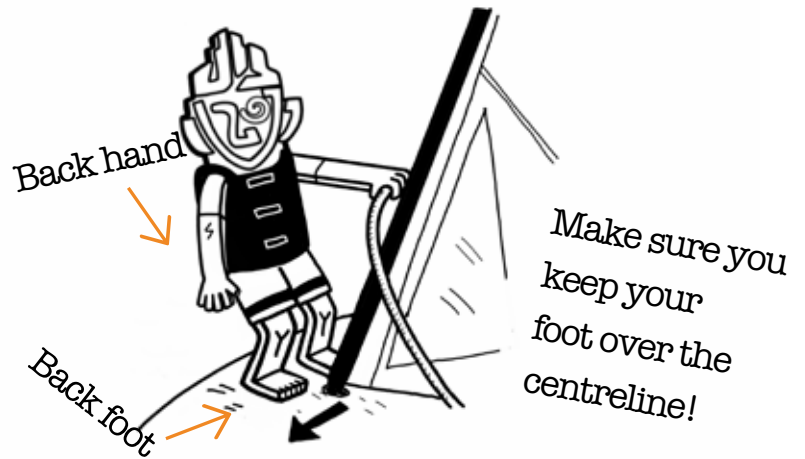
5. The Sailing Position

Now you've mastered the art of the turn, it's time to start going forwards...

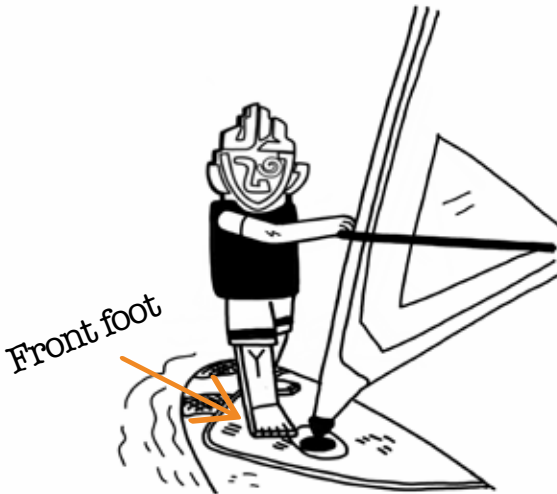
To do this, you need to move from the secure position (Arms straight, knees bent, both hands on the mast) to the sailing position.



1. Place your front hand on the boom, on the side closest to the back of the board.



2. Let go of the mast with your back hand and take a big step with your back foot towards the back of the board.



3. Slide your front foot towards your back foot. Your front foot should be pointing towards the nose of your board with your big toe almost touching the mast foot.

At the same time pull the mast to an upright position, keep your arm straight and look straight ahead towards where you want to sail!



4. Finally place your other hand on the boom and gently close the sail to start moving.

Closing the sail will make you go faster, while opening it will slow you down. To stop let go completely with your back hand. From here you can put your hands back on the mast and return to the safety position.

6. Steering

When we windsurf we don't steer to the left or to the right, we steer **UPWIND** or **DOWNWIND**.



To Steer **UPWIND**, lean your mast towards the back of your board, and your body towards the front. Make sure you put your weight on your front foot.

Your front arm should be bent and your back arm straight.

TIP: When you steer upwind **OR** downwind, always make sure to look where you want to go!



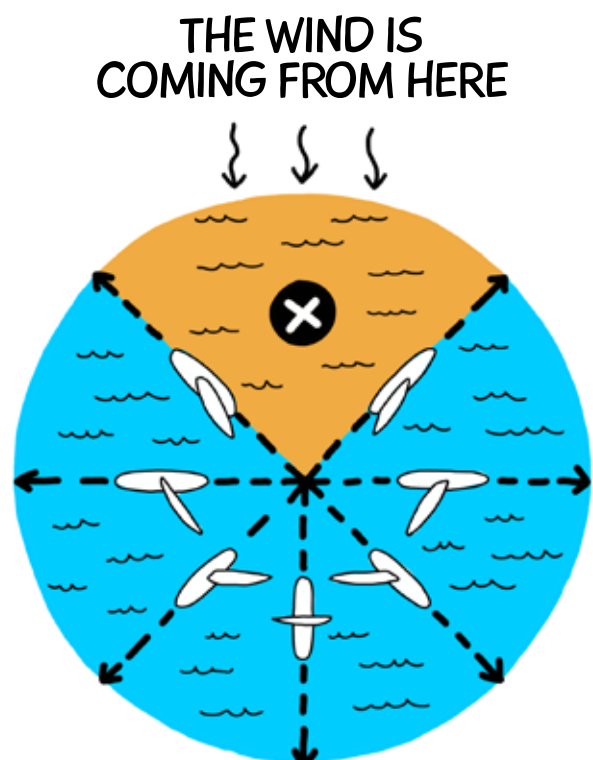
To steer **DOWNWIND** you need to do the opposite! Lean your mast towards the front of your board, and your body towards the back. Make sure you put your weight on your back foot.

Your front arm should be straight and your back arm bent. (As if you are using a bow and arrow)

This is the wind window, it shows which directions we can windsurf in and which directions we can't.

Using the steering you just learned you can sail from the middle of the circle to anywhere in the blue area.

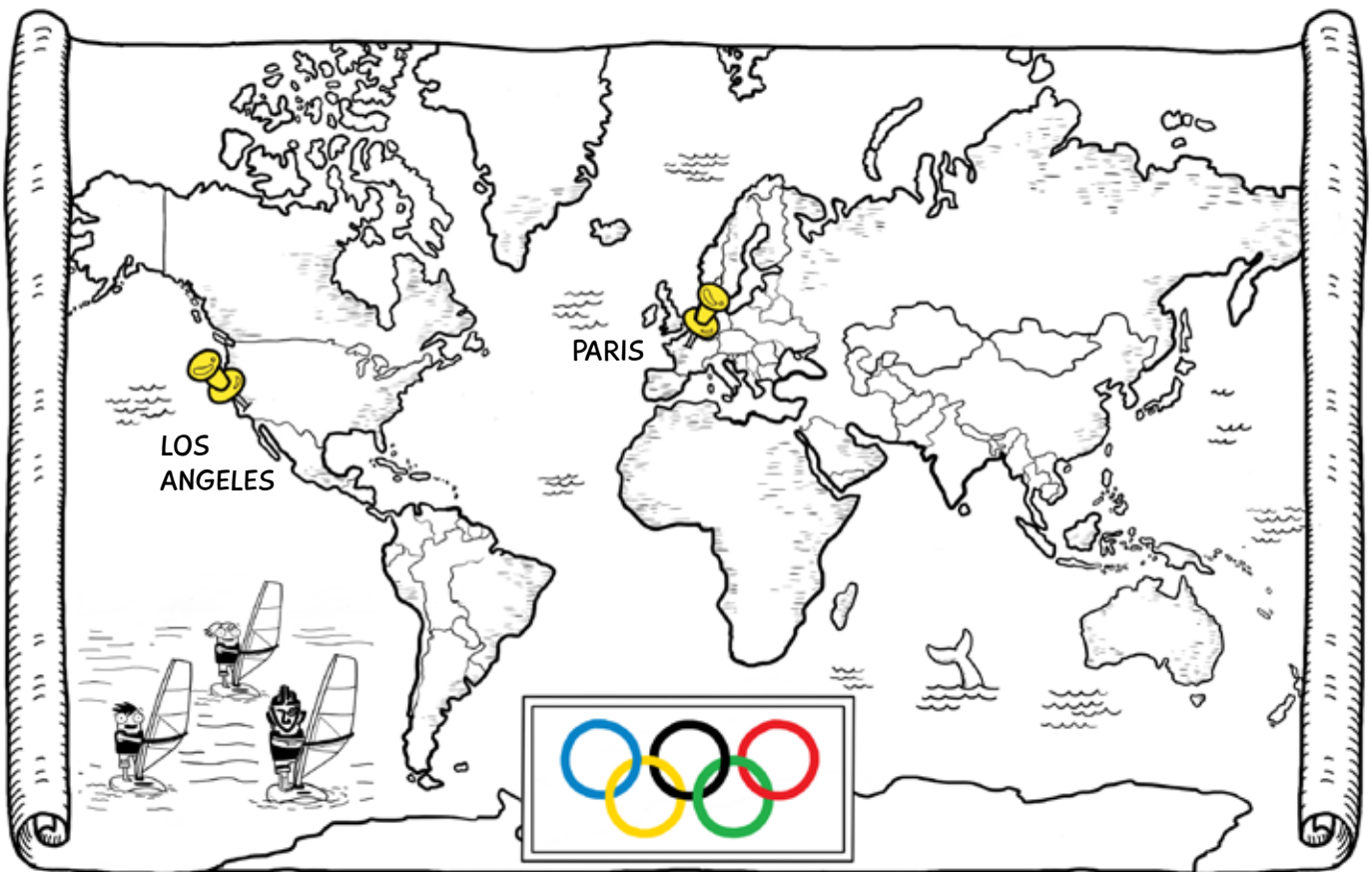
But you can't windsurf into the wind, the orange area. We call this the '**NO GO ZONE**'.



Journey to The Olympics

Did you know that windsurfing is an Olympic sport ?

Since 1984 people have been competing in windsurfing as one of the sailing disciplines in the summer Olympics. The next Olympic Games are in Paris in 2024 and in Los Angeles in 2028!



To make the competition fair, all athletes use the same Starboard iQFOIL equipment at the Olympic Games.

This is what iQFOIL Racing looks like...



