



Gmail

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eTow Demo Sessions - Checklist on safety and what to cover off...

1 message

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WHILE GETTING READY - TALK THROUGH LAND PREPERATION

Move from laying down to Cowboy position

Move from Cowboy position to kneeling

MANOUVERING THE ETOW

Range

Steering - How does it turn

Importance of staying close - Listening to your observer

SAFETY WITH THE FOIL BOARD -

Observer Driver notes: *This is all about How to fall off your board when the board rolls ' Go with it'. Explain the dangers of foiling - point out the wings - points covering your face when falling, body armour - the lot. Cover off the big no no's below.*

Dont recover from a wobbly position

Dont Break at the waist

Don't lean back

GET PERSON IN THE WATER TO HAVE A TURN. - 3 persons ok - 15 mins each

Observer / driver notes

Run the eTow really slow, Ensure your watching closely at all times... ALWAYS TAKE UP ROPE SLACK , Keep the 'stufent' within 50 M. The Student will tire quickly. MAX RUN TIME 15Mins THEN BRING IN THE PERSON - give them a rest and demonstate next steps on land. If The water zone is not safe for up to 10 Knot etow speeds, get in the water with the student on another board and move to a safe zone free of risk of other watercraft or swimmers.

2nd LAND PREP for ON WATER SKILLS

Observer / driver notes

The student will by now be wet and pretty keen to get back into the water and foil, help them by pointing out the below steps required to actually get up on your feet and fly safely. They will likely have forgotten all you told them in the initial land Stretch and prep, so go over the 'getting up to your feet' method again.

WATER SKILLS CONTINUED

Move from Kneeling to UP Kneeling - IMPORTANCE of UP kneeling to get front foot central.

Move from UP kneeling to front foot drop knee

HOP - to Launch to standing tall and centre position for feet - legs close together

Dogging. Turning the board while being towed slowly and maintaing balance.

WATER SKILLS - DOGGING ON FEET

Dogging Though water and staying upright, Staying up.
Hopping, working and pulling on rope to gain speed
and 'Unstick' the board.

FOIL FLIGHT SKILLS - GETTING ON FOIL

Continued Hopping - 'Intense / Force smash and front
foot pump to gain speed'

Smash pump to rear ' ollie' to break away from the
water.

Touch and Go flight

Twisting Left and Right while maintaing Pitch control.

Pitch control. Touch and Go, Touch and Go - Twist left
twist right - balance.

Discuss Muscle memory

END Etow DEMO SESSION