



WINDSURFING

INFORMATIONAL PAMPHLET

© Zentraler Hochschulsport München, Department 4 – Windsurfing

Aloha!

In this latest edition of our informational pamphlet, you will find detailed information about windsurfing and SUP courses at ZHS (University Sports Center). Thanks to the acceptance last year, we'll be offering two weeks of windsurfing this year in Medulin, Croatia. Camp Kazela / Tsunami Windsurfing is approx. 600km from Munich and has proven themselves as solid partners in the area. This new travel destination has excellent reviews by past visitors and offers optimal conditions for advanced surfers, with winds consistently reaching 3-5.

However, the old but gold advanced courses on Lake Garda will still be on the roster this year. The windsurfing station Campagnola, also known as Sunrise Windsurfing, is our partner there. Accommodation is at the campsite Campagnola, where we have been guests for many years and receive a warm welcome.

The courses "SUP Tours" and "SUP & Yoga" in Starnberg were very well received. Therefore, we will continue to offer this popular sport trend this summer, and to make board rental available, we've added new boards to our collection. We'll be offering free rentals in exchange for a short introductory course in order to learn how to handle the board and paddle more quickly.

Along with a wide variety of athletic courses, our water sports facilities in Starnberg offer a big, beautiful meadow to play or relax after the stress of college. Students are also welcome to stay after class in the evenings and enjoy beautiful views of the lake and a drink with fellow classmates at our kiosk. If weather permits, our facilities stay open until 21:00 every weekday until the middle of August. Saturdays, Sundays, and holidays, we have to close earlier at 19:00 due to labor laws. We are closed Mondays.

Once again this summer, there are not enough slots for everyone who wants to join a class. We would love to expand our program, but the summer is just too short. If you weren't able to reserve a space during registration, we highly recommend checking out the class availability forum regularly. Students are constantly offering slots there, because their class schedules change.

Tobias Borucker and the ZHS surf team of Munich wish you a warm and windy season!



1. The University Sports Center offers the following courses:

- Beginners course (GK) - Level I for beginners at Lake Starnberg
- Intermediate course (AK) - Level II for proficient surfers at Lake Starnberg
- Advanced course (FK) - Level III for advanced surfers at Lake Garda, Malcesine, Italy
- Expert course (LK) - Level IV for amateur surfers in the sea, Medulin, Istrian Croatia

Requirements:

You should already have the following skills before class begins:

- **Beginners course:** proficient in swimming, no seizure or heart issues, no back problems, and in good shape
- **Intermediate course:** able to start at 1 - 2 on the Beaufort scale after hauling up the rig, capable of steering the rig, simple tacking, beating to windward, simple jibing on an all-rounder or non-slip board
- **Advanced course:** at 1-3 on the Beaufort scale, confident tacking and beating to windward, simple jibing on an all-rounder or non-slip board
- **Expert course:** at 3 - 4 on the Beaufort scale, trapeze sailing, tacking quickly, jibing quickly with centerboard, and starting from the beach on a 130-160-liter board.

The table on the last page can also help you determine your skill level.

2. Course location Starnberg:

Classes at Lake Starnberg are taught at **TUM's water sports facilities Unterer Seeweg 5, 82319 Starnberg**

Directions:

- If coming by **S-Bahn (tram)** take the S6 to Starnberg. From there, go south on Seeuferweg (path on the lake shore) until you reach the water sports facilities. It takes about 15 minutes by foot.
- If coming by **car** follow signs from Munich to Starnberg. Once there, drive toward Possenhofen ("toward the water"). Turn left at the first underpass (open to residential traffic), then immediately right, and drive up the hill, where you can park. **Watch out:** There is limited parking on the street. Parking on the premises of the water sports facilities is not possible for class participants.

3. Beginners course (GK) at Lake Starnberg

Course length: A **course for beginners** is intended for pure beginners and includes 4 days of approx. 4.5-hour classes. **The first day is mandatory.** If you do not appear, you may not continue in the course. New material is based on previous days of teaching, so it is important not to miss a day of class. However, the curriculum is designed in such a way that changes are possible in case of unfavorable weather conditions.