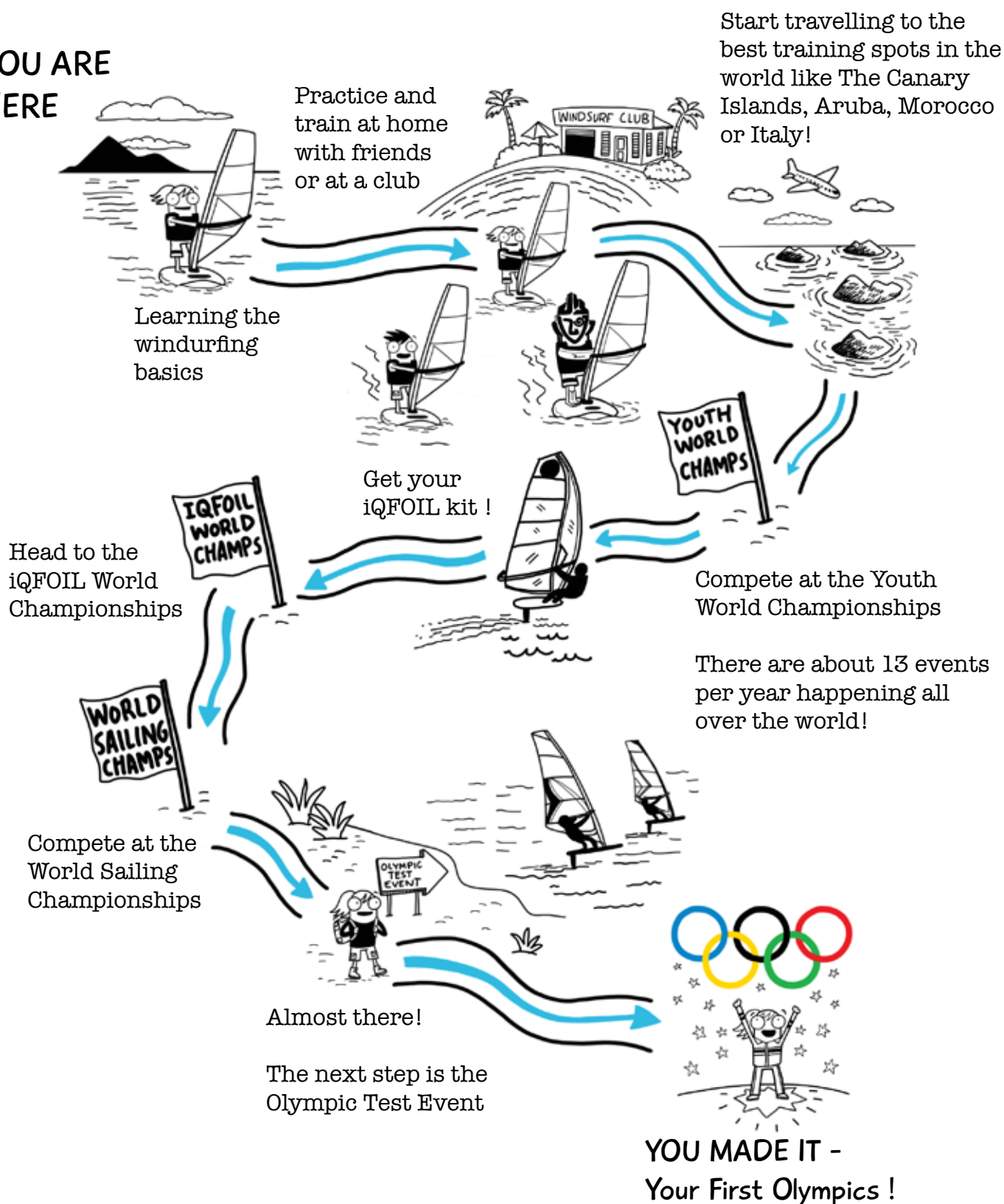
iQFOIL World Championships
at Lake Garda, Italy

Even if you have only just started windsurfing, you can still make it to the Olympics as a Professional Windsurfer - How cool is that !

There are lots of routes you can take to get from where you are now to the 2024 (or 2028) Olympics.

Everyone's journey will be different, but maybe it will look a bit like this one...

**YOU ARE
HERE**





Now we know how to stay safe & we've learnt the windsurfing basics, it's time to go on an adventure!



Windsurfing is a great way to explore your local environment and see new places. Some adventures can happen far away, on the other side of the world, and some can happen in your own backyard.

Story of Thor Heyerdahl

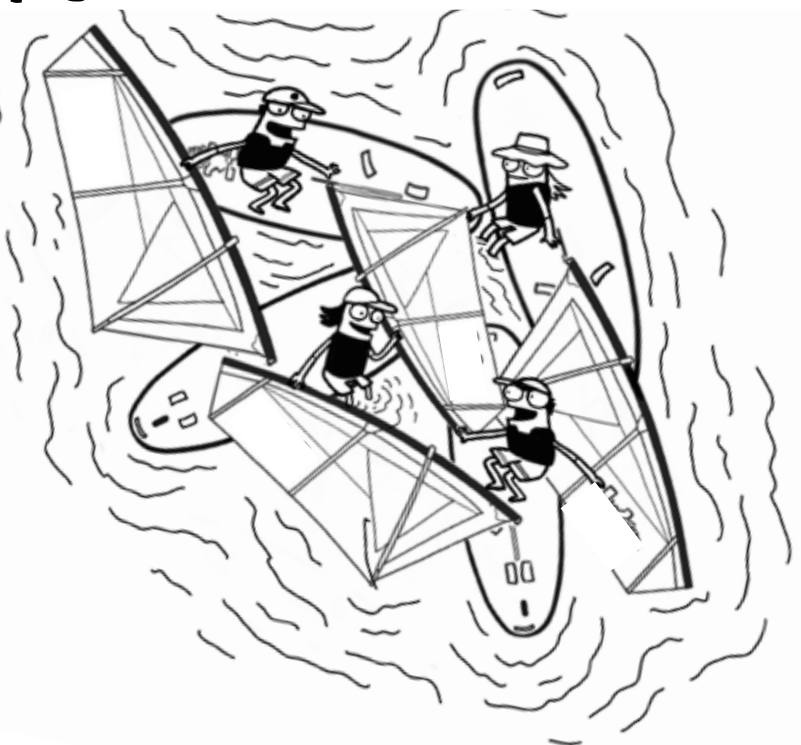
Thor Heyerdahl was an amazing explorer from Norway. He set off on an adventure to prove that the oceans' currents could take him all the way from Peru to Tahiti. No one believed that he would make it. So he and his team built a raft (they called it Kon Tiki) and set sail from a place called Callao. It took them 101 days to cross the ocean before they arrived on the island of Raroia. They had no motor on their boat and had to catch fish to eat.

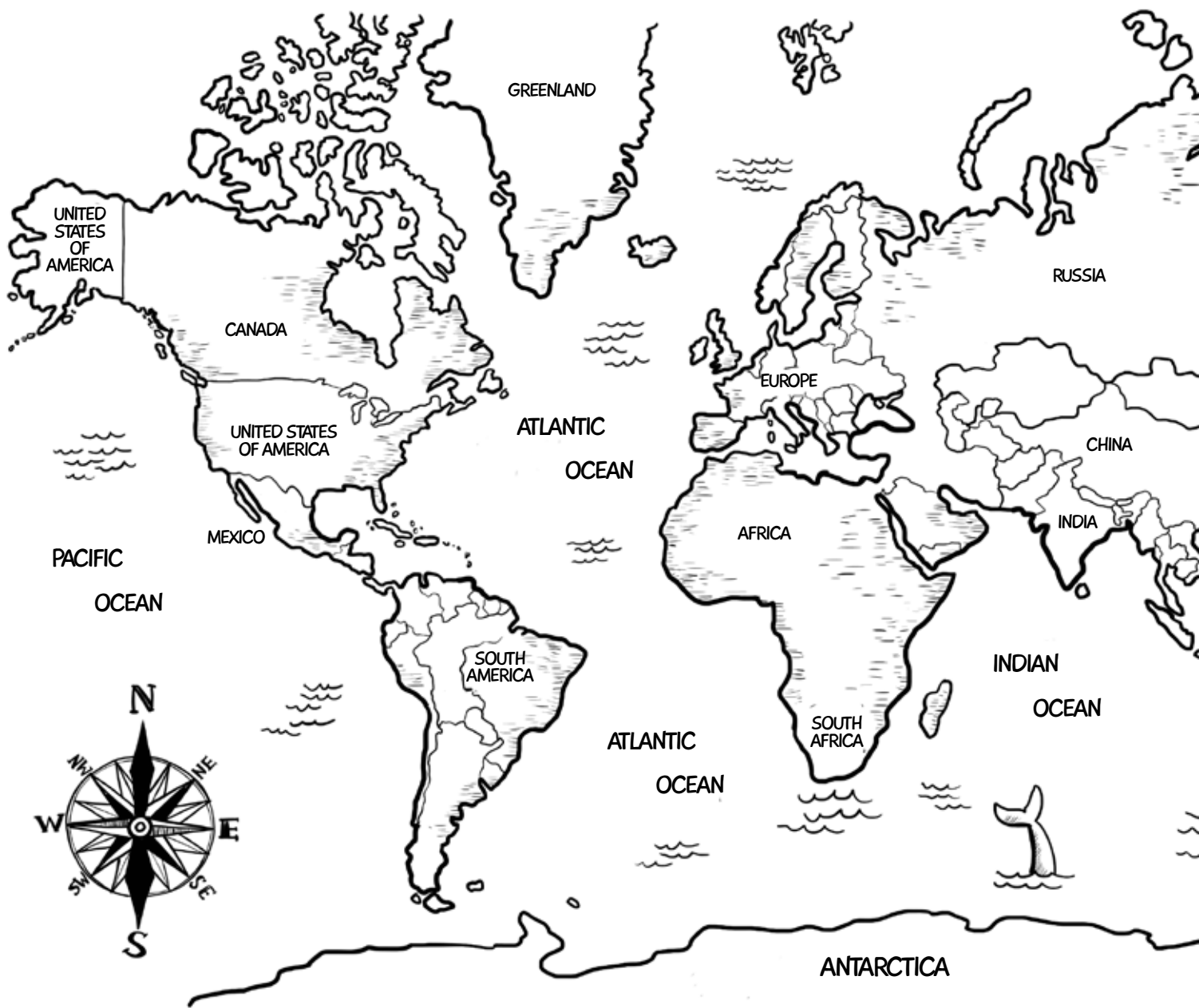


Create a Raft

Do you think you could build a raft like Thor's? You can practice in your next Windsurf Kids lesson by carefully lowering your sails and holding onto each others boards or rigs.

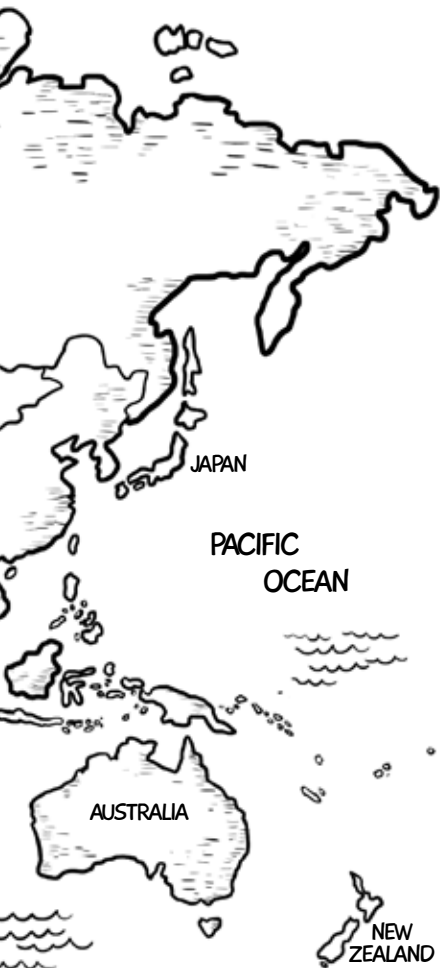
Make sure someone is holding on to a buoy so you don't float away down wind!





Did you know that
some adventurers
only use stars
as a map?

Where in the world would you go?



Draw your route
on the map

WHAT WOULD YOU TAKE WITH YOU?

