



PYC

PARKDALE YACHT CLUB

INSPIRE

Pilot Program for
Junior, Youth & Female
participation
in Windsurfing

Get INSPIRED

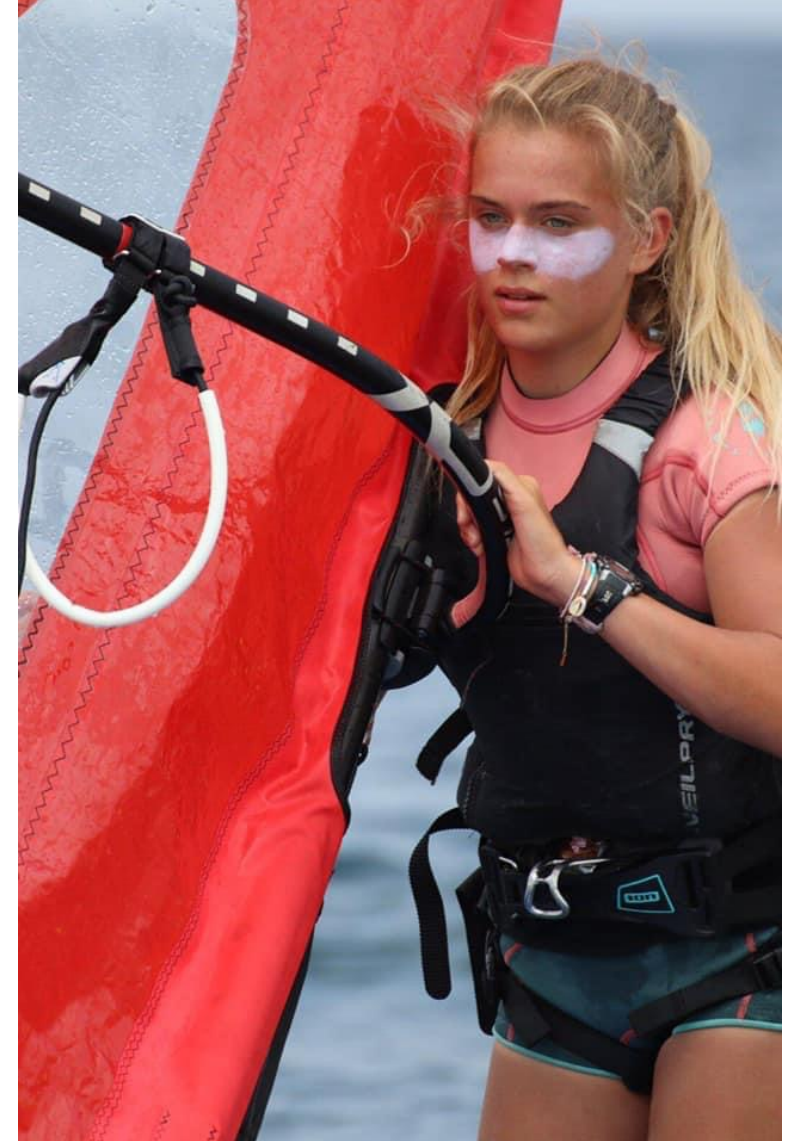
The WINDSURF 'Inspire' Pilot Program will allow more Victorian young people (boys and girls aged 10-20) and women (of all ages) to successfully participate in windsurfing by using innovative, age and weight appropriate equipment, and developing specific learning resources and teaching approaches.



INSPIRE Pilot Program – Test & Share

Historically, the use of learning equipment designed for males (heavy, too large) and teaching techniques focused on adults, has made it extremely difficult for younger, smaller and lighter people to have good initial experiences with the sport, thereby reducing access, diminishing uptake and leading to a gender imbalance and ‘ageing’ cohort in the sport.

The pilot will reimagine the learning process testing suitability, functionality, durability of new equipment and training approaches - key learning’s of which will be packaged and shared to other Victorian watersport centers and Yacht Clubs for broad based implementation as a pathway to increasing participation in windsurfing by young people and women across the State.



WINDSURFING !

Windsurfing is a fantastic sport that develops multiple benefits for participants.

It is outdoors and nature based.

