



STUDENT CSC WINDFOILING GUIDE

Draft by T. Aerts, edited by E. Lee (Last updated 5/12/2026)

I. Introduction

The **hydrofoil** consists of a mast, fuselage, and wings. As water flows over the wings, it creates lift, similar to how an airplane wing works in the air. This lift raises the board out of the water, reducing drag and allowing the rider to glide smoothly above the surface.

When can you sail?

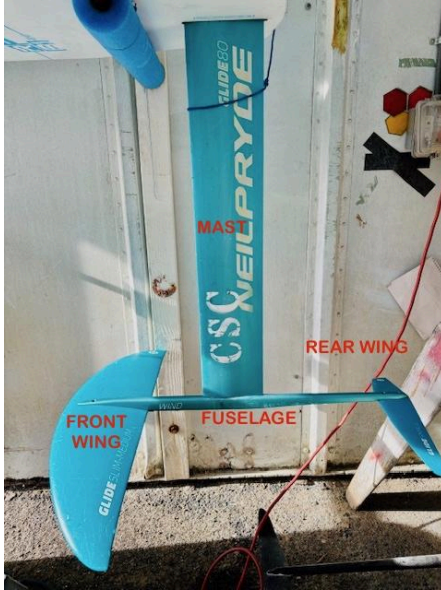
1. Check the **tide direction and the depth** on an online tide chart. At the club, also look at the physical CSC tide level marker on the dock.
2. **Minimum Water Depth Rules**
 - *Rising Tide: Minimum water depth: 3 feet
 - *Falling Tide: Minimum water depth: 4 feet
3. Rule of thumb for tide drop in Berkeley Marina: **~1 ft per hour**

Where can you sail? The foiling area is the same as Junior Windsurfing Area.



Stay 100 yards away when foiling, from land barriers like beaches, sea walls, rocks, etc.

II. Equipment



HYDROFOIL:

- **Foil Mast** – Connects board to the foil and measures standard 80cm in our club. Longer masts provide superior clearance over higher waves and prevent the foil from breaching during more aggressive upwind angles.
- **Fuselage** – Connects the mast with the front and rear wings
- **Front Wing** – Generates most of the lift
- **Rear Wing** – Smaller, stabilises the front wing

SAIL: When you're first getting started, start with a sail 1-1.5 m² smaller than what you'd use with a fin.

RECOMMENDED GEAR:

- **Wetsuit or drysuit** – Thermal protection
- **Light Helmet** – Protects from foil or boom impact.
- **Impact vest / flotation vest** – Adds buoyancy and protects ribs
- **Booties** – Protects feet from the foil and rocks
- **Harness lines** – Do not use them your first few times on the water, to reduce the risk of catapults. After you are comfortable ascending and descending on the foil, then you can hook in with shorter harness lines than usual (20-26") to help support an upright stance.



CHECK GEAR before going on the water. Look for any loose screws (and tighten them) but if you find cracks, chips, or edge damage, the equipment must **not be used until it is repaired or checked by a senior member with foil rating.**

III. Carrying gear & safety

Carrying the board to the dock: ✓ Over your head

- Stand next to the board with the foil in front and carefully lift the back of the board above your head
- Crawl under the board and tilt the foil with your knee over your head
- Position yourself in the middle of the board, holding it above your head.
- Always walk slowly and watch for people or obstacles, since the hydrofoil extends behind and besides you

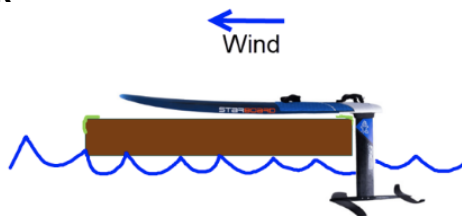
Launching off the dock: ✓ Tail first

- Put the board down the way you lifted it, with the foil on the downwind side of the dock and the board on its side
- Attach your sail to the board
- Lower the board into the water tail first
- Place your sail on top of the board and paddle away from the dock before uphauling and sailing away

Pulling the board out of the water: ✓ Nose first

Parking the board on the dock

- ✓ Foil in water
- ✓ Tucked against dock
- ✓ Upwind side



Always keep a safe distance from other recreational water users (e.g., other sailors, wingers, swimmers)

IV. Technique

1. How should you swim near the foil? ✓ Horizontal flat on your stomach

When swimming near a foil, the safest position is horizontal and flat on your stomach near the surface of the water. This keeps your body as far as possible from the foil and mast, reducing the risk of accidentally kicking the foil. Avoid vertical positions or kicking downward as this can bring your lower body close to the foil.

2. **Waterstart or uphaul?** ✓ Uphaul until you're comfortable swimming next to the foil safely

3. Steps to foil

[Take off]

- ✓ Front foot **in** front strap or out of straps
- ✓ As you approach planing speeds, place weight on **back foot** to start engaging the foil
- ✓ Bring sail **back** to steer upwind and maintain control

[During flight]

- ✓ Have an upright stance, both legs slightly bent
- ✓ Weight distributed between the **two feet** depending on the foil speed, sail power and board/foil set up
- ✓ Weight also balanced between **heel and toe** to stop the board from unwanted changes in direction
- ✓ Try steadily flying the board approximately 1 foot above the water to avoid "breaching" the foil out of the water

[Touch down]

- ✓ Put weight on **front foot**
- ✓ Sheet out
- ✓ Press boom down

4. How not to catapult

- ✓ Avoid hooking into the harness lines until you can control the board height
- ✓ Make small adjustments to control the board: gradually shift your weight to the front or back of the board for a stable flight
- ✓ If you want to stop, slow and touch down before making adjustments
- ✓ If you do catapult, **hold on to the boom** and pull it toward your body to avoid hitting the board with the mast
- ✓ If overpowered, **slog back with board touching water**

5. If you are unsure about the water depth:

- ✓ Come off the foil early
- ✓ If you run into mud, flip the board over and walk back