- _____
- _____
- _____
- _____
- _____
- _____
- _____



Hi

I'm windsurfing from

to

The weather is

and the journey

is really

So far, we've seen lots

of



Adventures in your own backyard

HOME

What is a Micro adventure? It is a simple, short and safe kind of adventure that everybody can do. You don't need to be a grown up to go on an adventure. You just need some imagination and some curiosity to try something a bit different.

You don't need to go far to find an adventure. Remember that you need to ask an adult to come with you on all these micro adventures!

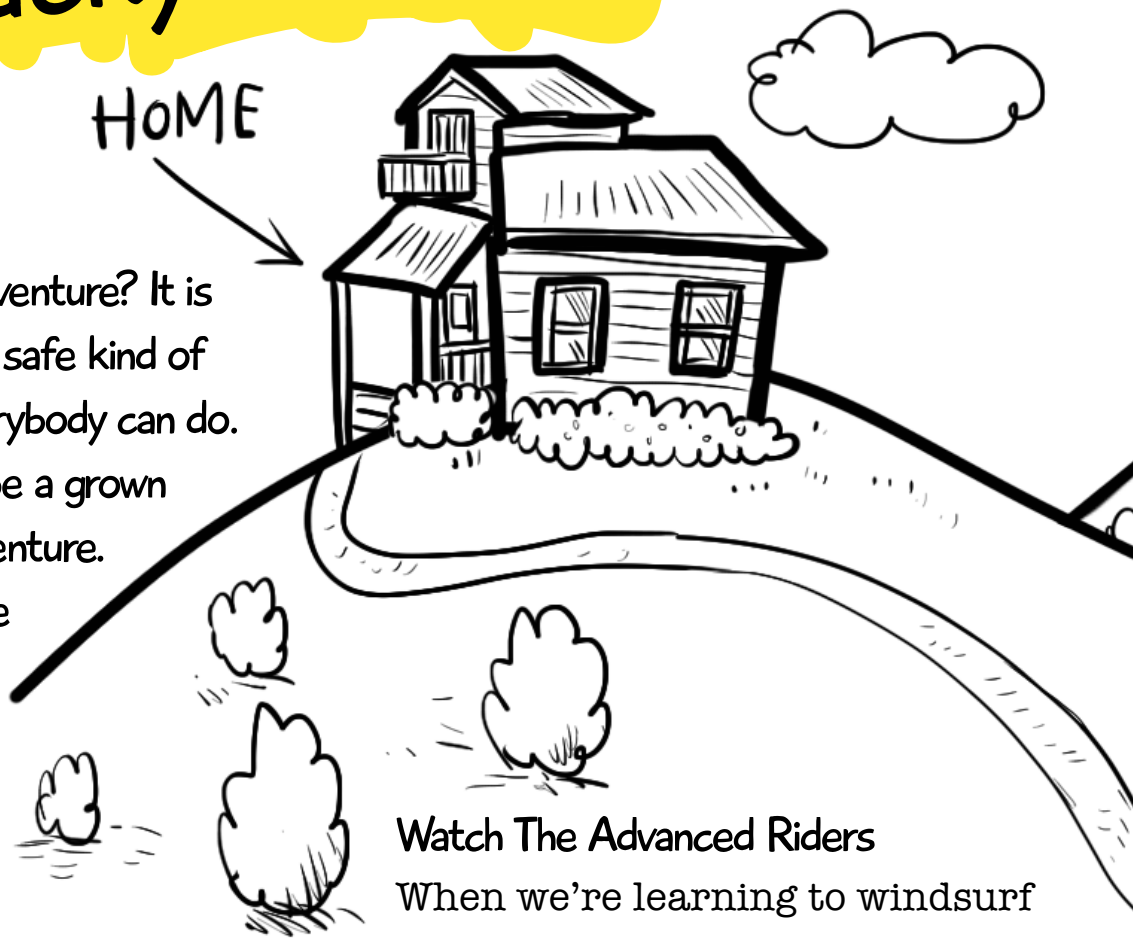
Follow the Leader

Next time you are out with your friends try windsurfing in a line one behind the other, copying everything the person in front of you does. When its your turn to lead why not try windsurfing on one leg, or with one hand on your head or sailing to a specific buoy!

Watch The Advanced Riders

When we're learning to windsurf we don't want to go out when the wind is too strong as it can be dangerous. But for advanced riders, the more wind the better!

Next time its too windy for you to sail, why not take a trip to the beach to watch the pro windsurfers. You can even take a picnic with you to enjoy. Remember to dress for the conditions though with sun protection if its hot or warm layers if its cold.



MICRO-ADVENTURE



Sleep on the beach

Beach camping is a great way to experience nature. Even your local beach will feel like a big adventure when you go there at night. Take a look at a map and try to figure out a good spot to camp.

It doesn't have to be anywhere far away. The best bit about beach camping is jumping in the water right before breakfast.

Whether it is playing follow the leader, watching the advanced riders, or even camping at the beach with your friends and family, it will be a great experience to try something new.

So... Go have some fun and explore the world !



Nico Prien

DREAM TEAM TIP

Whether on the water or on the beach, always try to anticipate what is about to happen. When you see the water surface becoming more active a gust of strong wind might be about to come into your sail.

Franz's top tips for planning a micro adventure



1. Research

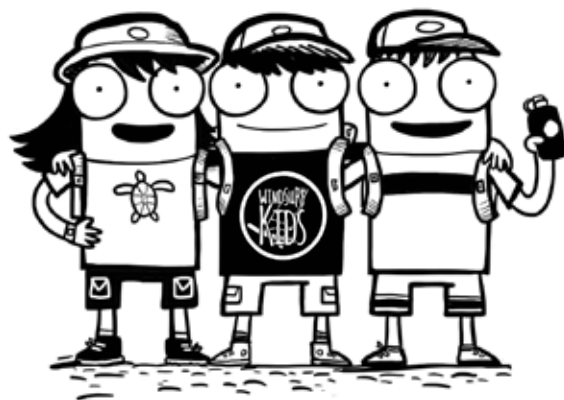
Pick an idea that really interests you (like windsurfing upwind with friends, or visiting a new beach with lots of professional windsurfers), a place that you really want to see or a micro adventure that you would really like to go on.

Make sure you know the area well that you intend to explore, taking the landscape and weather into account as well as areas to avoid. Also think about the potential hazards you might find along the way.



2. Make a map

If you really want to be an explorer you need to have a good map. See if you can find a map of your local area and mark all the important points on it. If you want to, you can draw your own map. Make sure you remember to take it with you !



3. Know the weather

Knowing what the weather will be like during your trip is really important. Anytime you're going windsurfing you should spend some time studying the water and the weather. It's good to know what temperature it will be (the air and the water), how windy it will be (and what direction it will be blowing) and what type of weather is forecast.

Make sure you prepare the right equipment: If it's going to be cold, wear a good wetsuit and bring some extra warm clothes in a dry bag for after your session; if it's going to be warm wear clothes that protect your skin from the sun (like a hat and rash vest), sunscreen and bring extra water.

4. Safety first

Being safe is super important. Remember to follow the 10 WindsurfKids rules. Don't go on a micro adventure alone. Going on a micro adventure with friends will be much safer and it will be a lot more fun !



Hélène Noesmoen

DREAM TEAM TIP

I choose and use only things that are good for the environment, they are often also better for myself. When I go on a windsurfing session I fill my water bottle with tap water and use eco friendly sunscreen !

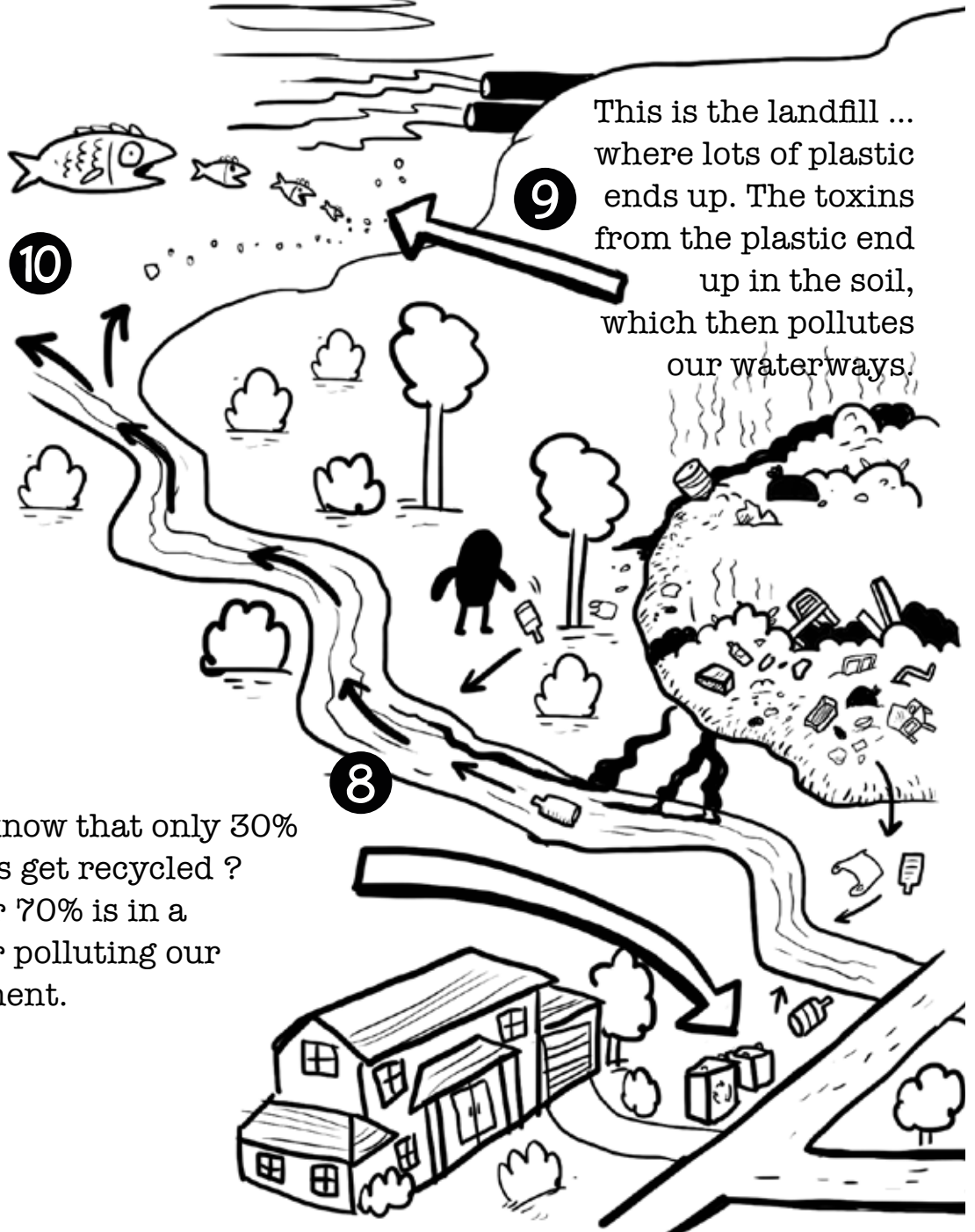
Lesson Four Ocean Plastics

Plastics are causing a lot of problems for our environment. We use way too much plastic - it's in almost everything we use, from packaging to toys, and a lot of it ends up in our waterways and in the ocean.