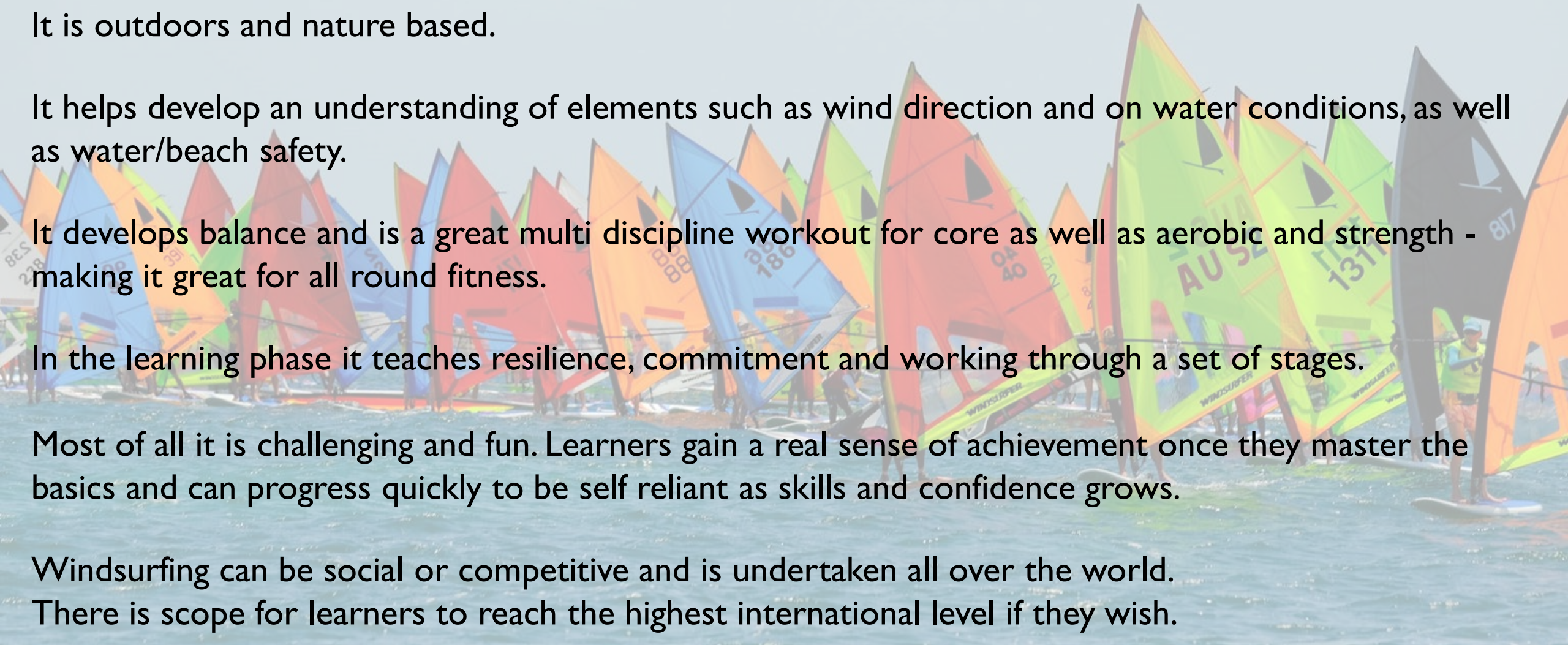
It helps develop an understanding of elements such as wind direction and on water conditions, as well as water/beach safety.

It develops balance and is a great multi discipline workout for core as well as aerobic and strength - making it great for all round fitness.

In the learning phase it teaches resilience, commitment and working through a set of stages.

Most of all it is challenging and fun. Learners gain a real sense of achievement once they master the basics and can progress quickly to be self reliant as skills and confidence grows.

Windsurfing can be social or competitive and is undertaken all over the world. There is scope for learners to reach the highest international level if they wish.



Get INSPIRED

Parkdale Yacht Club (PYC), established in 1945, is a progressive volunteer-based club that supports grass roots community involvement in sailing and windsurfing sited on the shores of Port Phillip Bay in the City of Kingston.

Parkdale has by far the largest and most successful Windsurfer Class racing fleet in Australia. Its fleet is world class and boasts State, National and International champions amongst its members.

The current Windsurfer Class World Champion, Nick Bez, is a PYC member - who actively supports the Youth windsurfers at the Club with coaching and mentoring.

Parkdale is the only Yacht Club on Port Phillip to have offered learn to windsurf programs over the past decade. This has seen 000's of people become proficient in the sport, many of whom have gone on to continue windsurfing and also become Club members.

PYC



INSPIRE Program – The Challenge

Reflecting on the PYC learn to windsurf program, in 2019 the Club identified that there is large scope to increase participation amongst younger people (10-15 in particular) and women if lighter weight, more size specific equipment was available.