Classes take place under all weather conditions. If we cannot practice on the water, we will teach substitute material on land. Make-up days are not possible in the program planning.

Equipment: Every course participant at Lake Starnberg will receive the following equipment:

- A windsurfing board with rig that is suitable for beginners as well
- A two-piece wetsuit consisting of a jacket and pants or a one-piece

You will need to bring the following:

- Surf shoes or old sneakers with non-slip soles that can be used as surf shoes; windsurfing barefoot is possible, but increases your risk of injury
- Bathing suit, towel
- A change of warm clothes for afterwards
- Sunglasses, sunscreen, headgear
- A 1€ coin for the lockers



4. Intermediate course (AK) at Lake Starnberg

Prerequisites: Level I; an intermediate course is for students who already completed a course for beginners. The same level of skills will be expected of "side steppers" (i.e. people who start with past experience), i.e. they have to prove they have the same skills as taught in the beginner's course.

Course content: Accompanied and supervised by an instructor, you will deepen and improve skills acquired in the beginner's course, learn tips and tricks for easy and effortless windsurfing, as well as quick tacking, confident jibing.

Course location: Starnberg / Lake Starnberg (see description above)

Course length: The intermediate course consists of 2 days, with about 5.5 hours of class each day and about a one-hour break upon consultation. Make-up days are not possible.

Equipment: The same as the beginner's course.

5. Free surfing under supervision

- It is not possible to hire windsurfing boards in Starnberg. Instead, you can book a ZHS course where you can surf freely under supervision.
- You can bring and rig your own windsurfing equipment in Starnberg.
- SUP boards can be hired in Starnberg. See information on the hire regulations at <https://www.zhs-muenchen.de/zhs/download-center-infos-vor-kursbeginn/>.

6. Advanced course (FK) at Lake Garda

Location: Malcesine or Torbole/Lake Garda

Prerequisites: Level III

Course length: Every advanced course lasts four and a half days. Make-up days are not possible.

Class starting time: At 13:00 on the first day

End of course: Last day upon consultation

Campsite Campagnola near Malcesine / Campsite Maroadi in Torbole, camping equipment such as dishes and coolers must be brought by the participants themselves

Location description: Northern Lake Garda is the most well-known thermal location in Europe. In the Navene-Malcesine area, you can count on good weather in the morning with strong, cool winds from the North (4-6 Bft.) and in the afternoon with warmer southerly winds (2-3 Bft.). The north wind creates waves of about 60cm to 1m in height, while the afternoon south wind brings only small waves. When the weather situation is unstable, it is very difficult to predict wind conditions. The water temperatures of northern Lake Garda are subject to strong fluctuations in early summer and can range between 12°C and 22°C.

Accommodation: Camping Campagnola, 37018 Malcesine, Province of Verona
Tel: 0039-045740-0777; Fax.: 0039-045740-0777

Email: info@campingcampagnola.it

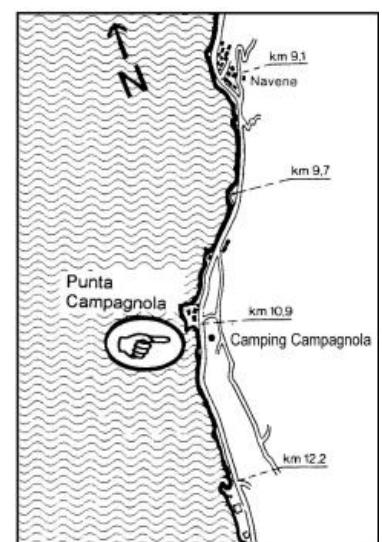
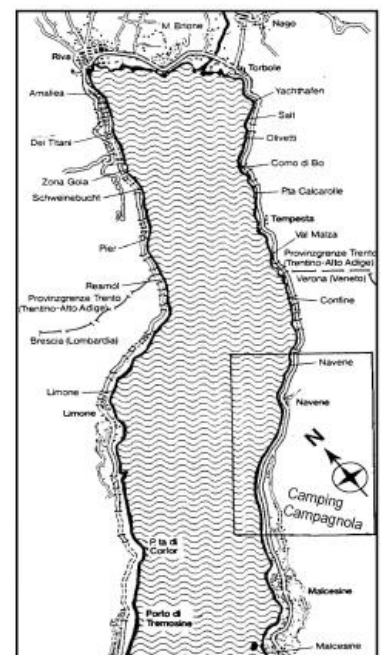
Participants sleep in their own tents. We reserve camping spots for course participants ONLY. The site provides a surfing beach, a shopping area, and warm showers. Camping fees are about €10,00/person, and you pay them at the camping site upon arrival. There are also rooms (Ü/F) for rent at the campsite. If interested, please call 0039-045740-0777 for more details. There are several pizzerias and restaurants near the campsite.

