

VIRGINIA POWER KITES POWER KITES AND KITEBOARDING TEST

Student's Name: _____

Date: _____

1. In Virginia Beach, it is permissible for an experienced kitesurfer to do a downwinder from 1st Street to 88th Street:

- a) true, but it is not recommended for beginning riders and is not allowed during the summer season
- b) false

2. It is not necessary to know how to perform self-rescue in the Virginia Beach area when kiting:

- a) true
- b) false

3. Board leashes are dangerous because:

- a) you can get hit by your board
- b) they can wrap around your legs or head, causing damage
- c) all of the above

4. To rescue your kite in an offshore wind condition when it won't relaunch, you must first:

- a) let the kite drag you back to the beach
- b) keep trying to relaunch your kite as quickly as you can before you get pulled out to sea
- c) activate your safety system to fully depower the kite, pull in one of your brake lines so the kite is facing the wind upside down, keep one line shorter than the others so the kite won't relaunch, swim to the kite, deflate the leading edge, and swim back to the shore
- d) none of the above

5. To effectively self-launch a kite (this is an advanced technique that varies depending on the kite, but you must be able to self-launch in order to fly on your own in Virginia Beach--assisted launches and landings are always recommended), you must:

- a) launch the kite at the edge of the wind window and place sand in between the struts to weigh down part of the kite, tug on the lines to shake the sand off, and be able to launch the kite to the zenith
- b) launch a kite directly downwind
- c) none of the above

6. To self-land an inflatable kite (advanced skill, but you must be able to do this to be able to kitesurf in the Virginia Beach area), you should always (some kites have different self-launch and self-land systems but this is a standard method):

a) bring the kite to the edge of the wind window and activate your safety system, which will make one of the lines shorter on the kite and effectively depower it; also, make sure that the kite is facing the wind upside down and turned around backwards so it cannot power up again.

b) bring the kite directly downwind and land it by pulling the brake line

7. If you are taking a lesson, you must be at least _____ away from any person bathing, kiteboarding, or surfing.

a) 40 feet

b) 50 feet

c) 100 feet

d) none of the above

8. If you are caught in a dangerous rip current, you should:

a) fight the rip current with all of your strength

b) let the current pull you out and then swim parallel to the shore so you escape the current

9. Life jackets are _____ in the Virginia Beach area.

a. ALWAYS REQUIRED

b. NEVER REQUIRED

c. SOMETIMES REQUIRED

10. A more experienced kitesurfer asks you to move out of the area when you are getting a lesson. You should:

a) tell the kiter to find another place to ride

b) move all of your gear out of the way and avoid obstructing anyone who is in the local community

11. If you have received a lesson, but you don't feel confident riding, you should:

a) buy used gear on Ebay and practice on your own

b) continue seeking instruction and buy new equipment with added safety features and depower

12. The ideal wind for kitesurfing is:

a. side onshore

b. onshore

c. offshore

d. side offshore

13. Assuming an 180 pound rider in 15 knots wind, the ideal kite size for kitesurfing would be:

- a. 14 meter Neo II
- b. 11 meter Neo II
- c. 8 meter Neo II
- d. 6 meter Neo II

14. You should _____ kitesurf with a leash on your board because _____ (exceptions made only where there is a local ordinance requiring leashes on all boards during certain periods of the year).

- a. always; you can easily retrieve your board
- b. never; you can have a dangerous collision with your board

15. The kite has its most power when it moves:

- a. directly upwind
- b. directly downwind
- c. towards the zenith
- d. towards the edge of the wind window

16. To water start kitesurfing, I should:

- a. point the board downwind after diving the kite into the power zone
- b. edge the board upwind immediately

17. Which skills are more important when learning to kitesurf?

- a. board skills
- b. kite skills

18. A safety release leash is important because:

- a. it keeps the kite from flying away from the rider and endangering others
- b. it keeps you attached to the kiteboard

19. Which is worse to fly in?

- a. underpowered conditions
- b. overpowered conditions

20.. Which wind conditions should you ALWAYS avoid when kitesurfing?

- a. onshore conditions

- b. side onshore conditions
- c. side shore conditions
- d. offshore conditions

21. What is it better to lose if you are kitesurfing?

- a. your board
- b. your kite

22. To stop a kite buggy or a kite landboard, you can do all of the following EXCEPT:

- a. bring the kite to neutral
- b. point the board or buggy upwind while bringing the kite to neutral or to the edge of the wind window
- c. bring the kite to the opposite direction to create an opposing force
- d. put on your brakes with the mountainboard or buggy

23. The fastest speeds on a kite buggy (over 70 mph) have been achieved using a _____ kite.

- a. larger (over 10 meters)
- b. smaller (under 5 meters)

24. If I am an expert kitesurfer, I should:

- a. be able to fly in congested areas
- b. avoid flying in congested areas such as beaches