Furthermore, making teaching resources and approaches simpler, age appropriate and more fun would also enhance options.

Lastly, lowering the age of instructors and including females amongst the instructor cohort was viewed as very important to engage with the younger audience and women.

Over the past few year's manufacturers have identified similar issues and some began developing specialised equipment.

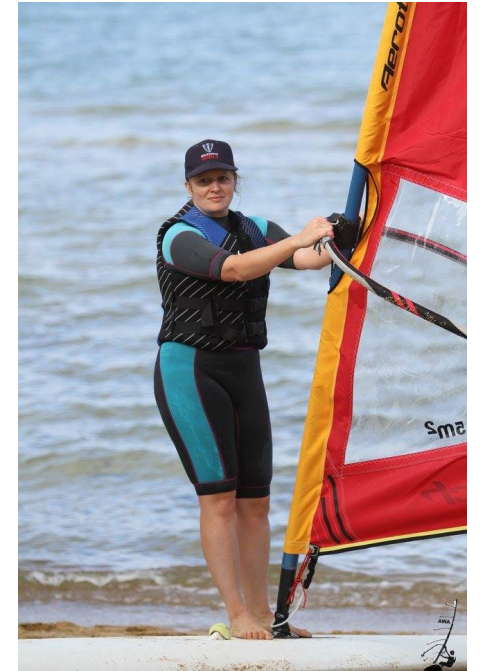
Members of PYC saw initial prototypes of the new lightweight equipment aimed at young people and women at windsurfing schools in Europe during the Northern summer of 2019.

According to the schools (and discussions with kids and their parents who had used the equipment) by integrating the new types of lightweight equipment and simulation tools, traditional barriers to uptake by kids and women the sport were reduced.

INSPIRE Program – The Solution

The Inspire program will be based on established principles and training methods (including the Australian Sailing - Learn to Windsurf program) but modified to make it more relevant to younger participants (reducing jargon, technical terms, etc) and also including more emphasis on smaller steps including more 'fun' play based activities to deliver content.

The ultimate outcome will be the ability for younger people and women to participate in a new activity stream including members of the local community and proximate primary and secondary schools.



INSPIRE Program – Appropriate Equipment

Dry Land Simulator – a teaching aid that replicates the on-water experience on shore

The simulator provides a realistic experience for instructors to demonstrate initial concepts, and for students to practice these techniques. A major benefit is that students can be taught easily in a group and that foundational understandings are delivered without ‘getting wet’.

As part of the pilot, a specific simulator will be developed to address the needs of young people and women.

For smaller/lighter people it is paramount that the simulator is low to the ground - for safety and for ease of use. Furthermore, the sensitivity of the device needs to be enhanced to respond to lower input forces.

Another consideration in the design will be the ability for it to be portable and easily moveable by instructors – therefore under 10kgs.



INSPIRE Program – *Appropriate Equipment*

Inflatable technology - a breakthrough in weight and safety for teaching

In the past few years considerable innovation has taken place around the world to develop new types of equipment that is lighter and more flexible for learning.

A key development has been the integration of inflatable (i) elements into board and rig design.

iBoards

- Inflatable boards are ideal for younger people and women due to their reduced weight as well soft feel.
- Good stability makes them ideal for learning and progressing.
- The inflatable board has no hard parts or sharp edges reducing the risk of injury.
- Storage and transport efficient – the packed downsize (uninflated) to the size of a backpack
- Doubles as a stand up paddle board (SUP) which is very useful for engaging students if the wind is not optimal for teaching or as an alternative activity to practice balance.



INSPIRE Program – *Appropriate Equipment*

Inflatable technology - a breakthrough in weight and safety for teaching

iRigs

- Reduced total weight of rigs – Inflatable rigs are 70% lighter than the lightest traditional alternative – this is gamechanger in terms of younger people and women being able to lift the sail from the water easily
- Rigs float – iRig's are buoyant and sit on the surface whilst traditional rigs sink - making it more difficult to pull up the sail
- Safer – iRig's have no hard parts. Being softer, less rigid and lighter the swing weight is much reduced. Safety is significantly enhanced with no chance of strike injuries from solid masts/booms.



To date they have not been trialed systematically in a windsurfing school environment in Australia.