Meals: not included

Equipment: Rentals available at course location. See section 21.

Preliminary meeting:

During the preliminary meeting, participants and course instructors will discuss how transportation, accommodation, and meals are organized. Requests for equipment rentals are also written down during this meeting.





7. Expert course (LK) on the sea in Croatia

Location: Medulin / Croatia

Prerequisites: Level III (confident tacking up to 4 Bf)

Course length: 8 days

Class starting time: At 13:00 on the first day

End of course: Last day upon consultation



Location description: Medulin is a well-known seaside resort and lies on the southern tip of Istria. The northeast Bora wind blows side- off (choppy waves), while the southern Yugo wind blows side-on, but with about 2-meter waves. In September they expect to witness 10 to 30 kn. Our new spot boasts spacious and extremely safe shores, which is also ideal for practicing beach and water launches. There are ramps to access the water. The shoreline surrounding these ramps is rather rocky and makes it difficult to get in and out. In addition, frolicking sea urchins will convince you to bring shoes with 2-3-mm soles, which we highly recommend. At around 18-20°C, the water is pleasant, and outdoor temperatures aren't bad either, at approx. 22-24°C. We recommend bringing your own shorty or long wetsuit, but they can also be borrowed.

Accommodation:

Camping Kazela, Kapovica 350, 52203 Medulin

Tel: +385 (0)52 577 277; Fax.: +385 (0)52 576 448

Email: ackazela@arenaturist.hr

Camping Kazela is 5 minutes from the center of town. Surfing is also only 5-10 minutes away. At check-in, they ask for your passports and keep them until checkout. Do not forget it when you go on excursions! The area is huge, offering 110 sites. There are tent sites as well as 4-5-person bungalows with cooking facilities (a kind of mobile home, some with a view of the sea) and apartments (unfortunately, these are pretty far from the water). There is a stand just 100 meters away with drinks and snacks. Restrooms include complimentary toilet paper and are very well maintained. Free WIFI.

Meals: not included

Equipment: Rentals available locally at Tsunami Windsurf (www.surf.hr). See details below.

Preliminary meeting: During the preliminary meeting, participants and course instructors will discuss how transportation, accommodation, and meals are organized. Requests for equipment rentals are also written down during this meeting.

8. Course certificates

Every class you pass will be recorded in your ZHS surfer's license and confirmed by your teacher. The ZHS surfer's license is only valid at the University Sports Center.

9. Rules of behavior for participants in ZHS windsurfing courses

All participants of the ZHS courses are requested to comply with the following regulations, to ensure safety and to achieve optimum teaching success.

General:

- **Safe swimming** is a prerequisite for all courses in Starnberg
- **Wearing buoyancy aids** (lifejacket or Restube) is compulsory!
- Valuables should be left at home or locked in lockers.
- Carpooling or travelling by S-Bahn is recommended for the sake of the environment and to save costs.
- **The courses take place in all weathers.** If lessons are cancelled on the water due to weather conditions, lessons will take place on land or in the lecture hall.

