

Get Up & Go - Wing

Course Aim:

An introduction to Winging covering all the basic techniques and knowledge to get you up and going safely in light wind conditions. Wingsurfing and wingfoiling both use a wing with an inflated leading edge on a strut or boom to drive you along, but unlike windsurfing, the wing is controlled by your hands while you stand, and not attached to the board.

This syllabus includes:

- Safety
- Clothing & Equipment
- Set Up
- Flying the wing
- Getting going
- Steering
- Turning around
- Getting back