1 This is an oil rig, where they drill down into the sea bed to find oil...

The rest ends up floating out to sea, where it breaks down into tiny pieces and ends up being eaten by sea life which makes them really sick.



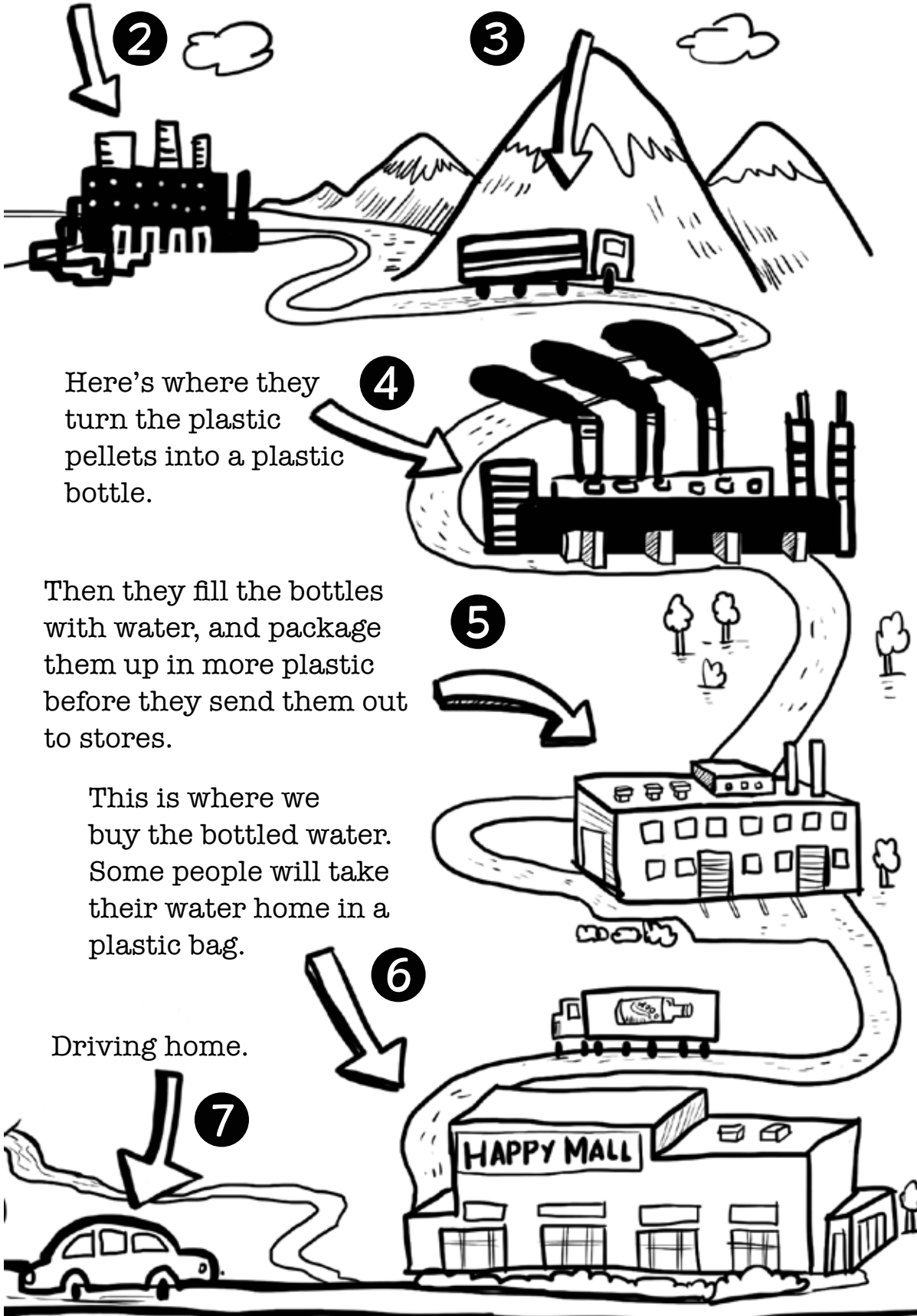
9 This is the landfill ... where lots of plastic ends up. The toxins from the plastic end up in the soil, which then pollutes our waterways.

Did you know that only 30% of plastics get recycled ? The other 70% is in a landfill or polluting our environment.

Lifecycle of a plastic water bottle

This is where they add chemicals to the oil, and make plastic pellets.

They drive them to the manufacturing plant.

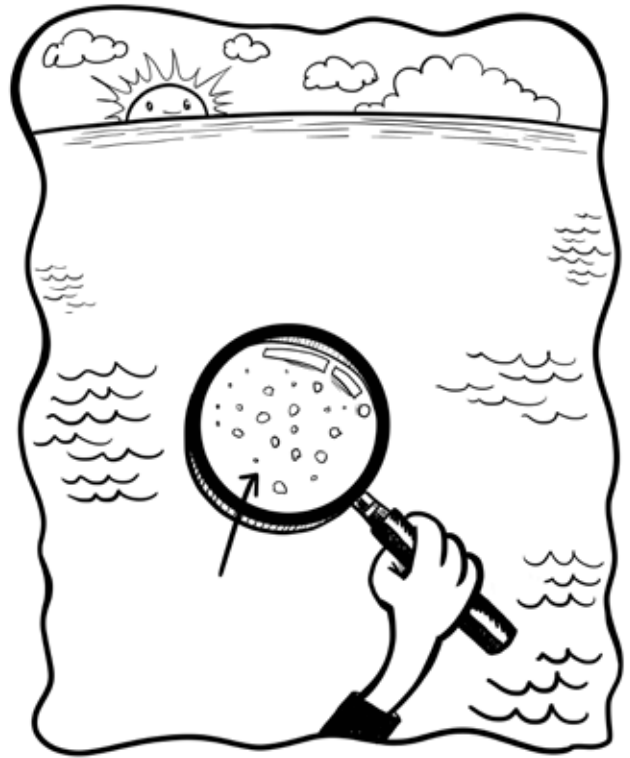


Did you know?

One of the worst things about plastics is that it never really goes away - every single piece of plastic we've ever created is still on the planet somewhere. This includes every windsurf board that has ever been made!

What are microplastics?

When the sun shines on the plastics in our ocean they start to break down into tiny pieces. That makes it really difficult for us to see them, and even more difficult for us to get rid of them. We call them micro plastics.



Plastic soup

Scientists use the term 'plastic soup' to describe the areas where plastics have polluted our waters. Can you imagine eating that?! Yuck!



DREAM TEAM TIP

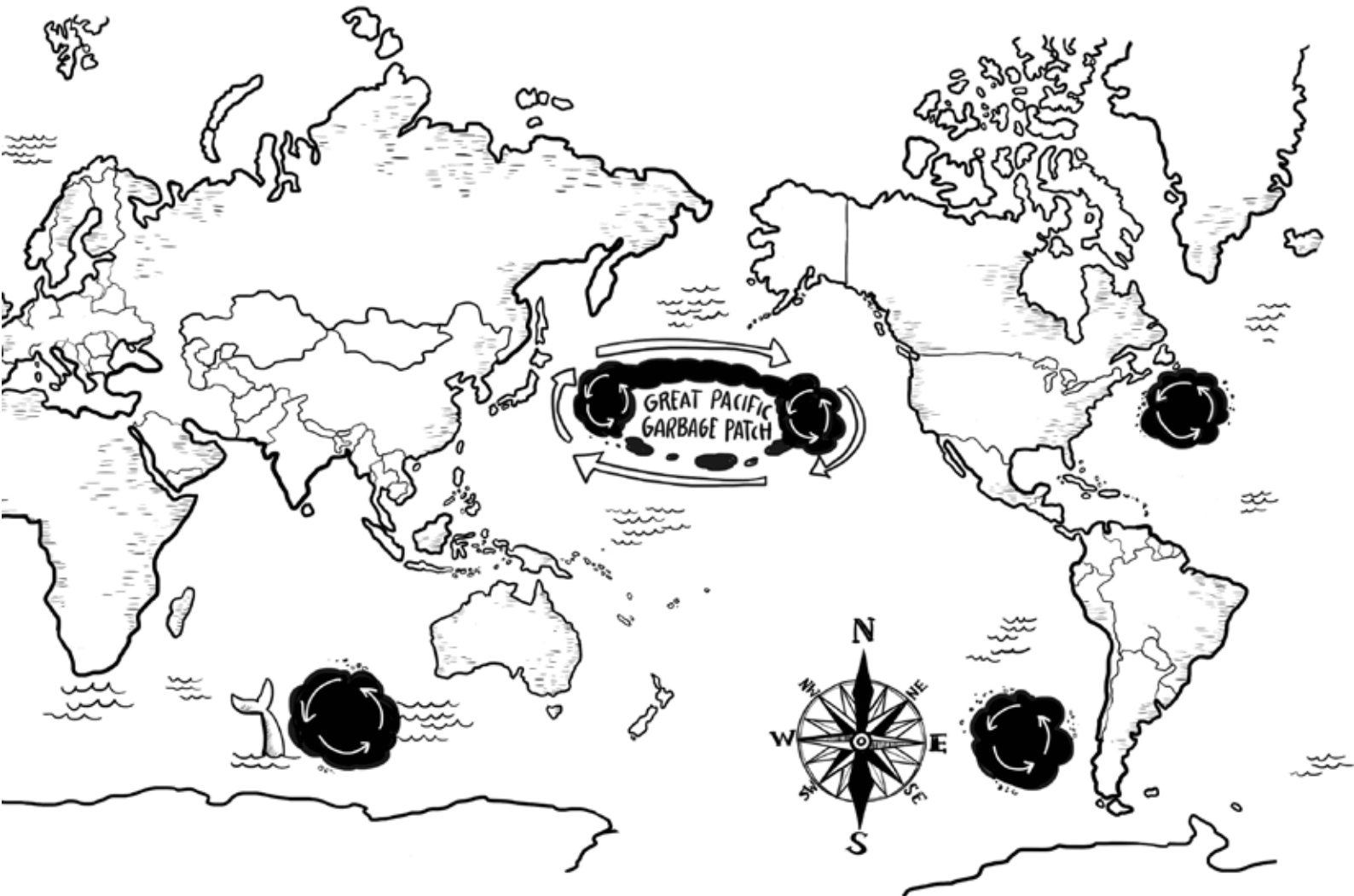
Who has seen plastic on their beaches? Well the Starboard team found a huge amount in Thailand and wanted to take responsibility for some of the plastic they use to make boards. So for every board they make, 1.1 KG of shoreline waste is collected from Thai beaches.