Material:

- The material provided by the ZHS must be handled with great care. In the event of damage caused by gross negligence or willful intent, **compensation** will be claimed.
- Equipment should only be removed on the instructions of the teacher and **damage to equipment should be reported immediately.** The equipment, especially trim sheets and trapeze ropes, should be checked before every outing.



- After the lesson, all equipment should be **tidied up together** and borrowed water sports clothing should be rinsed with water and returned in full as instructed by the teacher.
- Own surf equipment should be secured against theft.

During the courses:

- The applicable area **restrictions and evasion rules** must be strictly adhered to. Bathing areas, shipping lanes and the sailing boats hanging from the buoys should be avoided.
- Surfing should always take place within the instructor's sphere of influence. This is the only way to guarantee optimum supervision.
- In the event of an emergency or damage to the equipment, you should remain on the board and inform the instructor or another member of the surf group.

General safety:

- **Appropriate clothing**, which protects from the cold, and **surf gloves** should be worn!
- **Offshore winds** should be avoided on the open sea (Croatia), as they usually seem much weaker from the shore and it is difficult to estimate the wave height further out.
- Your **own strength** should not be overestimated and taking **breaks** is important.
- In an unfamiliar area, you should make sure you are well informed beforehand. If you are surfing unaccompanied, you should also inform someone about your plans.

10. Tips and tricks for equipment care

Modern high-performance masts have a high carbon fiber content. If the mast falls on a corner or a sharp stone, these fibers can be so badly damaged that they lose their resistance, and in the next strong wind, the mast can break unexpectedly. Therefore, treat the masts with care. Even leaving it under the sun can "fry" the mast. They should be properly stored in a padded mast bag.

Especially when borrowing equipment, you never know who previously (mis)treated the masts. An extra insurance protecting equipment could save you a lot of trouble. Or you just take a mast with only 30% carbon fiber content in the first place. Removable masts make transport in or on your car a lot easier. The disadvantage is their issues with sand in the connecting pieces. To prevent this, wrap tape around the connecting joints of the masts.

11. Sail trim

Many sails cannot perform at their full potential, because they are incorrectly trimmed. Often, the sails are not sufficiently stretched on the luff. Make sure you always read and follow the manufacturer's trimming instructions closely. If you don't have them, you can follow some basic rules.

- The luff should be stretched until the leech remains loose and the "sailcloth" sags between the top and next sail battens in the last third of the sail. All the way to the middle when the wind is strong!
- Now press your hand into the center of the sail at the height of the boom. Did you achieve a sail belly that doesn't quite reach the boom? Then you've done it correctly, and the sail should stand and pull well.
- Do a trial run to check the trim.
- In strong winds, the luff and rig must be pushed through one to two centimeters further. Sometimes you also have to lengthen the boom a little.
- The height of the boom determines how comfortable of a ride you'll have. You can also use a marker to write a boom height on the mast or mast bag. (ONLY if it's your own gear) It should be shoulder-high for medium strength winds and chin-high for strong winds. When the rig "tilts back," the boom comes "down" again.

12. Harness lines

In general, harness lines should be set up with the middle exactly at the sail pressure point. However, it may be useful in strong winds to adjust the fittings one or two fingers back, since rigs give way a bit. This way the pressure point moves backwards a "tick" in strong gusts. The length of the trapeze wire is generally measured in what we call a "cubit," approximately equal to the length of a forearm. Some slalom riders surf with them a little shorter, but often have Vario lines to adjust the length depending on the course.

Many surfers use the trapeze harnesses too far apart. A "cubit" is considered the standard unit of measurement. Good windsurfers often push the lines together until they're the width of the hand. That way, the harness pulls directly at the sail pressure point and your arms need to work less. This requires you to carefully set up the lines after identifying the sail pressure point.



