



Kite Surf Instructors Syllabus

Course type – IKO 5 day ITC and UK training Supplement

Delivery – IKO examiner

BKSA Accredited

Remit

The kite surf instructor's role is pivotal in the development of the largest growth area in power kite sports. They will need to not only provide a structured route to understanding and learning the sport, but also act as ambassadors to the public at large and authorities in general as kite surfing develops and expands.

The instructor's key role will always be to introduce kite surfing to students at the basic level, enabling them to come to grips with this potentially hazardous sport in a structured and safe manner. The instructor is undertaking the role of helping to develop the kite surfers skill from the basic beginner level through to more advanced skills that will not only help the student become a safe competent rider, but also to potentially move on into the competition arena.

Instructors will teach under the international IKO programme, which operates a proven standard that is international recognised. To endorse further UK requirements the course also contains a UK teaching supplement. BKSA accreditation is also available should you wish to add this to your IKO qualification.

IKO level one course prerequisites –

Personal ability - IKO kiteboarder card level 3

Meaning, self sufficiency, competent in range of winds strengths and weather conditions, hold an upwind course, able to deep water self rescue, turn, understand 'rules of the road and safe practice around other water and beach users be able to perform basic jumps, have your own equipment and have a six months to a years experience within the sport. All IKO requirements as per their website. Your personal riding will be assessed on the course.

RYA powerboat level 2, equivalent or higher (prior to ITC, this applies only to candidates working in the UK)

Recognised First Aid certificate (Prior to ITC)

IKO level 1 ITC -

Five IKO instructor training course (ITC) – inclusive of UK training supplement. You may be required to take a post course action plan if you demonstrate weaknesses within any area of the course.

BKSA endorsement option available.

On completion of the above you will be fully qualified and able to hold your own instructor indemnity insurance. You will be awarded an IKO level 1 instructor certificate. If you further opt for the BKSA endorsement your certification will be sent to you post course direct from the BKSA.

IKO Level two instructor –

Level 2 instructor - is gained by direct assessment and feedback to the IKO. You will be required to teach 160 student hours, which is between 20 and 30 students and pass a written test. The level 2 instructors certificate is awarded directly by the IKO, this is not awarded at national level.

Instructor Requirements

- They must have completed all the ITC modules to become a level 1 IKO instructor.
- Instructors must be able to ride to a competent standard, as approved by the IKO.
- Should ideally hold an I.KO assistant instructor certificate or an instructor qualification in another sport
- Instructors must follow the IKO standards and operate course according to the kiteboarder card scheme. All students must be awarded their IKO kiteboarder card on completion of their course.

Instructor modules

- Core teaching competency, safety, underpinning knowledge
- Trainer foils and C and Bow kites
- Boards
- Safety boat/craft
- First aid

Aims

- To acquire the skills and knowledge to qualify as a kite surf instructor.
- To be able to give students an overview of the development and history of the sport.
- To be familiar with the range of kites, boards and accessory equipment being used in the sport.
- To introduce students to the skills needed to kite surf safely and progress in the sport.

ITC – five days

This component of the instructor training is linked to the IKO training structure that provides the international standard within kite surfing.

Skills – IKO instructor course manual with inclusion of the following:

1. Competent kite surf standard - being self sufficient from set-up to pack-down, water starts, ride in all directions, use a range of equipment, ride in different conditions.
2. IKO kiteboarder card scheme.
 - Beginner levels one to three – teaching methodology
 - Syllabus
 - Course programming
 - Lesson planning
 - Coaching
3. Be fully competent with deep-water re-launch techniques, self-rescue and boat rescue from the rider's point of view.
4. All basic kite handling and flying skills
5. Water based kites, use and traction
6. Kite and rider safety cover and rescue - links to RYA power boat 2.
 - use of powerboats for kite safety cover and rider rescue
 - rescue procedure with able rider
 - rescue procedure with injured rider
 - chase procedures
 - kite recovery on boats
 - kite re-launch for boats
 - use of safety craft as a teaching aid
7. Board skills and understanding of different types of boards.
 - Basic board start skills
 - How to stop
 - Changing direction
 - Riding upwind
 - Jumping
8. Use of safety systems, four line and two line LEI's

9. Safety.
 - choosing the correct kite and board for the conditions and skill level
 - understanding weather and tide conditions
 - location assessment
 - pre surf checks
 - handling emergency situations
10. Maintenance and care of equipment.
11. Group control and course pacing in varying conditions and locations.
12. School Operating procedures – support systems UK supplementary training
 - Risk assessments
 - Daily operating procedure
 - Emergency action planning
 - Student booking procedure
 - Record keeping
13. Practical teaching practice and assessment throughout the course