Thip Mongprasert



Great Pacific Garbage Patch



The oceans currents carry plastic everywhere. There are five main rotating currents (they are called gyres). Most of the plastic floating around in the oceans will end up in one of the gyres. Two of the biggest gyres have been nicknamed the Great Pacific Garbage Patch.

It was discovered in 1997 by Captain Charles Moore, whilst crossing the Pacific after a yacht race.

There is 6 times more plastic than plankton in the Great Pacific Garbage Patch. It has over 100 million tonnes of floating plastic.

How can we help?

The biggest thing we can do to help is to reduce the amount of plastic we use. Imagine if every single one of us was able to reduce our usage by 50%? That would make a really big difference.

There are some really easy things we can do straight away :

- Use a reusable water bottle instead of buying plastic ones.

- Stop using straws & other single use plastics.

- Take your own shopping bags to the supermarket.

- Try to buy things with as little packaging as possible

- We can also help by picking up any plastic we find on the beach.



Remember if we don't pick it up , it will end up in the ocean !

DREAM TEAM TIP

We can also make all the items we own last as long as possible. So if you have a board and it's broken, try and fix it as many times as possible. If it is no longer repairable, you can give it a new use. Like making it into a bench for your garden!



Lizzy Howard



Parley AIR

Our friends at Parley have been coming up with really smart ways to protect the oceans. They've created three rules for us to follow :

A - AVOID - This rule means trying not to use plastics. We can use other materials or at least try to use plastics that have already been recycled.

I - INTERCEPT - This rule is all about taking care of the plastics we have used. That means making sure we don't let plastics end up in landfill or in our waterways. It also means trying to pick up any plastic we see on our beaches, lakes and rivers.

R- REDESIGN - This rule is all about coming up with new ideas. Trying to come up with ways for products to last longer, switching up the materials that are used in everyday stuff that is normally made of plastic and finding cool ways to prevent pollution.

TIKI's Parley Project

Can you come up with a new invention to reduce plastic pollution ?



Svein Rasmussen

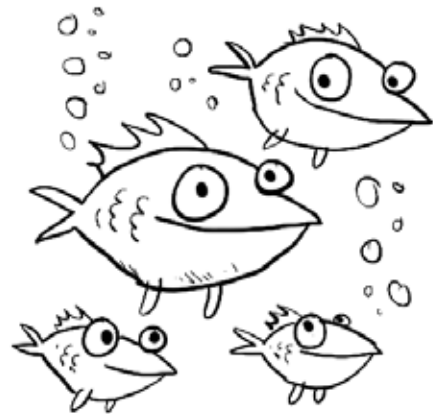
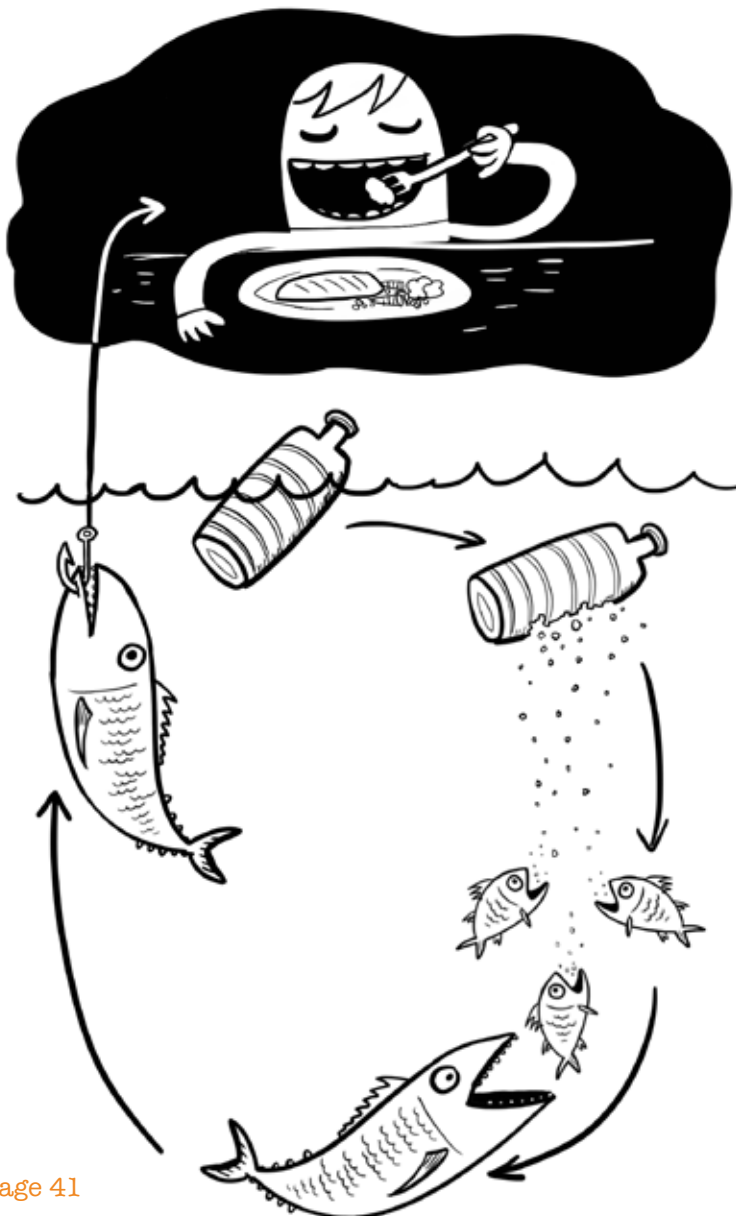
DREAM TEAM TIP

Starboard use this exact AIR concept! We've Avoid all plastic packaging and now use recycled paper and cardboard, we Intercept using our Plastic Offset Program and we Redesign our boards each year with the aim to use less virgin plastics, more recycled material and natural materials.

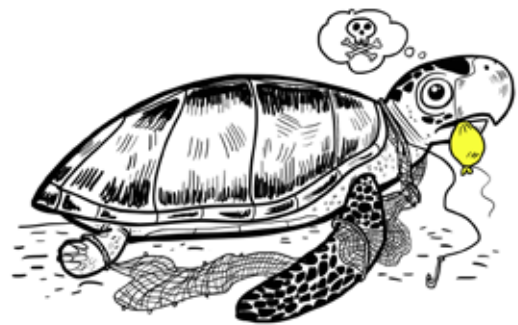
What are you going to do?

At least 260 different types of sea life are known to eat micro plastics by mistake. The smallest of all of them (they're called plankton) get eaten by little fish, then the little fish get eaten by bigger fish, then the bigger fish get eaten by even bigger fish... then guess what ? We catch the big fish & eat them along with all that plastic inside them !

Plastic food chain

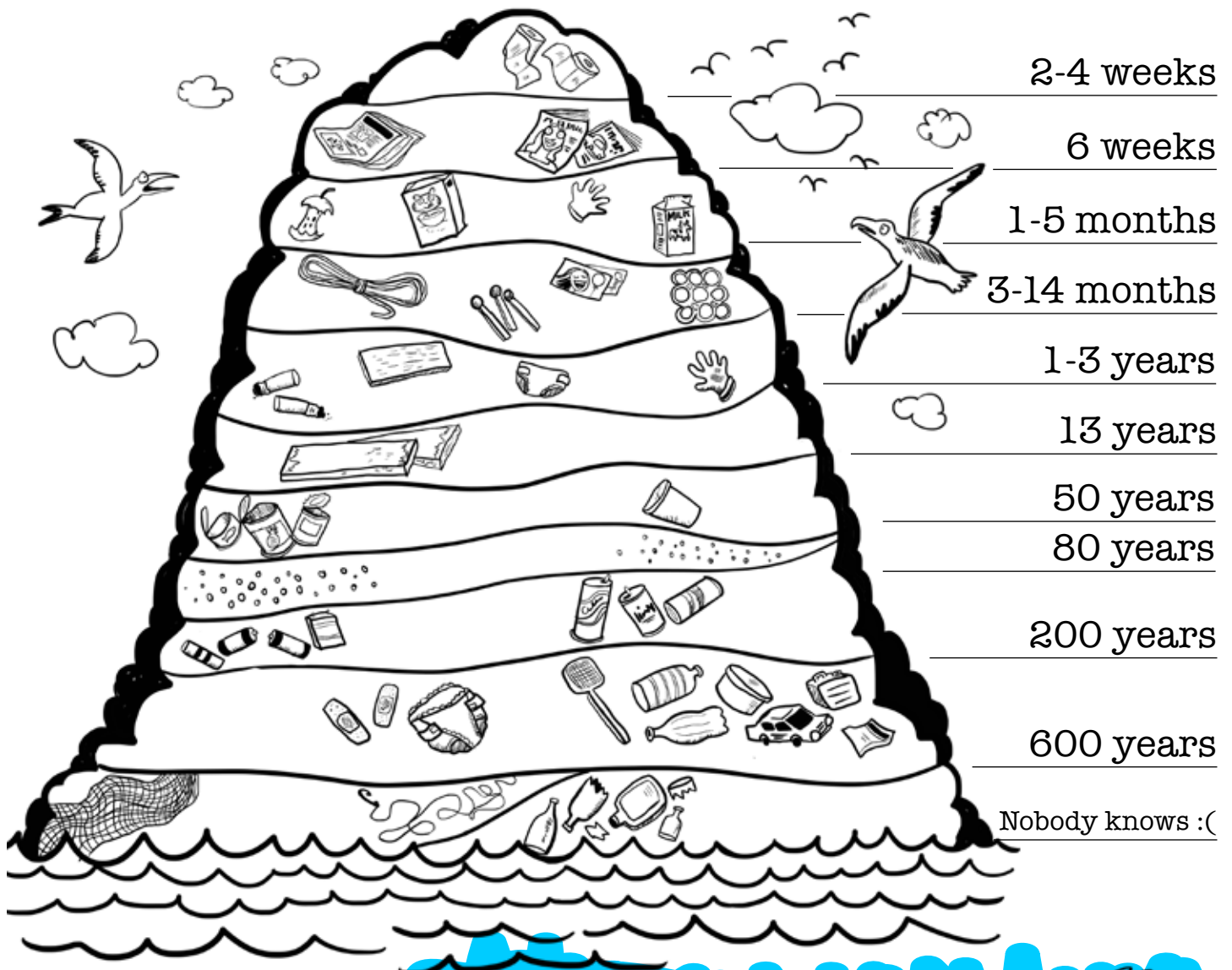


One of the easiest things we can do is to stop using single use plastics. These are things that only get used once (like drinking straws, balloons, water bottles).



So many of these plastics are dangerous for animals. Not only do they eat the plastics by mistake but turtles, dolphins, whales & sea birds can get tangled up in old fishing nets, balloons and plastic packaging.

Look how long it takes for things to break down...



Grab some crayons and colour me in



CHALLENGE!
Collect your rubbish
for one day

Want to know how much plastic you use ? Here's an easy experiment to do at home. For one day , ask everyone to put any plastic rubbish into a separate container. At the end of the day, have a look at how much plastic you've used and see if you can come up with some ideas to reduce it tomorrow.