25. Kitesurfing requires _____ power than kite landboarding.

- a. more
- b. less

26. A fixed bridle foil kite with handles is _____ powerful than a depowerable kite of the same size.

- a. more
- b. less

27. A depowerable kite has:

- a. a bar
- b. a larger wind range than fixed bridle foil kites
- c. more inherent stability because it can be used with a harness

d. all of the above

28. If my kite goes out of control, I should:

a. aggressively try to control the kite

b. control the kite with smooth, predictable motions

29. If my kite stalls and fall from the sky, I should:

a. run back from the kite and try to regain tension on the lines

b. run towards the kite

30. By lengthening the inner lines leading to the leading edge, I:

a. reduce power

b. increase power

31. Longer lines with the same size kite means:

a. less power, more responsiveness

b. more power, less responsiveness

32. A higher aspect ratio kite is ideal for a(n)_____ because:

a. beginner; it is inherently more stable

b. expert; it is more powerful, yet more unpredictable.

33. Pulling the trim strap towards me:

a. reduces power, increases responsiveness

b. increases power, decreases responsiveness

34. Which lines turn the kite?

a. the lines leading to the leading edge

b. the brake lines

35. The red handle or the red side of the bar should be on the _____ side of the kite:

a. left

b. right

36. A _____ knot is used to attach the lines to the bridle of the kite.

a. beach

b. Lark's head

37. It is important to pack my kite:

a. in dry places

b. away from the sun

c. all of the above

38. Kite buggying requires _____ power than any other power kiting activity.

a. less

b. more

39. Extra wide wheels are ideal for kite buggying in areas where:

a. there is a lot of sand

b. where there is more resistance, such as rugged, uneven terrain or higher grass

40. A wider axle makes a kite buggy:

a. more stable and faster

b. slower

41. In lighter winds, people typically launch a foil kite:

a. directly downwind

b. perpendicular to the wind direction

c. none of the above

42. When kite buggying, the ideal direction to ride is:

a. downwind

b. upwind

c. slightly upwind

d. half wind course

43. When using handles, I can depower the kite by:

a. pulling in the power lines (the top part of the handles) towards my chest

b. pulling in the brake lines (the bottom part of the handles) towards my chest

c. none of the above

44. When kiting with handles, having one brake line away from the chest and the other pulled towards the chest makes the kite:

- a. self-inflate
- b. turn more rapidly than if I had just pulled one handle towards my chest and pushed the other handle away from my chest
- c. deflate
- d. none of the above

45. It is impossible to kite:

- a. downwind
- b. directly into the wind
- c. crosswind
- d. perpendicular to the wind

46. It is always incorrect to stop a kite buggy by:

- a. putting the kite at neutral
- b. riding towards the kite downwind
- c. using your legs to stop the buggy
- d. letting go of the foil kite

47. The best way to prepare to begin kiteboarding, kite buggying, or kite landboarding is:

- a. to move the kite with small motions
- b. to keep the kite at the zenith until you are ready to perform your power stroke
- c. to keep the kite at the edge of the wind window
- d. to fly the kite directly downwind

48. The kite high rule states that:

- a. a kiter who is upwind of a downwind kiter must keep his kite lines high
- b. a kiter who is downwind of an upwind kiter must keep his kite lines low
- c. all of the above

49. The starboard rule says that:

- a. a kiter on the left has right of way

b. a kiter on the right has right of way

50. A kiter should have ____ meters upwind of clearance and ____ meters downwind of clearance to kite safely.

a. 10 meters; 10 meters

b. 20 meters; 30 meters

c. 30 meters; 50 meters

51. Apparent wind is the kite's:

a. ground speed

b. speed relative to the surrounding air

52. When heading downwind during your water start, you should then proceed to:

a. edge upwind

b. continue heading downwind towards the kite

53. A freeride kiteboard is designed for:

a. advanced maneuvers

b. calm riding

54. A freestyle kiteboard is designed for:

a. advanced maneuvers

b. calm riding

55. Getting lofted means:

a. purposely jumping with the kite to obtain high air

b. getting lifted inadvertently by a strong, often life threatening wind gust

56. If there is a difference of 5 mph between gusts and the average wind speed, it is a good idea:

a. to go kiteboarding

b. to avoid kiteboarding until a better day unless one is experienced as a rider

57. It is important to use a _____ kite in lighter wind.

a. larger

b. smaller

58. Victory at sea refers to:

- a. glassy wave conditions
- b. large, unpredictable swell that could be life threatening; also, stormy conditions

