

# ILLAWARRA YACHT CLUB WINDSURFING

## General Information

### WINDSURFING IS WONDERFUL

This flyer outlines how IYC Windsurfing operates and will give you an idea of what to expect when you join.

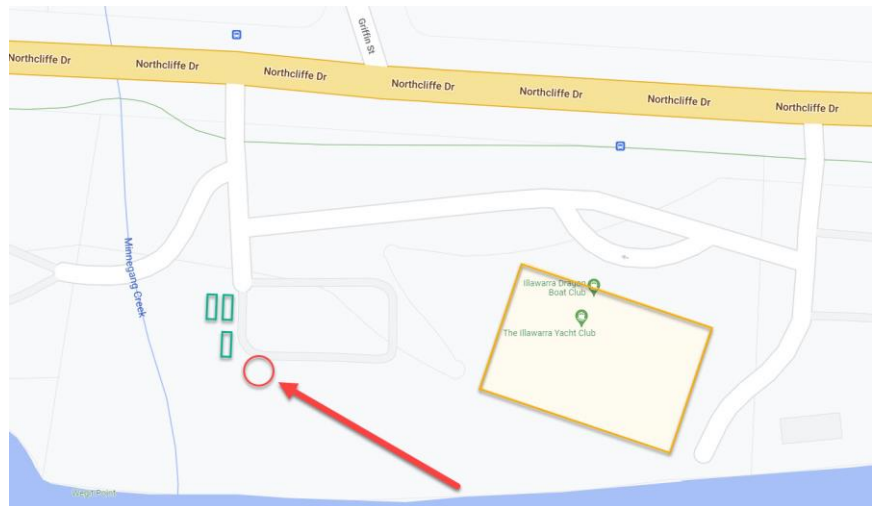
IYC Windsurfing is a division of the Illawarra Yacht Club / Oak Flats Bowling and Rec Club

1 Northcliffe Drive, Warrawong,  
NSW, 2502



### WHERE WE ARE

We meet at the Illawarra Yacht Club (IYC) which is situated at 1 Northcliffe Dr, Warrawong. Specifically, we meet on the grass in front of the western carpark of the IYC. When you enter the car park, you'll see three green shipping containers, and this is where you'll find us.



### WHEN WE MEET

The windsurfing season at IYC starts in September each year and continues through to the following April. Our windsurfing "club events" occur nearly every Saturday – give or take a public holiday or two.

Apart from teaching activities, which are by appointment, we meet each Saturday afternoon with most members arriving by 12:30pm for a full afternoon of racing. During daylight saving time, members also gather on Tuesday afternoons from 3:00 for informal sailing sessions.

### WHAT WE DO

Our members arrive from 11:30am onwards to rig-up and check their equipment before a 1:45pm racing briefing to outline the course for the day. Racing starts at 2:00pm with 1 or 2 races conducted during

the afternoon. Racing is targeted at all levels of proficiency with some members sailing 1 lap and others sailing 2 laps of a set course.

Our aim is to get novice members involved in racing as early as possible as this is the quickest way your windsurfing skills will improve. There are about 35 members registered this season and we see 15-20 members on any given Saturday.

We primarily use 2 styles of windsurfing boards. The first being the classic Windsurfer LT (one design class) long board. The other is known as a race-board, which are faster with bigger sails but more complicated to sail. Both board types can be competitively course raced in the predominant wind conditions of 5 to 20 knots. They are about 3.7 meters in length.

When conditions are suitable for shorter slalom boards (read - windy), some members will race those instead of the longer race boards. These conditions occur 3-4 times per season at our location.

We have a weekly newsletter which will be sent to your email and is available on Facebook under the "Illawarra Windsurfing" group <https://www.facebook.com/profile.php?id=100054569794937>

There is also vision of us racing on YouTube. Some examples are:

- A solo run on a raceboard in the bay <https://youtu.be/ftcNKajUyAY> ,
- A Club Championship (CC) race [https://youtu.be/dVnuUe\\_mRSw](https://youtu.be/dVnuUe_mRSw) and
- The start of a CC race in very light conditions <https://youtu.be/a5S8FhNm2q8>

## HOW TO JOIN AND WHAT IT COSTS

**Step 1** is to join the licensed club (IYC/OFBRC) as social member and be issued with a Membership Number. This is currently \$4 per year but check with them for more up to date information. You need this number for step 2.

**Step 2** is to join the Windsurfing Division of the "Sailing Sub-Club". This requires a separate form that we will issue you and costs \$45 per season. Junior Membership (U18) is \$40. You will then be issued with your official sail number.