Plastic Offset Program

It's not just individuals like you and me who need to make changes to tackle the single use plastic crisis - businesses also need to do their part !

To help protect our ocean playground Starboard started their very own Plastic Offset Program, POP for short. Starboard's POP teams are paid to collect trash from the beaches, sort it into different materials and dispose of them properly. so they don't end up back in our oceans !

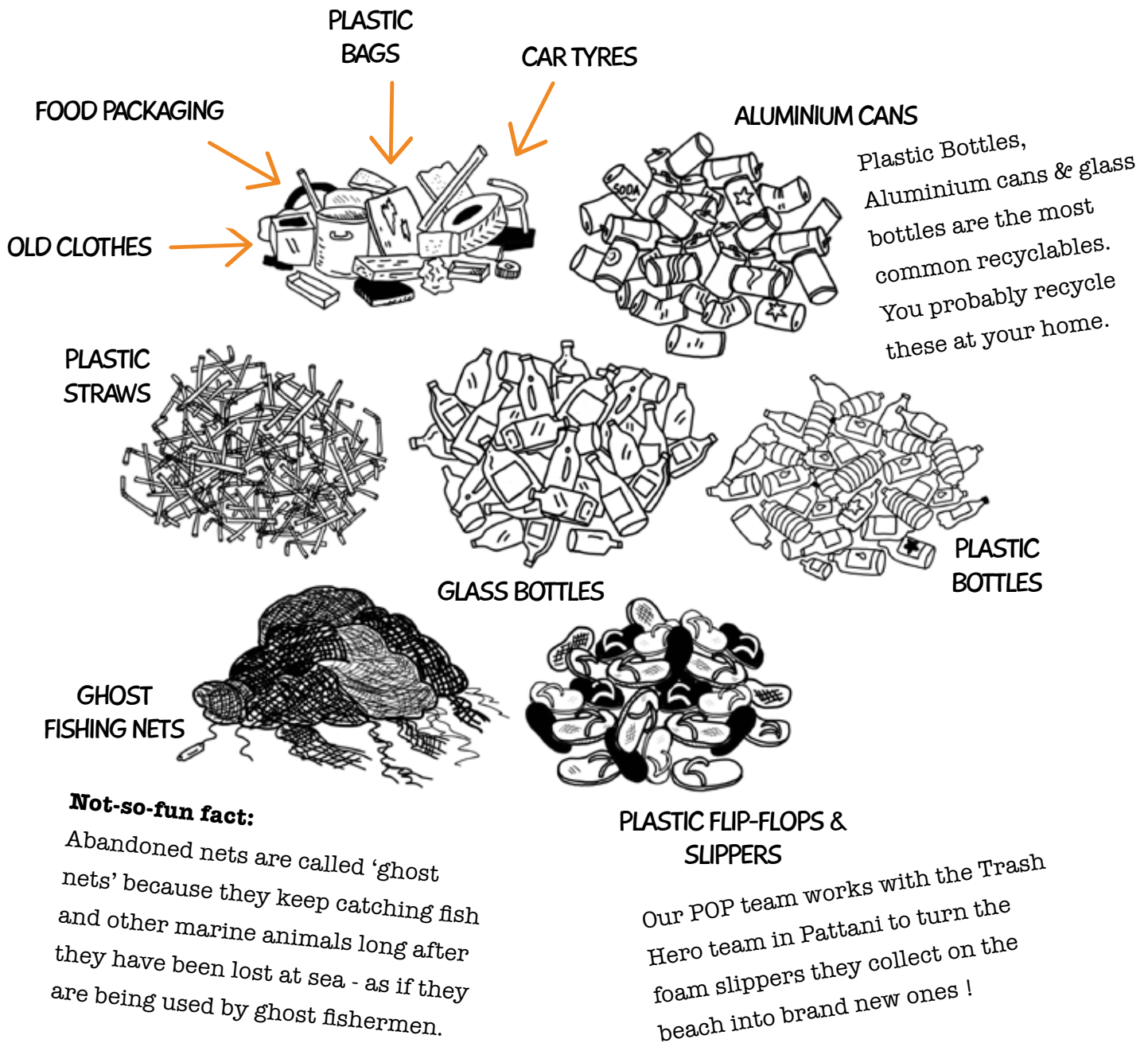


So far there are POP chapters in Thailand (near Starboard HQ) as well as in Myanmar and Indonesia. But we aren't done yet ! Maybe soon there will be crews cleaning beaches all over the world !



Below are some of the types of trash our POP teams pick up on the beach.

Have you seen any of these in the environment near you?



After all the trash has been collected, it is sorted (just like above) so that it can be recycled or disposed of properly.

Sadly most of the trash our POP team collect isn't recyclable. This waste either goes to an energy plant where it is burnt to produce electricity, or goes to landfill.

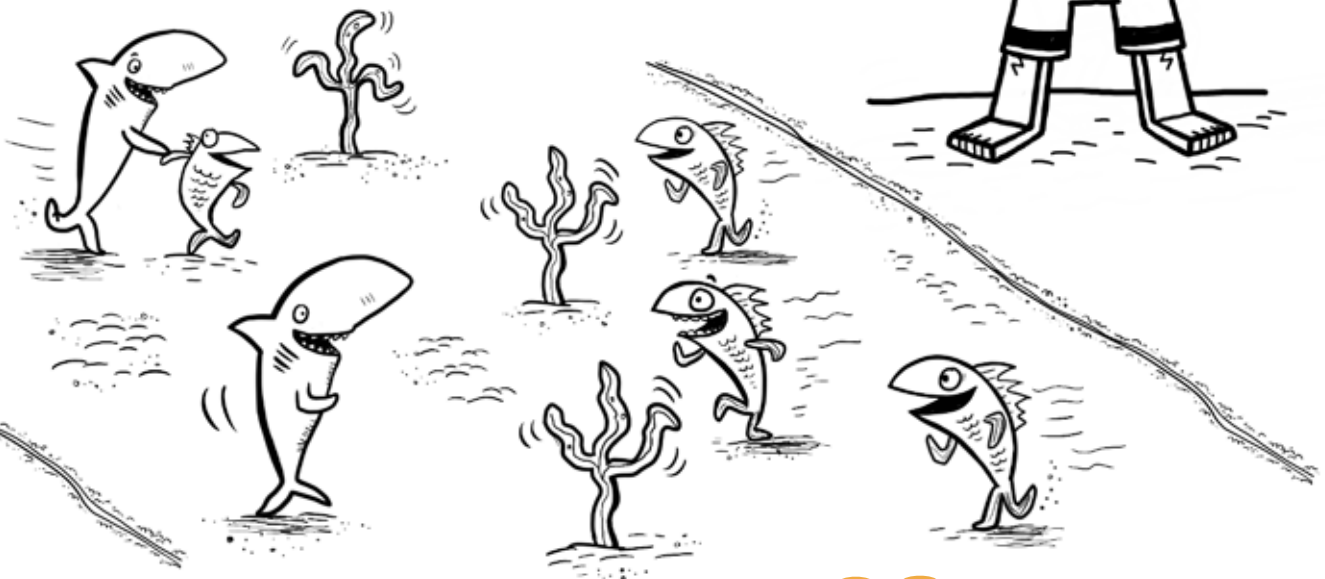
Neither of these options are that great for the environment, but they are much better than leaving it in the ocean !



Windsurfing is a great way to stay fit and healthy. You have to use the muscles in your arms to hold onto your sail, whilst your core muscles, your back muscles and your legs all help you stay balanced. On top of that, it's a super fun sport to share with friends, and you get to hang out in the fresh air !

TIKI loves to make sure he's feeling strong for his windsurf sessions, so he does a whole bunch of stuff to keep him healthy.

What muscles do you think we use when we windsurf?

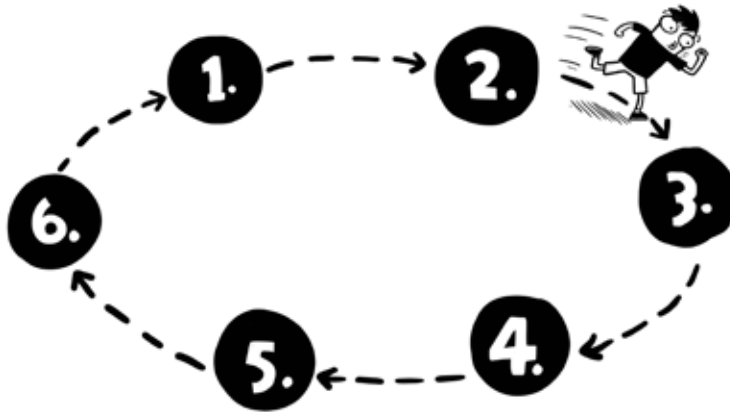


How to play the seaweed game

TIKI's favourite way to warm up before going windsurfing is to play the seaweed game. First up, draw two long lines (if you're not on the beach, you can use markers like trees). Get everyone to stand along one of the lines. One person in the group is a shark - they stand in between the two lines. Everyone has to try and run from one line to the other without getting tagged by the shark. If you get tagged, you turn into a piece of seaweed. Once you are a piece of seaweed, you can't move your feet but you can move your arms from side to side to tag people. The winner is the last person to run across.

Circuit training

Circuit training is a great way to stay fit for windsurfing. You can do it anywhere (at home, on the beach...) and you don't need lots of equipment.



Grab some friends and set out 6 stations for your circuit training class. One person will need to use a stopwatch to time everybody.

Play a game of seaweed to warm up, then pick an exercise to start with and make sure everyone is ready. You have one minute on each station before you have to move to the next.

Once everybody has finished all 6 exercises, take a short break and grab something to drink. See if you can go around the circuit 3 times !



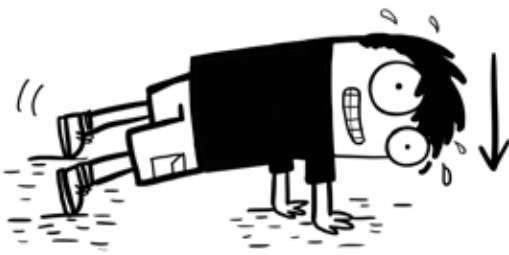
1 Tricep dip

Find a park bench or a wall. Put your hands on the bench/wall and lower yourself down. Keep your body still & use the muscles in your arms to do all the work. **Do 15 of these.**



2 Squats

Stand with your feet hip width apart. Bend your knee and squat down slowly and then come back up again. See how low you can go. **Do 15 of these.**



3 Push up

Lie flat on the ground on your tummy then put your hands next to your shoulders and push up with your arms so your body is lifted off the ground & your arms are straight. Now lower yourself back down by bending your arms. **Do 15 of these.**



Oda Brodhølt

DREAM TEAM TIP

Being healthy is important to enjoy your life! I am so lucky to spend my life out on the ocean windsurfing every day!

For me it is a way to stay fit and challenge myself!