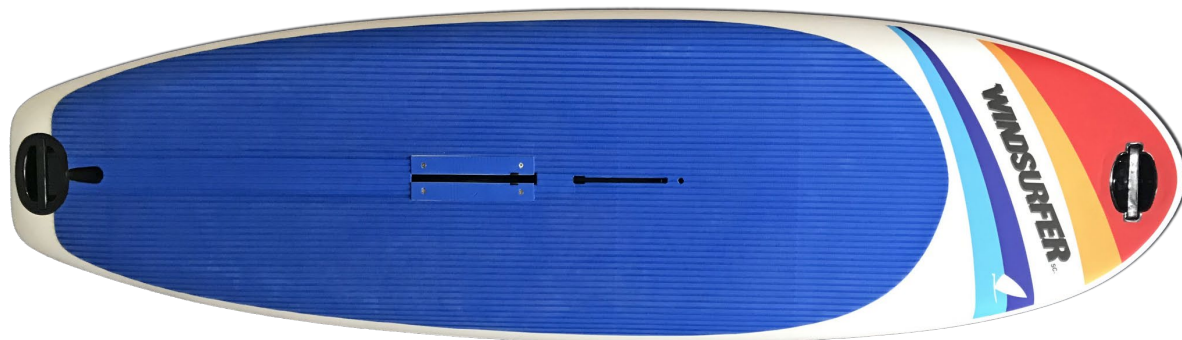
One key aspect of the trial will be to assess the durability of the equipment with beginners. Assessment of robustness and longevity will be undertaken in order to understand the cost/benefit within a Club teaching setting.



INSPIRE Program – Appropriate Equipment

Windsurfer 'SC' – the latest design for progressing windsurfers.

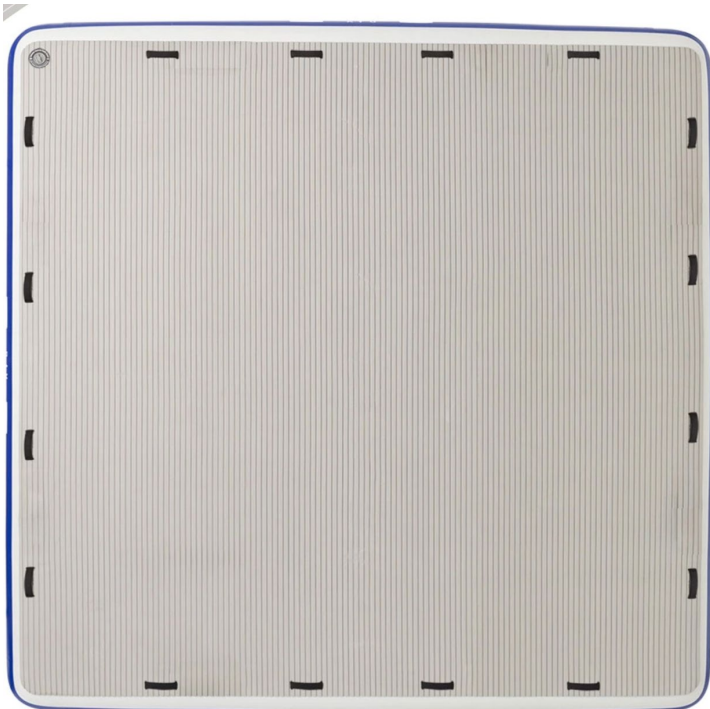
- The Windsurfer 'SC' (School) board are the latest technology instructor/simulation boards (released March 2020) and have never been used in Victoria.
- Constructed specially for school environments they are durable yet light.
- Ideal for instructors to demonstrate to students on the water, with excellent stability at low speeds so instructors can 'sail along' with students in a controlled manner.
- They are also ideal as an intermediate platform for progressing students.



INSPIRE Program – *Appropriate Equipment*

Inflatable Pontoon – on water “time out” / safety island

- Provides a safe, fun place to rest and change over students.
- Inflatable so easily stored.
- Can be towed into position and anchored.
- 3x3 metres allows for up to 8 people at one time.



INSPIRE Program – Appropriate Equipment

Lifejackets & Safety Bibs – latest designs for best fit and on-water visibility.

Lifejackets

- Sailing/windsurfing specific low profile, age and weight appropriate life jackets suitable for young people aged 10-20 and women.
- Sizing is crucial to ensure optimum performance / safety.