13. Packing list for windsurfing

In order of importance:

- wetsuit
- surf shoes, surf gloves (old cycling gloves work too)
- harness and harness lines in good condition
- a board in good condition (no holes or rips, or are they at least mended?), centerboard, and fins
- normal sail / sail for strong morning winds
- a mast extension
- examine your mast base after winter (make sure there are no rips in the powerjoint)
- warning sign for oversized objects, e.g. too long of a mast or long board (mandatory in Italy)
- camping gear (tent, sleeping bag, sleeping mat, cooker)
- borrowed equipment from friends needs to be set up in front of the rental place to make sure everything fits together and nothing is missing
- cell phone and charger
- anti-theft device

14. General information about windsurfing in Italy

Be aware: Everywhere in Italy it is mandatory for all water sports athletes to wear a personal flotation device. The vest must be able to handle at least 5 Kp! The Malcesine area is sometimes patrolled. If you want to be sure, you should borrow one of our partner surf school's life jackets.

15. Personal liability insurance

There is no statutory insurance coverage if at sports practice of a third party, injury or damage occurs. We therefore recommend all participants buy personal liability insurance to cover third-party claims, especially for events at off-campus venues open to the public, or at least talk to their insurance agent and check if their existing one covers water sports.

16. Requirements for participation

- Only groups mentioned in the university athletic program can participate in the windsurfing department's courses.
- You have to possess a currently valid Basic ticket to participate (and present it in class).
- Participants must be confident swimmers (at least 15 minutes in deep water) and athletically fit (free of seizures or medical issues with your ears, spine, or cardiovascular system).
- Windsurfing instructors are authorized to expel participants with inadequate riding skills for safety reasons (This does not apply to courses for beginners!).
- Students must immediately obey course instructors' orders regarding safety.

17. Cancellation

(1) Cancellation of courses with course fees is only possible for the TUM Campus in the Olympiapark and Freising locations up to two weeks before the start of the course at the latest. For all other locations (e.g. outdoor courses), the cancellation deadline is four weeks before the start of the course at the latest. A processing fee of €20.00 will be charged for cancellations of chargeable courses. This also applies to corresponding courses during the lecture-free period.

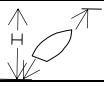
(2) Cancellation must be declared in writing to the ZHS Office. The deadline for the calculation is the date of receipt of the cancellation.

(3) The participant is not entitled to cancellation if the deadlines specified under point 17, paragraph 1, have not been met. In the event of such cancellations at short notice, the entire course fee will be retained and any cancellation costs incurred by the organizer, accommodation provider and transport company will be charged.

(4) Cancellation of booked proof of eligibility to participate (Basic Ticket), Ticket-B (bouldering), Ticket-F (Munich fitness room), Ticket-K (climbing) and Ticket-T (Freising fitness room) is excluded.



18. Basic terminology for windsurfing beginners

Bear away	Turn away from the wind → tilt the mast forwards
Head up	Turn towards the wind → tilt the mast backwards
Sheet in	Bring up the sail with your back hand
Sheet out	Drop the sail slightly with your back hand
Turning	A turn with the bow through the wind onto the new bow
Gybe/Jibe	A turn with the stern through the wind onto the new bow
Close hauled, close reach	A course with an acute angle to the wind; against the wind
Wind abeam, Reach	A course across the wind
Reach course	A course slightly away from the wind
Run	A course exactly downwind
Tack	The distance from one maneuver to the next maneuver
Crossing	Sailing upwind with several downwind turns and tacks
Height 	The stretch against the wind that has been made good in one fell swoop
Driving rules:	»There is no right of way«
"Wind from starboard before wind from port"	If you have the wind from the left (port), you must give way to the vehicle that has the wind from the right (starboard)
"Lee before Luv"	If you are upwind of another sailing vessel, you must give way to the leeward vessel
"Overtaker keeps clear"	If you come from behind, you have to take a long way around the one in front of you
Small vehicles give way to large vehicles	Windsurfers must give ways to vessels with right of way and vessels that are dependent on the fairway
Wind:	
Real wind, true wind	The ground-level atmospheric wind
Apparent wind, relative wind	The wind resulting from atmospheric and driving wind
Headwind	The headwind that you feel when you move
Lee	The side facing away from the wind, where the wind blows
Luv	The side facing the wind, where the wind comes from
offshore	The wind blowing from the land onto the water
onshore	The wind blowing from the water onto the land
Cover	An area of water that is not fully reached by the wind because of an object
Board:	
Bow	Board tip; front
Stern	Board end; rear
Port	Left side of the board
Starboard	Right side of the board
Sword	Surface in the middle of the board, foldable, serves to prevent drifting
Drift	Because the water gives way, the board doesn't really go straight ahead, but slightly slides downwind
Fin	Small area under the rear, ensures course stability
Longitudinal axis	The center of gravity should be above it so that the board is more stable
Lee helm	When the board wants to steer away from the wind
Weather helm	When the board wants to steer towards the wind
Rigg:	
Mast	Long plastic tube over which the sail is pulled
Boom	The part that stretches the sail backwards and by which you hold the sail
Luff	Front edge/side of the sail
Leech	trailing edge/side of the sail
Foot	Lower edge/side of the sail
Batten	Stiffen the sail at the leech
Clew	rear corner of the sail, where the trim sheet is threaded through
Sail neck	Lower corner of the sail, where the trim hook is hooked
Downhaul, cunningham	Cord that is used to tension the sail downwards
Trim sheet	Cord that is used to tension the sail backwards
Uphaul	Line used to pull the sail out of the water



