



# WINDSURFING

## INFORMATIONAL PAMPHLET 2019

© 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 an increase in demand, we'll be offering two weeks of windsurfing this year in Medulin, Croatia. Camp Kazela / Tsunami Windsurfing are approx. 600km from Munich and have proven themselves as new partners in the area. This new travel destination has excellent reviews by past visitors and offers optimum conditions for advanced surfers, with winds consistently reaching 3-5.

However, the oldie but goodie advanced courses on Lake Garda will be on the roster this year as well. 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.

Additionally, we are offering even more SUP courses (Stand Up Paddling) in Starnberg! New courses in the ZHS program, such as "SUP tours" and "SUP & Yoga" were very well received. Therefore, we will continue to offer this popular sport trend this summer, and to make board rental easier, we've added new boards to our collection. For the first time, 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. Information about open slots in ZHS courses

If early registration didn't work out for you, it is worthwhile to continue checking the **class availability forum** on the ZHS website (University Sports Center) <http://www.buchung.zhs-muenchen.de/cgi/sportpartnerboerse.cgi?start>. There are often open slots to trade or buy.

## 2. 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.

## 3. Course location Starnberg:

Classes at Lake Starnberg are taught on:

### TUM's water sports facilities

Unterer Seeweg 5  
82319 Starnberg

### Directions:

- If coming by **S-Bahn (tram)** take the S6 to Starnberg (Bahnhof am See station).

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.

### Helpful information for S-Bahn (tram) riders:

The S-Bahn leaves Munich about every 20 minutes. It takes about 36 minutes to go from Central Station to Starnberg (Bahnhof am See station). A day pass is usually less expensive than 2 one-way tickets. A group day ticket for up to 5 participants is the most inexpensive solution and already saves you money with just 2 people.

Otherwise, there is always carpooling.



#### 4. 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.

**Course dates:** You can find this info in the University Sports summer program (available in the ZHS) or on the University Sports Center's website: <http://www.zhs-muenchen.de>

**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 one-euro coin for the lockers

#### 5. 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 beginners course.

**Course content:** Accompanied and supervised by an instructor, you will deepen and improve skills acquired in the beginners 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 beginners course.

**Course fees and dates:** You can find this info in the University Sports summer program (available in the ZHS) or on the University Sports Center's website: <http://www.zhs-muenchen.de>



## 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.

**Course dates:** FK 1 Malcesine: June 8 - 12, 2019 (Sa. – Wed.)

FK 2 Torbole: July 3 – 8, 2019 (Wed.- Su.)

FK 3 Malcesine: July 24 – 28, 2019 (Wed. – Su.)

**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 Naveno-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.

**Directions:** The shortest way to get there goes from Munich over Garmisch - Innsbruck - Brennerautobahn - Trento - South Rovereto (freeway exit) - Torbole to Malcesine (approx. 400 km / approx. 4.5 - 6 hrs. depending on traffic). It's usually faster to go over the Inntalautobahn (freeway) until Innsbruck, see above for the rest.

**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.

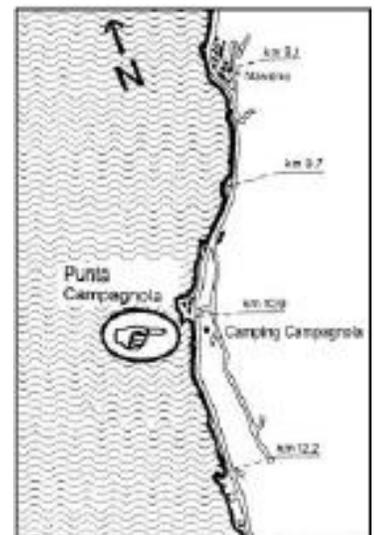
**Preliminary meeting:**

FK 1: Tu., 28.05., 6pm, Location: conference room in PPL, 2nd floor

FK 2: Tu., 18.06., 6pm, Location: conference room in PPL, 2nd floor

FK 3: Thu., 11.07., 6pm, Location: conference room in PPL, 2nd floor

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

**Course dates:** WSW 1: 14. - 21. September 2019 (Sa. – Sa.)

WSW 2: 22. – 29. September 2019 (Su. – Su.)

**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.

**Directions:** The fastest way to get there, albeit with more tolls, goes from Munich over Salzburg - Villach – Ljubljana – Trieste to Medulin (609 km / a good 6 hrs. depending on traffic). The shortest way to get there goes from Munich over Kufstein - Lienz - Udine - Trieste to Medulin (548 km / approx. 7 hrs. depending on traffic).