Safety Bibs

- Lightweight 'high visibility bib worn over lifejacket to enhance identification of participants while in the water



INSPIRE Program – Resources

Instructor Certification

- Training of two PYC member female windsurfers (aged 18) with an Australian Sailing Windsurfer accreditation (already certified sailing instructors).
- Certification of two additional Club instructors to Australian Sailing Windsurfer accreditation.

Instructional Materials

- Content, photography, graphic design and production to develop age specific teaching resources – for young people - simplified and more visual.
- It is envisaged that it will include specific elements not typically covered in adult syllabus. For example:
 - Local area (first Nation people of the area, facts about Port Philip Bay),
 - Enhanced water safety (eg. local hazards, “always wear a lifejacket”, sun protection, distress signal, “always stay with board”)
 - Other topics such not generally taught which can provide lasting life skills such as wind/weather understanding, teamwork and care of equipment, etc.
- An early childhood educator (PYC member) and Primary school educator (PYC member) will provide input on appropriate content and learning strategies for young people when developing course material.

INSPIRE Program – Delivery

Dual Stream Programs – Peer Group focus

AMP

- Children and Young adults
- Mixed gender
- Ages: 8-12 / 13 – 16 / 17->
- Focus on age peer grouping

- Max group size 8
- Younger instructors where possible

- Initial - 2 hour – ‘Come Try It’
- Ongoing - 6 sessions x 1.5hr – ‘Up & Away’



WOW

Women on Windsurfers

- Female only program
- Lifestage groupings – teens, young adult, mums
- Max group size 8
- Female instructors where possible

- Initial - 2 hour – ‘Come Try It’
- Ongoing - 6 sessions x 1.5hr – ‘Up & Away’

- Social component
- Form WOW stand-alone group(s) for ongoing support and interaction
- Dedicated website/social media
 - Ongoing WOW community
 - Tools and support

INSPIRE Program – Activation

A significant amount of in-kind resourcing of the project will be provided by PYC members and others from the windsurfing community.

This already includes commitments from:

- the current World Windsurfer male champion (a PYC member) who will provide oversight and assistance on course development, instruction and use his networks to promote the pilot
- the current National Windsurfer male champion (a PYC member) who will use his engineering expertise to develop and optimize the new on-land simulator, as well as participate in the assessment of equipment
- the current Victorian Windsurfer female champion (a PYC member) who will be a champion for young people and women, and be a lead instructor for the pilot
- an experienced sailmaker (who worked on the Americas Cup) (a PYC member) will review the equipment, in particular sails and rig to assess their appropriateness and durability

The project has been endorsed by the Windsurfer Class Association of Australia who will assist in promotion of the pilot, organise ‘come and try it’ days for young people and women to trial the equipment and advocate for its rollout once the pilot is successfully concluded.



INSPIRE Program – Rollout Timetable

Date	Activity/Action
2020	<ul style="list-style-type: none">• Program Development / Equipment review
August – September 2020	<ul style="list-style-type: none">• Grant writing
December 2020	<ul style="list-style-type: none">• Grant successful• Commence fundraising
January – June 2021	<ul style="list-style-type: none">• Equipment selection / Learning resources planning• Continue fundraising
July 2021	<ul style="list-style-type: none">• Initial equipment purchase• Continue fundraising
August – October 2021	<ul style="list-style-type: none">• Learning resources
late October 2021	<ul style="list-style-type: none">• Receive initial equipment
November 2021	<ul style="list-style-type: none">• Initial Pilots (4 programs)<ul style="list-style-type: none">• ‘AMP’ – Kids/Youth - Come & Try It (Program 1) / Up & Away (Program 2)• ‘WOW’ – Women - Come & Try It (Program 3) / Up & Away (Program 4)
December 2021 -> 2022->	<ul style="list-style-type: none">• Key Learning’s, Review and refine• Future rollout

INSPIRE

Key Contacts

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YACHT CLUB

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LAIRD HAMILTON GERRY LOPEZ KAI LENNY CHUCK PATTERSON

EXCLUSIVE SCREENING
Parkdale Yacht Club, Beach Rd. Parkdale
September 3, 2021
6.30 Doors Open, 7.45 Start
\$20 plus booking fee
Strictly limited to 120 tickets

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Cash bar, limited snacks

WINDSURFER AUSTRALIA **PYC PARKDALE YACHT CLUB** **WINDSURFING VICTORIA**

MOBIUM GROUP **STARBOARD INNOVATION QUALITY**

LEGENDS TAKE A LIFETIME

THE LONGEST WAVE A JOE BERLINGER FILM

All proceeds to PYC Learn to Windsurf program