

# Kitesurfing Checklist

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- Kitesurfing
  - Attach your kite leash to one single line.
  - Let the kite flag out completely on one line.
  - Move hand over hand up the single line until you reach the bar.
  - Wrap the single line around the bar end several times to lock it off.
  - Begin wrapping all of your lines around the ends of the bar.
  - Make sure that only the original line is tensioned.
  - Lock off all four lines.
  - Grab a hold of the kite and move towards the center of the leading edge.
  - Attach your bar's chicken loop to the Velcro of one of the main valves to secure it.
  - Decide whether you can use the kite to sail you back to land.
  - The farther you kite is from shore the longer the swim back in will be.
- Kitesurfers' Rules
  - Respect other beach users.
  - If there is an allocated kite zone rig and check your equipment within the designated area.
  - Seek local knowledge if you have never sailed here.
  - Look before you launch.
  - Use a proper functioning quick-release system with a compatible kite leash.
  - Wear helmet and bouyancy aids.
  - Always wear a helmet if you are using a board leash.
  - Be especially aware of swimmers and other water users.
  - Never approach and jump upwind of swimmers.
- Weather
  - Know where to gain weather information.
  - Know how weather conditions can affect kite surfing.
  - Know of the wind and how it's direction, strength and consistency affect kite surfing.
  - Know how to interpret weather forecasts.