Mastfoot	Unit on which the mast is placed and where the luff extrusion is carried out
Powerjoint	Movable joint between board and rig
Rig	Pull the sail onto the mast, attach the boom and tension the sail
Trimming the sail	Tension the sail with the luff stretcher and trim sheet so that it performs at its best

19. Courses, Performance levels and content

Courses, levels, subjects	Beginners course (GK)	Intermediate course (AK)	Advanced course (FK)	Expert course (LK)
Windsurfing Levels	I	II	III	IV
Location	ZHS sailing center in Starnberg	ZHS sailing center in Starnberg	Malcesine on Lake Garda, Italy	Medulin in Istrian, Croatia
Requirements	At least 15 minutes of confident swimming, athletically fit	Able to start at 1 - 2 on the Beaufort scale, simple tacking, sail against the wind, and beating to windward with a centerboard	Able to start at 1 - 3 on the Beaufort scale, to steer the rig, fast tacking, simple jibing, and confident beating to windward with a centerboard	Confident start at 3 - 4 on the Beaufort scale, able to steer the rig, fast tacking, simple jibing, confident beating to windward without a centerboard, and trapeze sailing
What can you learn in class?	Hauling up the rig correctly, turning the board with the sail, starting, steering, easy tacking, beating to windward, simple jibing Freestyle: Sail 360°, Board 360°	Deepen and improve techniques learned in GK - fast tacking, confident jibing, beach start Freestyle: leeride, clew first,...	Deepen and improve techniques learned in AK - getting planing, board steering, and beating to windward without a centerboard, trapeze sailing, and waterstart Freestyle: Heli tack, duck jibe, 360, fins first,...	Deepen and improve techniques learned in FK - riding in foot straps, power or speed jibe Freestyle: Duck tack, push tack, backwind jibe,...
Upon completion you will be able to surf confidently at:	1 - 2 on the Beaufort scale	1 - 3 on the Beaufort scale	3 - 4 on the Beaufort scale	4 - 5 on the Beaufort scale
You need the following equipment:	Training board, rig, and suit are provided; bring your own surfing shoes (sneakers) and swimming suit Recommended gear: Board 160-220 L Sail 3.5-6.5 m2	Training board, rig, and suit are provided; bring your own surfing shoes (sneakers) and swimming suit Recommended gear: Board 160-220 L Sail 3.5-6.5 m2	Either personal or rented equipment; complete wet suit, trapeze wire; personal wetsuit boots recommended Recommended gear: Board 130-220 L Sail 3.5-6.5 m2	Either personal or rented equipment; complete wet suit, trapeze wire; personal wetsuit boots recommended Recommended gear: Board 120-180 L Sail 3.5-7 m2

Your ZHS surf instructors wish you lots of wind, sun, and fun on the water and big steps in learning!

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