## WHERE YOUR MEMBERSHIP DUES ARE GOING

Joining IYC Windsurfers also registers you with Windsurfing NSW and gains a limited third-party insurance cover while participating in club windsurfing activities at IYC. Part of your fee is used for the upkeep of the boats that the IYC/OFBRC provide for our use during club events and the balance is used to run the Windsurfing Division.

Our Division has a range of club owned windsurfing equipment that members can use at no charge while they are developing their skills. Using the club equipment allows you to better understand the advantages and disadvantages of the various styles of boards, sails, masts and booms and this is beneficial when you purchase your own equipment.

## FAQ

### Is windsurfing hard to learn?

Learning to windsurf takes quite a commitment so we recommend you windsurf at least 3 times per month to ensure that you make steady progress. It is not an easy sport to learn but the rewards are great. The most important attribute for a novice is "**A strong desire to windsurf**"

### Who should I call?

Contact Neil McKinlay on 0447 020 541 or [neilmaca@tpg.com.au](mailto:neilmaca@tpg.com.au).

Others you are likely to come across on site are:

- John Riggs - Windsurfing Captain,
- Neil Dewey - Coach and handicapper,
- Nick Nelson - All-round windsurfing expert,
- Allan McMurtrie - in charge of the containers.

But please just approach any sailor and introduce yourself. We are a very friendly lot and love meeting new people.

### As a beginner, when should I arrive?

Teaching activities at the club are by appointment so you must let us know you are coming if you want a lesson or would like us to be close by in the boat. You should arrive by 11:00 to begin your lesson (unless told otherwise).

### Can I sail on other days?

Some of our members are retired so when you meet them you may be able to arrange assistance for weekday sessions. But for starters, it needs to be Saturday mornings and that may extend into Saturday afternoons depending on your proficiency to look after yourself while instructors/coaches focus on their Saturday afternoon racing.

### What if it's too windy?

Teaching may be considered too risky if it is too windy for you and our equipment. You need to be able to swim confidently for a relatively short distance to be able to catch up to a potentially drifting board when you fall off.

### What should I wear?

- **Buoyancy Vest**
  - You **must** wear an approved buoyancy vest when on the water for any club activities. The club can provide you one of these until you purchase your own. **Note:** automatic self-inflating vests are not suitable.
- **Shoes**

- We strongly suggest you wear some type of footwear while sailing as the bottom of the lake is not a place for bare feet.
- **Hat**
  - Most of us wear a hat and sunglasses which are of the type with a strap that can be tied on.
- **Wetsuit**
  - Wetsuits are the norm, but the styles vary wildly according to taste and the temperature of the water and air. You will get wet (a lot) and when standing on the board you can get cold in the wind if not wearing one.
  - There can be jellyfish in the lake and some people can get a small reaction to them if rubbed against. You can wear tights or a long wetsuit to counter this. Many of us are happy in wetsuit shorts and a sun shirt.
- **Sunscreen**
  - Be sun smart. You will be on the water, and it reflects the sun into unusual places.

### **Should I buy my own gear?**

In short – Yes, but not right now. The club has a range of equipment you can use while you learn. We advise against buying some "bargain" equipment that has been under a neighbour's house for the past 15-30 years or on e-bay as there is a reasonable risk that it will be unsuitable. We suggest that if you come across some old windsurfing equipment, you should make a detailed list of the various items and discuss their suitability with any of our windsurfers before you consider buying. Once you have gained some experience and observed the equipment being used by IYC Windsurfers you will be better placed to decide what gear suits your needs.

### **How fit do I need to be?**

Windsurfing is a physical activity. You must be able to haul yourself out of the water back onto the board when you fall off and you must be able to do that several times.

You should be able to swim at least 10 meters. It is possible (but unusual) for your board to float away from you when you fall off. But remember - you will be wearing a floatation vest.

You need to be able to uphaul the sail out of the water (again, many times) but as a learner you will have a small sail and uphauling it is quite easy.

You must have reasonable balance.

### **Is it safe to windsurf on the lake?**

Windsurfing in the bay is quite safe. At least half the bay is shallow enough for you to stand up waist deep if you fall in and this can reduce fatigue quite a bit. Also, getting blown in any direction except west means you will end up on a shore somewhere and we will come and fetch you in our rescue boat.

### **What is a suitable age for windsurfing?**

Our club has active sailors from age 12 to 80.