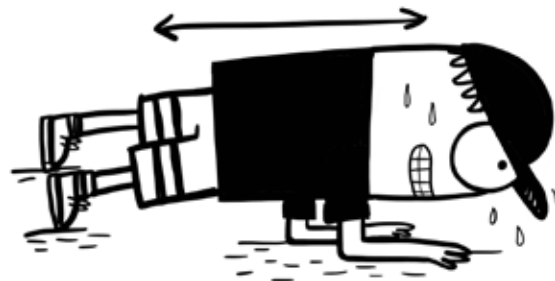
Circuit training



4

Superman

Lie flat on the ground on your tummy. Stretch your arms out in front of you. Now lift your arms and shoulders off the ground (keep them straight) and do the same with your legs. Hold for 5 seconds then lower. **Do 5 of these.**



5

Plank

Lie flat on the ground on your tummy. Stretch your arms out in front of you. Now bend your arms and bring them back so your elbows are in line with your shoulders. Push up so your whole body is lifted off the ground. Hold for 5 seconds then lower. **Do 5 of these.**



6

V-Sit

Sit on the ground with your legs in front of you. Bend your knees and see if you can lift your feet off the ground a little. If that's easy, straighten your legs so your body makes a V shape and reach your arms towards your toes. Hold for 5 seconds. **Do 5 of these.**

DREAM TEAM TIP

Windsurfing is a hard sport on the body; if you want to sail your best you should: train your back, core and leg strength, but at the same time improve your cardio and remain as flexible as possible through stretching and yoga! Last but not least, remember to rest, which is a fundamental part of training!

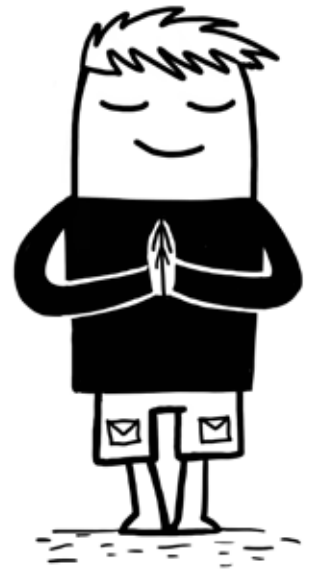


Federico Morisio



Yoga

Yoga is an awesome way to stay fit & flexible for windsurfing. It helps us with our strength, balance & focus. When you are practicing yoga, remember to breathe in and out slowly through your nose.



Mountain

Stand tall & straight with your feet together. Put your hands together in front of your chest. Hold for 10 deep breaths. Go further - Try closing your eyes !

Tree

Stand tall and lift one foot and rest it on the inside of the other ankle. Lift your arms over your head and hold for 5 breaths. Then try the other side. Go further - Lift the foot higher so it rests above your knee !



Eagle

Bend both knees, then lift one leg and cross it over the other. You can touch your toes on the floor or try to balance on one leg. Hold for 5 breaths and then try the other side. Go further - Hold your arms out to your sides, then bring them in front of you and cross one elbow over the other.

Chair

Bend both knees and sit down into an invisible chair. Lift your arms up and point them towards the sky. Hold for 5 breaths. Go further - Go lower & see how long you can hold the pose for !

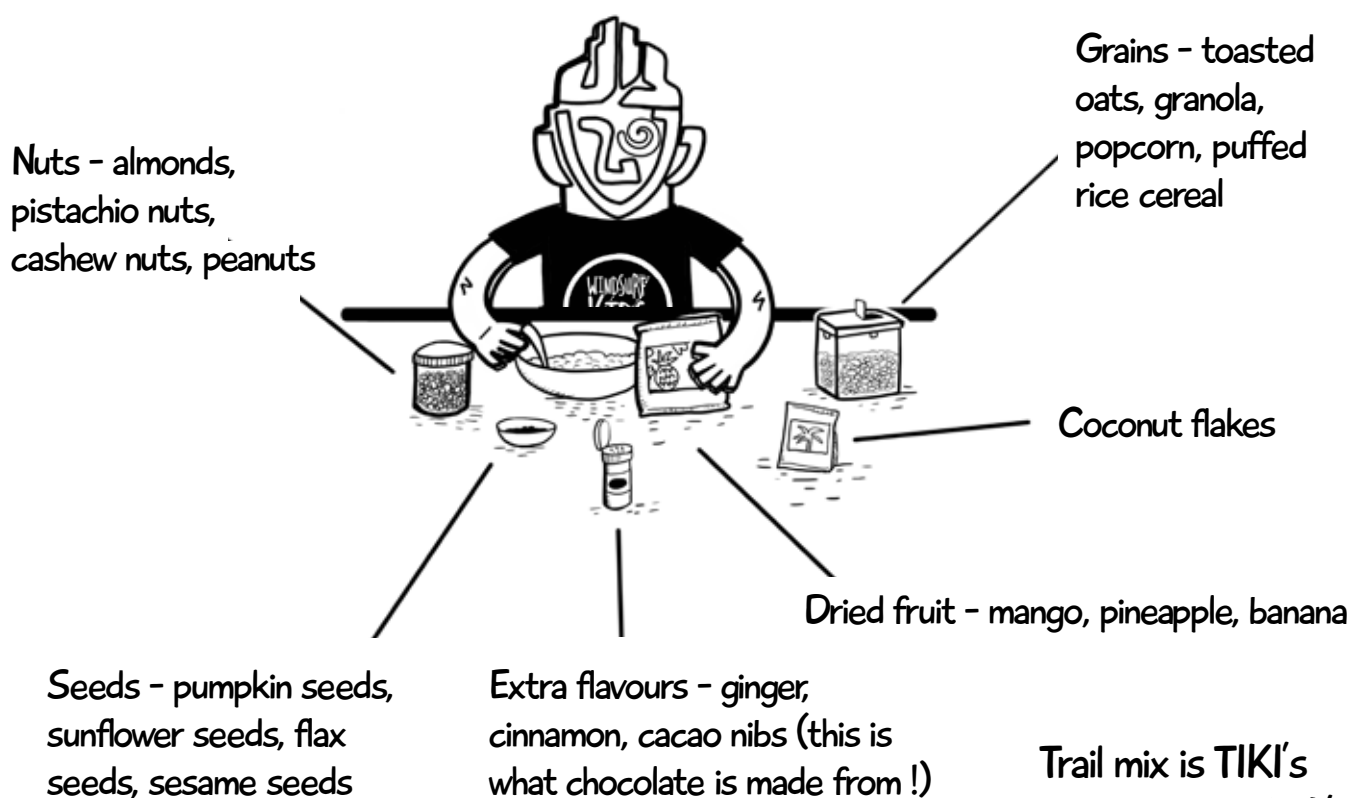


Nutrition

Eating good food is super important. Food is the fuel your body uses to move, grow, and repair itself. It also helps us windsurf longer & faster.

How to make your own trail mix

- 1 Make up a combination of all of your favourite ingredients (about 1/2 cup of each)
- 2 Put them in a big container (with a lid on) and shake, shake, shake!
- 3 Grab a smaller container and fill with a handful of your trail mix, and off you go!



DREAM TEAM TIP

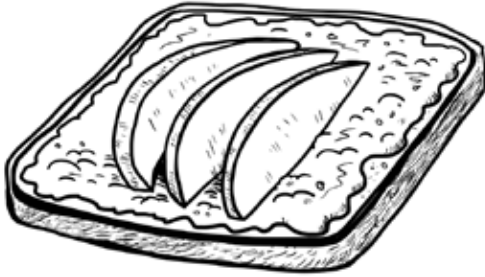
If you want to stay fit, it's always important to start from inside. If you don't have energy you can't give or do anything in life. I like to follow a certain routine where I try to eat only high quality plant based food including at least 5 portions of vegetables or fruits every day. That gives me the power to spend all day on the water.



Florian Jung

Trail mix is TIKI's favourite snack. It's really easy to make your own, and you can take it with you when you head out on your next Windsurf adventure.

4 rad breakfast recipes



Wholegrain toast with peanut butter & slices of apple

Slice up an apple (ask for help if you need to) then spread some yummy peanut butter on wholegrain toast.



Boiled egg with avo toast

Mash up an avocado in a bowl with a little salt & pepper. Ask an adult to boil you an egg and whilst it's cooking, make some wholegrain toast and spread your avo all over it. Cut the toast into strips and dip it into your boiled egg ... mmm delicious !



Banana & blueberry pancakes

Mash 1 banana in a bowl and add 3 tbsp of almond meal, 2 eggs and half a cup of blueberries. Mix it altogether. Ask an adult to help with the cooking. Add a little coconut oil to a pan and then pour in a little mixture to make one pancake. You can fit about 4 little pancakes in one pan. Cook for a few minutes until they are golden brown. Make sure you flip them over ! Serve with maple syrup.



Smoothie bowl

Put 1 cup of frozen berries, half a banana and 1/2 cup of almond or coconut milk into a blender and whizz till it's smooth (ask an adult to help with the blending). Pour out into a bowl. Chop up the rest of the banana and put it on top, with a good sprinkle of granola, nuts & seeds.

What makes TIKI stoked?

Staying fit & healthy, eating good food, spending lots of time outdoors & having some quiet time in nature.

Did you know that being a healthy WindsurfKid is also healthy for the environment?

Why is that do you think?



Meditation

Meditation is a really cool way to relax. It's easy to do... you just need to start by noticing your breath. Breathing is something we do without even thinking about it, but when we meditate, we try to slow everything down and just gently follow our breath in and out. Try it! Sit with your legs crossed and close your eyes. Practice breathing in slowly (count 1, 2, 3 in your head) and then breathing out slowly for 3. See if you can sit quietly for a little while and just relax whilst you practice your breathing. If you start thinking about something else, don't worry, just go back to focusing on your breathing.



Aloha spirit



People from Hawaii use the word Aloha to describe a way of living with love and respect. Aloha is also a feeling, a way of going about things. To act with aloha is to be caring, giving, kind.



A AKAHAI - Kindness
L LOKAHI - Unity
O 'OLU'OLU - Agreeable
H HA'AHAA - Humility
A AHONUI - Patience

Can you think of how to use the aloha spirit when you are windsurfing ?

Blue mind

Did you know that science has proven that our brains change state when we're around water? We feel calmer & happier when we're in, on or under the water. It's called 'Blue Mind'. We're stoked ! It means we have even more of a reason to go windsurfing !



Zane Schweitzer

DREAM TEAM TIP

A huge part of all my work revolves around sharing the aloha spirit. It's awesome to share our sport with others so we can all have fun in the ocean together.



How to become an ambassador for the planet

Global environmental issues

Some of the biggest environmental issues are happening all over the world - not just in one place. We call these 'global' issues. Here are some of the global issues that we're dealing with right now:

1 Ocean Plastics



2 Climate Change

(the earth is getting warmer, which causes lots of problems)



3 Deforestation

(too many trees being cut down)



4 Pollution

(on the land, in the air & in the ocean)



DREAM TEAM TIP

One of the reasons I love windsurfing is that I have so much fun in nature without harming the environment.



Maria Belen

What can you do?

