



**WINDSURFING ASSOCIATION  
OF HONG KONG** (Incorporated with Limited Liability)

香港滑浪風帆會

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## **Ten Safety Tips in Wingfoiling**

### **10項滑浪風翼安全提示**

**As the growth of wingfoiling has enriched the variety of windsurfing tremendously, the sooner the establishment of safety will be the better to sustain the fun of wingfoiling. In doing so, WAHK has consolidated the following ten safety tips for wingfoilers to increase their safety awareness.**

滑浪風翼的發展，迅速地提升了滑浪風帆的多樣化。隨著參與滑浪風翼的人數急速上升，香港滑浪風帆會綜合了以下十項安全提示，及早讓滑浪風翼愛好者建立相關的安全意識。

#### **Ten Safety Tips in Wingfoiling**

1. Beware the forecast of wind and the strong offshore wind;
2. Check the water depth of the launching area and the spot of recovery;
3. Stay away from rocks, cliffs, piers or channels;
4. The leashes of the board and the wing should be attached to the ankle and the wrist respectively;
5. Double check the air pressure of the wing before launching;
6. Put on impact vest or buoyancy aid;
7. When falling, stay calm and no treading of water;
8. Going back ashore soon when the wind dropped gradually;
9. Avoid collision with other downwind water users by reducing speed or changing course as and when necessary; and
10. Bring mobile phone or reliable communication device for asking help if the wing damaged.

## 10 項滑浪風翼安全提示

1. 留意風力預測及強勁的離岸風；
2. 出發或回航時需檢查水深；
3. 遠離岩石、懸崖、碼頭或航道；
4. 確保板和風翼的牽引繩分別穩妥地貼在足踝及手腕；
5. 下水前再次檢示風翼的氣壓；
6. 穿著防撞背心或助浮衣；
7. 掉進水中應保持冷靜和不要踩水；
8. 風力減弱時及早回岸；
9. 留意下風位的水上活動人士，有需要時應減速或改變航向以避免碰撞；及
10. 攜帶手提電話或可靠通訊器具以防一旦風翼破損時尋求協助。

WAHK: You are advised referring the logbooks of windsurfing training schemes for the other general safety guidelines.

香港滑浪風帆會：與滑浪風帆活動相關的其他指引可參考滑浪風帆訓練紀錄冊。

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