### **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](http://www.surf.hr)). See details below.

**Preliminary meeting: WSW 1 + 2:** Tu., 03.09.2019, 6pm, Location: conference room in PPL, 2nd floor

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. General rules of conduct during windsurfing courses

To ensure a safe environment and successful education for everyone, we recommend the following:

- Adhere to publicly announced territory boundaries and restrictions. For your own good, avoid swimming areas, shipping lines, shipping piers, and vessels at anchor.
- Obey all rules of right-of-way on the water! Swerve out of the way early and clearly enough that others have enough time to adjust. If you can't recall exactly all the rules, feel free to ask your windsurfing instructor.
- Avoid offshore wind on the open sea. From the shore, it usually looks much weaker, and wave height further out is difficult to estimate.
- Stay within reach of the windsurfing instructor. It's the only way to guarantee you take full advantage of their knowledge.
- Check your gear, especially the rig and harness lines, before each ride.
- **Use surfing gloves.** Most untrained hands often show signs of thinning skin or even painful sores after two days of windsurfing, which really puts a damper on their learning and enjoyment.
- In case of emergency or damage to your board, remain sitting on the board and inform the instructor or another member of the surf group about your issues.
- You should check your gear, sail, and the conditions with a quick practice run.
- If you want to "go out" alone, inform someone about your plan and let them know when you've returned.
- **Always** have suitable cold-protective clothing.
- **Wearing a personal flotation device (life jacket or Restube) is ALWAYS mandatory.**
- Do not overestimate your own strength! Take a break before it's too late and inform your windsurfing instructor if you feel weak.
- We advise you protect your surfing gear against theft.
- If you want to surf in unknown territory, make sure you inform yourself about the area first.

## 10. 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 H tag 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.

## 11. Course registration and payment

Only possible online at: <https://www.zhs-muenchen.de>

Upon registration, class fees are paid via direct debit.

## 12. Cancellation

You may cancel by mail or by sending an email to [zhs-h@zv.tum.de](mailto:zhs-h@zv.tum.de).

There is a processing fee for cancellations.

You can cancel at least one month before class begins, otherwise there is no refund.

If a student cannot participate in a class that is already reserved and paid for, and they miss a cancellation deadline, or a class is already completely booked, students can use our class availability forum. You'll almost always find students who missed the registration deadline and are looking to pay for a spot. Please inform the University Sports Center about any new/purchased class reservations ([zhs-h@zv.tum.de](mailto:zhs-h@zv.tum.de)).

You might be able to purchase travel insurance. Ask ZHS for more details.



### 13. Liability

We are **NOT** liable for **lost items**.

The Free State of Bavaria, the university, and its staff and contractual partners are only responsible for claims (contractual and non-contractual, including claims arising from the duty to ensure public safety) if they caused the injury intentionally or through gross negligence. Any further liability is excluded.

Anyone who damages material made available by the University Sports Center due to gross negligence or willful misconduct must count on claims for damages on the part of the University Sports Center.

The University Sports Center accepts no liability for loss, theft, damage to personal material or for damage to third parties by course participants.

If you give other participants a ride, we recommend a short-term comprehensive and occupational insurance as a safeguard in the event that personal injury or property damage is caused to the others riding in your car, resulting in liability claims. Consult someone at your car insurance company.

We advise you protect your surfing gear against theft.

### 14. 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.

### 15. Health insurance

Students are responsible for obtaining their own health insurance.

When participating in courses abroad, we strongly recommend you obtain an international health insurance that covers additional risks (medical care, rescue costs, repatriation costs, etc.).

Statutory accident insurance covering all course activities is for enrolled students only. All other course participants (employees or booster club members) are responsible for their own accident insurance coverage.

Please report all sports accidents immediately at the administration office of ZHS university athletics (Tel. 089/289-24663). There is no accident insurance coverage when practicing outside of course groups or class times.

### 16. 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.

If, in the worst-case scenario, the two parts won't come apart, the following will help:

- Hold the mast at both ends and move it forcefully up and down. Turn the mast often.
- Ask a lot of people for help. One half turns the top in one direction, while the other half turns the bottom in the opposite direction. The more people that help, the more chances you have of it working.
- Otherwise, you can clamp two forks around the mast, close to the connecting joint, and rotate each mast half against each other with these levers, while pulling them apart.



## 17. 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 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.

## 18. 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.

## 19. 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.

## 20. Packing checklist 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



## 21. Rentals at Lake Garda / Medulin

Rental equipment is available at Lake Garda, about 50m south of the campsite "Windsurfing Campagnola." Here you can rent equipment at low prices. Beginners package (board, beginners sail, suit, life jacket) for 100 € or advanced package (freeride board - 150 to 180L, Sailloft rig, suit, life jacket) for 120 € or carbon board package (Fanatic Shark 100-150L with Sailloft rig, life jacket) for 140 €, an individual life jacket or trapeze (without a package) costs 3 € per day. Please don't forget to bring old sneakers or surfing shoes along. The rental place does not rent shoes for sanitary reasons. If you forget them, you can BUY a new pair of Open Ocean shoes for 25€.

You can pre-order gear by emailing: [info@windsurfing-campagnola.com](mailto:info@windsurfing-campagnola.com). Your surf instructor would be happy to take care of it for you once you've spoken.

You should count on spending about 200€ for gear rental while participating in the course. For more details and Tsunami Windsurfing prices go to: [www.surf.hr](http://www.surf.hr)

Please check if your personal liability insurance also covers windsurfing accidents (especially those who rent the carbon board package). The borrower is liable for material damage. If you're going to rent expensive equipment, we highly recommend buying a separate policy to insure these items.

If you borrow gear from friends, make sure they bought it in the last 5 years, or more recently if possible. It's easier and faster to learn windsurfing with up-to-date equipment.

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



Courses, levels, and subject	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 m <sup>2</sup>	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 m <sup>2</sup>	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 m <sup>2</sup>	Either personal or rented equipment; complete wet suit, trapeze wire; personal wetsuit boots recommended Recommended gear: Board 120-180 L Sail 3.5-7 m <sup>2</sup>

*Impressum:*

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