59. When the wind is niking at 40 knots, is it recommended to go kitesurfing?

- a. Yes
- b. No

60. It is easier to jump when kitesurfing _____

- a. downwind
- b. perpendicular to the wind
- c. upwind

61. To head upwind, you must do all of the following EXCEPT:

- a. edge heelside, but not too much upwind; also, look upwind
- b. usually keep the kite at around a 45 degree angle or lower
- c. fly in underpowered conditions
- d. avoid flying directly into the wind and obtain sufficient speed

62. The wind is 10 mph and gusting to 30 mph. It is low tide. What sport would be ideal?

- a. kite buggying
- b. kite landboarding
- c. kitesurfing

63. The wind is 13 knots and northeast in Virginia Beach. Assuming that you are a 75 kg rider, you should be able to kitesurf with a:

- a. 14 meter HQ Neo II or a 16 meter LEI and a 5'11" surfboard
- b. 11 meter HQ Neo II or a 13 meter LEI and a 5'11" surfboard
- c. 8 meter HQ Neo II or a 10 meter LEI and a 5'11" surfboard

64. The wind is 15 knots and blowing onshore at Virginia Beach (a steady easterly wind). It is wintertime. What sport is ideal?

- a. kitesurfing because onshore winds allow kitesurfers to go any direction they want
- b. kite landboarding or kite buggying because onshore winds are ideal for turning either direction

65. Kite buggying with a seat belt is _____ recommended because:

- a. never; if the buggy flips, there is no way to get out of the buggy
- b. always; it is better to avoid being thrown from the kite buggy at high speeds

66. A helmet is _____ necessary when kite landboarding and kite bugging.

- a. sometimes
- b. always

67. Getting lofted is a major risk in kiteboarding. If you get lofted, where is it better to be?

- a. on the land, so you can land effectively
- b. in the water

68. The wind has changed. You are now 200 meters offshore in deep water. The wind is now blowing westerly off the shore. You have tried going upwind, but you are unable to drag yourself upwind. What should you do?

- a. cry for help
- b. park the kite in neutral and wait for the wind to change
- c. bring the kite to the edge of the wind window, drop it down so the kite is upside down with the leading edge facing the wind, pull one of the brake lines in at least 10 feet, and wind up your lines, deflate the entire kite, and swim towards the shore with the board and the deflated kite
- d. look for boats or try to signal to people

69. You get lofted and are traveling through the air. You realize that you have unhooked from your bar and are heading towards an obstacle. Should you pull the safety release or should you stay connected to the kite?

- a. stay connected
- b. pull the safety release

70. Flying overpowered is an:

- a. excellent idea for tricks
- b. an important cause of injuries and accidents

71. Wearing a board leash is NOT RECOMMENDED because:

- a. of the increased risk of a life threatening collision with the kiteboard
- b. leashes can wrap around one's neck

72. 45% of kiting injuries occur to the _____.

- a. head
- b. clavicle

c. ankles, knees, and feet

73. Onshore winds are not recommended for kitesurfing because of:

a. obstacles downwind

b. you have to be able to go upwind to stay away from the beach

c. all of the above

74. Experienced kites receive fewer injuries than inexperienced kites.

a. True

b. False

Questions 75-79 are on the weather chart below:



75. The strongest winds are indicated by :

a. lines that are further apart indicating differences in barometric pressure

b. lines that are closer together, the closer the lines, the stronger the wind

76.. A high pressure system generally means:

a. strong winds and thunderstorms

b. clear skies and mild weather

77. Over which state is the wind the strongest:

a. New York

b. California

c. Minnesota

78. Cold fronts typically involve:

- a. clear skies
- b. thunderstorms and gusty winds

79. The strongest wind and most ideal conditions for kitesurfing occur in areas between:

- a. a warm front and cold front
- b. a relatively strong high pressure system and a correspondingly strong low pressure system
- c. in an area of high pressure
- d. along a cold front

80. A warm front is indicated by _____ lines, while a cold front is indicated by _____ lines. Generally, cold fronts bring _____ weather than warm fronts, which bring _____ weather.

- a. red; blue; harsher; milder
- b. blue; red; milder; harsher

81. Let's say you want to tune your lines for your particular style of riding. You like to ride in large waves with a directional surfboard like the Jimmy Lewis kitesurfboard. What length lines would be ideal for your style of riding?

- a) 20 m
- b) 25 m
- c) 30 m

82. Let's say you want your kite to develop more power in the wind window. You also want the kite to be slower to respond, yet more powerful. What size line length would be ideal for you?

- a) 20 m
- b) 25 m
- c) 30 m

83. You pop a bladder. What is the best thing to do?

- a) throw out your kite and buy next year's model
- b) buy a new bladder
- c) locate the source of the leak by unzipping the pocket on the strut or leading edge, tie some lines to the bladder at the ends of the leading edge, take out the bladder carefully, submerge it in water and check for bubbles (to find the leak), patch the bladder with a repair kit, and put the bladder back in after pumping up the bladder to see if the leak is gone