Even though these problems are really big, we can all make a difference. If everyone on the planet picked one issue and committed to helping out, even in a small way, we'll be on our way to a much healthier planet.



Here are some ideas...

- Raise awareness of one cause & show people in your community how they can help
- Choose one cause to learn more about & ask your teacher if you can talk about it in class
- Make a list of 5 things you can do to help your global cause & start doing them today !

Working together



We think the best way to protect our planet is to team up with people who care as much as we do. We can all make a much bigger impact if we work together. This is called collaboration. Here at WindsurfKids we have a bunch of awesome friends we work with.... Who can you collaborate with ? Can you think of any friends who might want to help you with a project ?

What about local issues?

Local issues are environmental problems that are happening in our own community or even our own backyard.

Here are some examples of local issues :

In Los Angeles, California, there is a big water shortage. The weather has changed a lot in the last few years. Less rain and snow means less water flowing into rivers & streams. On top of that, people are also using too much water at home and in big businesses like farms.



In the Algarve, Portugal, people are worried that their local environment is at risk from too much oil production. They don't want any new oil refineries to be built.

In the heart of the Amazon rainforest in Brazil, a huge new mega-dam could flood an area around the Tapajos river, destroying the homes of local people and wildlife.

In South Africa, rhinos and many other animals are at risk from illegal poaching. Poaching means that animals are being killed illegally, normally when the poachers think that they can make money from selling them.



Can you think of any local issues your community is dealing with ?



How to run a clean up of your local Waterway

- 1 Ask an adult to help organise the clean up with you
- 2 Choose your location (and make sure it's a safe spot)
- 3 Make some posters to invite people to come along & help
- 4 Make sure you have the correct equipment (gloves, bags, first aid kit etc)
- 5 Before you start, talk to everyone about why you are doing it, and how to stay safe
- 6 Give each volunteer an area to clean
- 7 After your clean up, sort through the rubbish & note down what you have found
- 8 If you can, pass this information on to your local environment department or charity.



Merijn Tinga

DREAM TEAM TIP

Choose reusable cups and containers for our lunch breaks and make this a habit that stays with us our whole lives. This way we can ensure we are staying waste free! Waste can be harmful to nature, animals and humans, so any waste we do create needs to be recycled or put into bins - not into the environment.

Climate change



The temperature of our planet depends on a balance. The sun's heat travels to the earth to keep it warm then it bounces back to space and the earth stays cool.

2 When the balance is lost, the climate changes. Our climate has changed many times before. But right now, greenhouse gases act like a blanket for the earth. They make the earth warmer & trap the heat from the sun.



The greenhouse gases are caused by burning too much coal & oil, cutting down too many trees, dumping rubbish in landfills & eating too much meat. The changes in our weather are making the ocean warmer, the storms get stronger, the glaciers melt quicker & the sea level rise. All living things are in big trouble.

So what can we do ?

We need to change the way we live so we reduce the amount of greenhouse gas...that way, the earth's blanket can go back to normal & balance is restored.

Carbon Footprints

One of the major greenhouse gases is called carbon dioxide. Carbon dioxide is produced by cars, factories, aeroplanes and other activities that burn fuels like wood, coal or petrol. All of that extra carbon is making the Earth feel sick and adding to the climate change problem :(



Just like how walking on sand leaves a footprint, burning fuel in cars or factories leaves carbon dioxide in the air - a carbon footprint.

Everyone who uses energy (to heat their home, cook their food or drive their car) has a carbon footprint.

To help prevent climate change us humans need to do everything we can to make our carbon footprint smaller.

Here are some of the changes we can make to have less impact on the planet.



Your Board has a Footprint too!

Its not just people who have carbon footprints, 'things' have them too!

Almost anything you buy is responsible for adding some carbon dioxide into the atmosphere. Here are some of the ways that CO₂ is released when making a windsurf board :

By the huge machines sucking oil from the ground to make plastic, or the cutting the trees to get wood.

When electricity is used to power the factory that makes the board.

By the trucks, planes and boats carrying materials to the factory, and then by the big cargo ships taking our boards to shops all over the world.

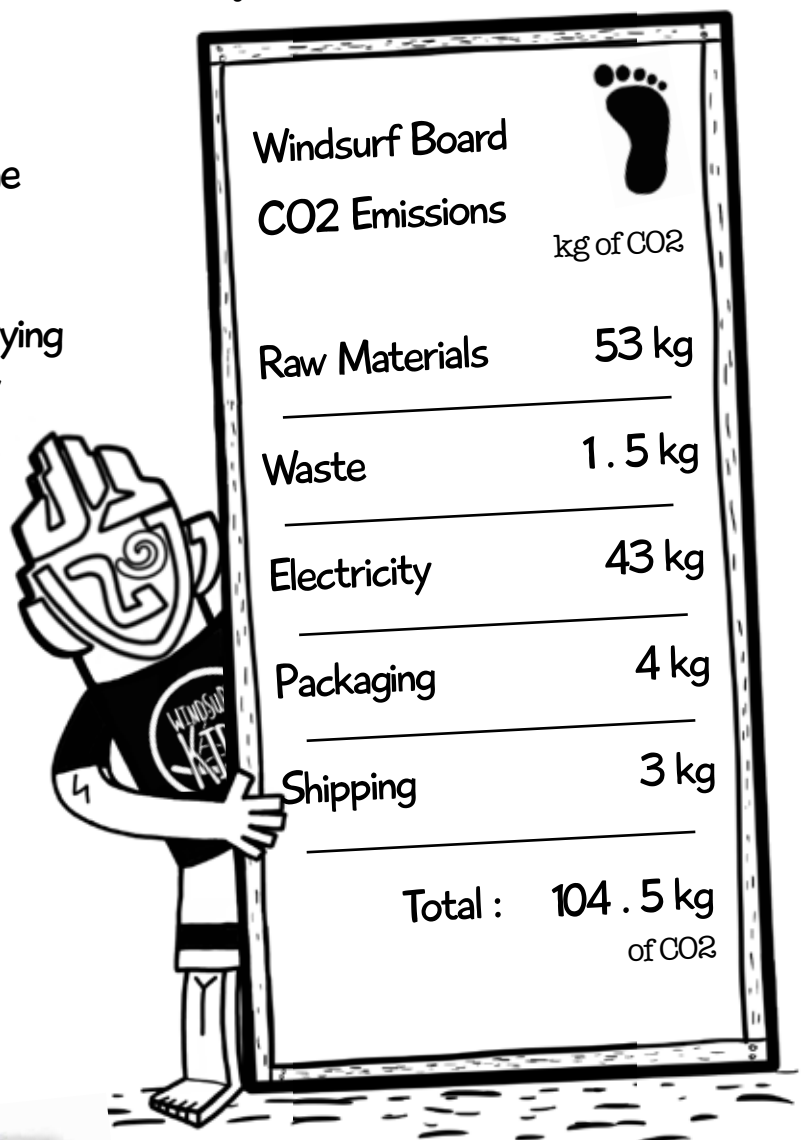
Starboard calculates the emissions released from every board they make!

But why?

Measuring a boards carbon footprint is the first step towards making it smaller.

When we know where we are emitting carbon dioxide we can make changes to help us emit less !

Here is an example of the carbon footprint of the iQFOIL 85 windsurf board :



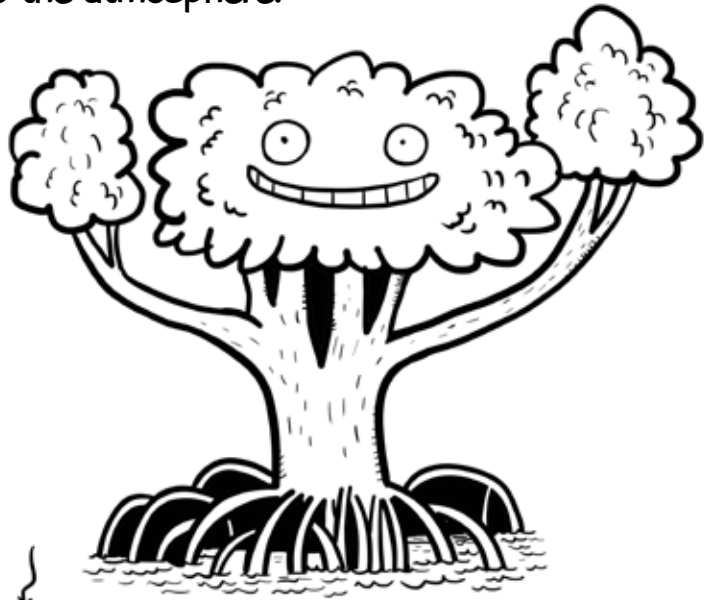
The iQFOIL 85 is the board you ride at iQFOIL Youth & Junior competitions !

Blue carbon

But it's not always possible to totally get rid of our carbon footprint. Even if we cut down on the amount we travel and are careful to save electricity we are still responsible for some CO₂ getting into the atmosphere.

So what else can we do to help stop climate change?

Luckily there's a rad type of tree called a mangrove that can help! Mangroves grow in forests in between the land and the sea.



Mangroves breathe in some of the extra carbon in the air and use it to grow branches, or store it in soil around their roots where it will stay for a very long time. So having lots of mangroves makes the earth healthier and happier.



The more we take care of mangroves, the more carbon they can soak up!

Here's the coolest part of this lesson: Our friends at Starboard have been planting lots of mangrove trees in a country called Myanmar - three for every board they make!

We wanted to help so we came up with a cool idea. Every time a WindsurfKid school runs a program (like the one you're on right now!) we will plant a mangrove tree for each WindsurfKid. That means there's a little mangrove seedling being planted in Myanmar with your name on it!



YAHOO! YOU'RE NOW AN
**AMBASSADOR
FOR THE PLANET**



YOUR NAME

YOUR AGE

LOCATION

DRAW YOUR
FACE HERE

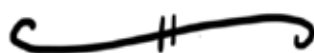


CERTIFICATE

AMBASSADOR FOR THE PLANET



I want to make a difference.



I am an ambassador for the planet & so, I'm choosing to raise awareness of

(YOUR CAUSE GLOBAL OR LOCAL)

HERE ARE MY NEXT STEPS

1. _____
2. _____
3. _____

Friends of WindsurfKids



WORLDVIEW
INTERNATIONAL FOUNDATION



protect.
blue



PARLEY



Svein Rasmussen
Founder, Starboard

"Adventures, learning new stuff , taking care of the ocean and planting mangroves for the planet, this is the stuff I love and live for. Windsurfing brought me a life time of opportunities and fun. We at Starboard hope that you will enjoy this workbook that Linzi, Sarah and our eco team have created with their hearts and minds, wanting to help us all connect with the ocean through windsurfing and learn how to better protect it."



World Sailing

This workbook is supported by World Sailing. We're the world governing body for the sport and that means we're here to help you get the most out of your sailing and Windsurfing.

Written by Linzi Hawkin & Lizzy Howard

Illustrated by Sarah Steenland



STARBOARD

INNOVATION QUALITY