

Protocol for Video Examination

Practice Exam - Windsurfing - X-Over



Name, Surname:

Video submitted on: Examiner:

Video creation guideline:

- the video must be uncut – you ride all techniques without a break or cut
- if possible, don't film against the sun
- Video starts with a close up of the examinee, introducing himself
- naming the file: x-over_ws_name of the rider → e.g. x-over_ws_robby_naish
- the file format must be a common, volume saving one
- please send your video to the examiner of your x-over-course

All criteria of the guideline were met: yes no

If there are deficiencies, the following needs to be improved:

Examination criteria:

- the order of the maneuvers is flexible
- execution of the maneuvers must be clean and controlled
- wind speed must be at least 8 knots
- no unintentional water contact with the rig
- free, condition-adapted equipment selection
- all five maneuvers must be performed

Content of the exam	Passed		Comments <i>(if not passed)</i>
	yes	no	
Slalom (zig-zag course) <i>luff twice and bear away twice</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Clew first	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Leeride	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Fin-First	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Helicopter/Sail-360	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

RESULT: PASSED FAILED

Signature of examiner: _____