

Advice and Guidance for Board/Foil/Wing and Kitesurfers

1. Is your equipment seaworthy and suitable?

- You need to be properly equipped for a safe and enjoyable time on the water.
- Make sure you wear suitable clothing to keep you warm and comfortable.
- **Do you need a buoyancy aid or impact vest?**
 - **Key Difference**
 - **Primary Function:** Buoyancy aids help you stay afloat; impact vests protect your body upon hitting the water.
 - **Buoyancy Level:** Buoyancy aids generally provide ~50N of buoyancy; impact vests often provide less.
- A common cause for needing to be rescued is equipment failure.
- Check your equipment regularly. Checked for any wear or damage.
- Check sail condition, mast, boom, UJ; foil condition, foil bolts for corrosion or cracks; kite and lines condition; wing for any leaks or frayed stitching.
- Foils can be extremely sharp, so it is advisable to wear a helmet and impact vest to minimise the risk of cuts or other injuries from foil impact.
- Wearing a wetsuit will also provide a level of protection against cuts from the foil.

2. Tell someone where you are going?

- Always let a responsible friend or family member know where you're going, when you're likely to be back, confirming to them once you have returned.
- Consider using the free [**RYA SafeTrx app**](#), especially on longer journeys and adventures, to help track your whereabouts, with other routes to communicate, such as having a watch with a phone function, or carrying a mobile phone.
- Other considerations might be Personal Locator Beacons (PLBs), especially if planning a longer journeys.

3. Weather forecast

- Always check the forecast in advance, including the outlook, in case weather comes in sooner than expected.

- If you are sailing at a new location, try to seek advice from someone with local knowledge.
- Be cautious of water depth especially when foiling.
- Always consider the local area, and when sailing at the coast, think about when is the best time to sail there, considering the tide and currents, any navigation dangers, and how much daylight you have.

5. Sail with others?

- Avoid sailing alone if possible. It's always great to have a buddy so that you can keep an eye on each other and raise the alarm if something doesn't go to plan.
- If you are sailing alone, remember to let someone know where you are going and when you expect to be back in.

6. Avoid strong tides

- Offshore winds, poor visibility, and if sailing on the coast, strong tidal streams, shouldn't be underestimated. It is essential that you understand the conditions you are going out in and what consequences could occur.
- Avoid poor visibility, it prevents you from seeing dangers and others from seeing you should you get into difficulty.
- Foiling can be especially dangerous in low visibility as your perception of height and distance is altered.

7. Consider other water users

- You should respect others both on and off the water by following local restrictions.
- Give others plenty of space and take all action necessary to avoid collisions or any other type of incident or accident.
- Foils are quiet and therefore precaution should be taken when turning or manoeuvring.
- Stay away from swimmers and busy wave locations, precaution should be taken around breaking waves and to ensure leashes are in good order.
- Make sure that there are no restrictions of foiling at your chosen location.

- These restrictions are tighter against motorised foiling craft such as eFoils. Always check with your local authority or harbour master on the rules of motorised foiling at any certain location.