Theory – IKO instructors manual with the inclusion of the following:

1. Responsibility of instructors.
2. Teaching principles, teaching styles, session preparation and lesson planning.
3. Communication, group control, classroom and practical structuring.
4. Principle of learning, knowledge assimilation, memory curve and experiential learning, course pacing, coaching techniques and inputs.
5. Course administration, waivers, medical background, accident records, pre-booking.
6. Wind, tides and weather.
 - weather charts
 - forecasts
 - wind scales
 - tidal charts
 - thermal winds
 - identifying dangerous weather patterns
7. Site Analysis
 - local effects
 - turbulence

- lift sources
 - wind orientation
8. Wind window
 - power zone
 - useful window
 - safe zones
 9. Theory of kite surfing, relative forces.
 10. Where and when's of kite surfing, progressing students.
 11. Safety, student and instructor tips, buddy system, hand signal system.
 12. Rules of the road, Seven Common Senses IRPCS.
 13. Rider equipment.
 14. Boards
 - types and styles of riding
 - kiteboard design
 - fin set-ups
 - foot straps, bindings and leashes
 15. Development and history of the sport.
 16. The industry and organisations.
 17. Insurance and legality.
 18. IKO relationship and roles within the UK

UK Training Supplement

As of March 2007 the IKO have introduced a specific UK training supplement to support instructors working within the UK.

The supplement covers specific areas of knowledge, information and work practices that an instructor would need to be fully aware of before teaching within the UK.

The key areas that are covered include information on all the other kiting organisations operating within the UK, to help you understand their roles and operations. Other key agencies that you will come into contact with, which includes specific Licencing authorities that impact on the teaching of kite surfing in the UK. You will cover areas of legal requirements for working as instructor in the UK and all the support structures that you will need to understand and use not only within the UK, but also throughout Europe under EEC laws.

Kites – LEI and Foils

Skills – IKO instructors' handbook including the following:

1. Set-up and pack-down of different types of kite – 2, 4 and 5 line, Bow kites and foils.
2. Safe handling and parking of the kite on land.
3. Pre-flight checks.
4. Self launch and assisted launch.
5. Flying skills, taking out twists, one hand flying, power zone.
6. Use of harness.
7. Techniques for re-launching the kite from the water.
8. Use of safety systems and kite recovery.
9. Shallow and deep water kite recovery.
10. Safe landing procedures supported and unsupported.
11. Introduction to power, shallow and deep-water body dragging.
 - downwind body drag
 - crosswind body dragging
12. Deep-water re-launch and self-rescue techniques.
13. Use of different types of bar and line set-ups.
14. Water starts.
15. Powering and de-powering kites, loading kite, correct positioning for direction of travel.
16. Planning and edging, board and kite control.
17. Station to station, down and cross-downwind runs.

Theory – IKO instructors' workbook including the following:

1. Flying characteristics of single skin kites.
2. Wind ranges, power ratios and comparisons, what size kite to use when.
3. Equipment breakdown, set-up and adjustments.
4. Care and maintenance, storage and travel.

5. Power and traction forces of the single skin kite.
6. Advantages and disadvantages of the single skin kite.
7. Range and type of single skin kites available on the market.

Boat Module

Key areas covered are use of boats for teaching and the use of boats for student safety.

All IKO UK instructors must hold a minimum of an RYA Power Boat level two qualification. This module is combined with the specific areas of kiteboard rescue, safety boat cover and boat based teaching, contained with the Core Competency Module.

A separate specialist kite surf rescue training course designed for RYA safety boat operators run by the BKSA may be taken and accredited against the core competency.

A further surf safety module may also be taken by the instructor, but is not compulsory.

Underpinning Knowledge

1. Weather and Tides
2. Dynamic and useful wind window
3. Apparent wind in relation to kites and upwind performance
4. Rules of the road
5. Aerodynamics
6. Wind effects around obstacles
7. Changing riding direction
8. Theory of jumping

Qualifying procedure

The instructor-training course (ITC) is taught as a five day IKO course inclusive of the UK supplement.

To attend this combined course the candidate must hold a minimum of an RYA powerboat level two licence or equivalent, a recognised first aid certificate and be able to demonstrate the personal riding pre-requisite

Following the successful completion of this course the instructor will be awarded with their IKO level 1 instructor diploma.

On leaving the ITC a new instructor will be able to teach up to four students with four kites, work independently and hold their own teaching insurance.