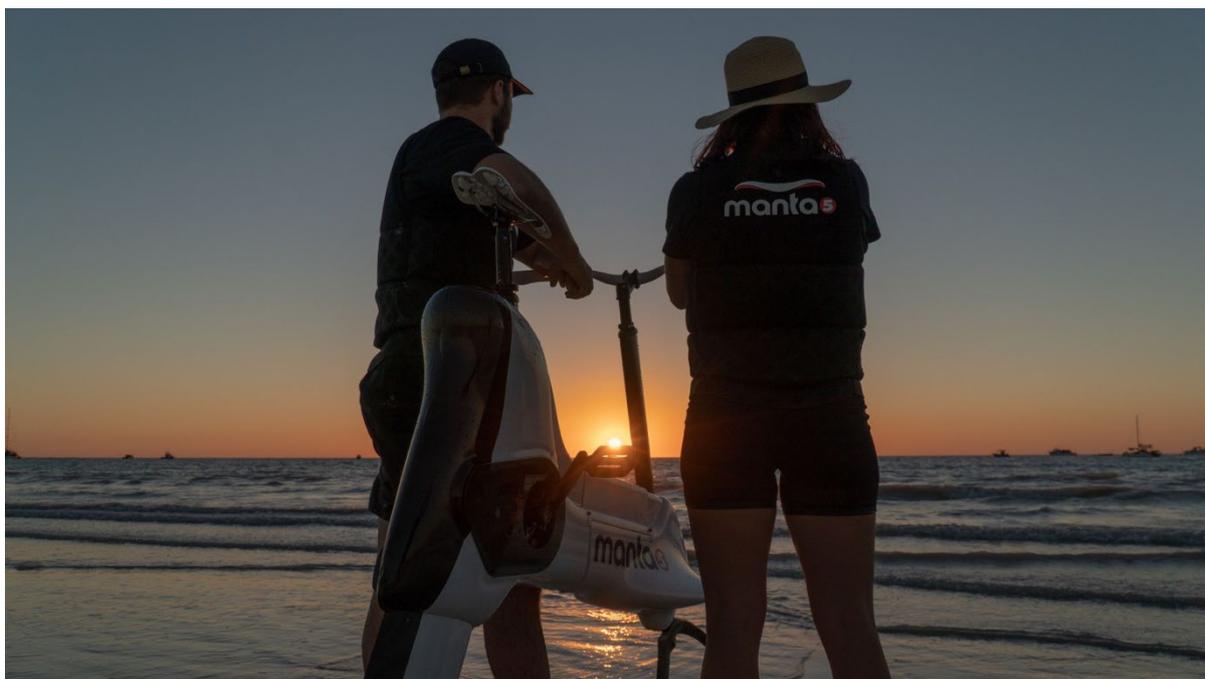


Instructor Training

This comprehensive course is designed to give you the best ability to have great first time experiences with newbie riders. Take the experience a step further and in future, become one of our ambassadors.

1. INTRODUCTION

1.1 UNDERSTANDING THE LEARNING CURVE



As a teacher, you must be fully knowledgeable of the learning curve of the bike and the need for hands on training.

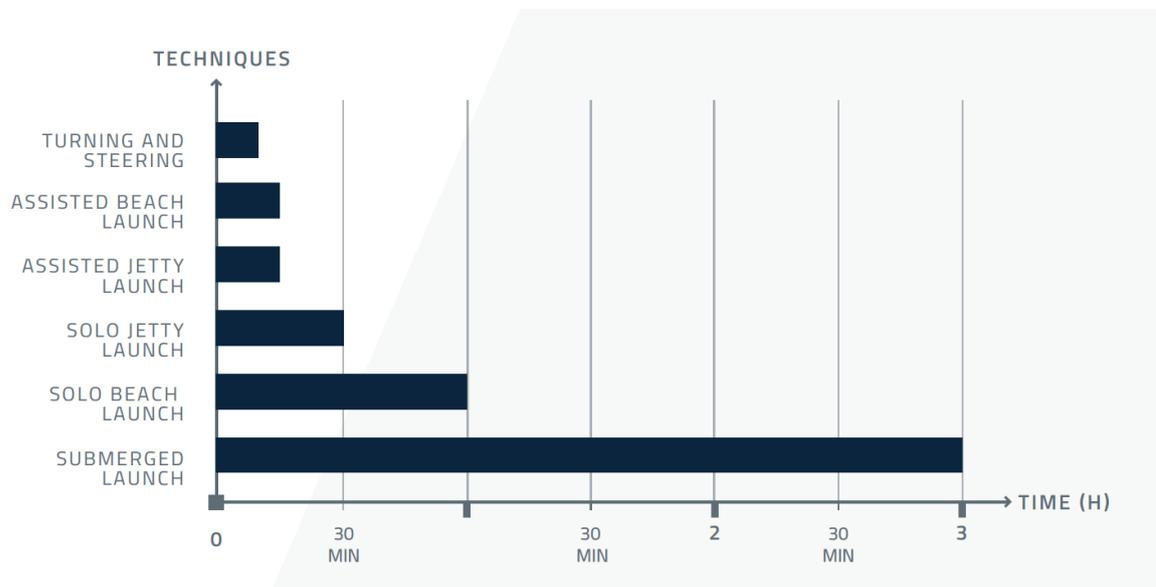
Is it vital that trainers have all foiling techniques mastered on the Hydrofoiler XE-1 as well as be capable and confident in submerge launching (this is crucial for rescues). Physical ability should also be considered so that trainers are able to best assist all riders (heights and sizes) with launching.

Having a great ride experience on a hydrofoil bike differs from hiring out a SUP or Kayak – hands-on training experience is recommended. It takes a number of minutes to get someone up and foiling.

Most people can learn to successfully solo ride within 1-2 hours repeatedly. Techniques such as submerged launching will take several lessons before riders have complete autonomy over their ride experience and to successfully master all foiling techniques.

The different launch techniques for learner riders and the approximate time to learn each of these can be broken down as follows:

General foiling - expected time to master - e.g. 4 attempts average



2.2 RIDE LOCATIONS



Selecting the right location is pivotal when setting up a demo experience or lesson for first time/ inexperienced riders. Locations should be chosen based on the technique(s) being taught by the instructor.

With hydrofoiling requiring water conditions best suited to **learner** users, the chosen location should be put against the following recommended criteria for consideration.

Location criteria:

- Calm waters, with minimal tide and currents
- Platforms/ jetty no higher than 40cm (ideal is 30cm or lower)
- Minimum water depth of 1m for foiling
- Minimum water depth of 2.5m for submerged launching
- Adequate space for your demo / training in relation to other water users
- Free of debris in the water (seaweed, lake weed, large submerged rocks/ reefs etc.)

Choosing the correct ride location will define your training success rate and level of customer enjoyment.

2.3 RIDER SAFETY TIPS

With any water sport, safety is paramount and should be at the forefront of your mind as a trainer, to best ensure a great experience for both the customer and yourself.

Use of this production and participation in the sport, involves inherent risks of injury or death.

Ensure that your operation is meeting all local, regional and Government water safety laws and regulations for operating locations.

The following are guidelines on how to a safe training experience for both the rider and trainer:

- Rider Waiver (or equivalent) introduced and signed by rider.
- An instructor led briefing is recommended prior to all lessons.
- Personal Floatation Device always used by both trainer and rider (e.g., lifejacket 50 N minimum).
- Being aware of hazards both above and below the water. Ride in water conditions that do not exceed the skills of the rider.
- Having designated/ cordoned 'ride zones/ areas' that new riders can explore in to keep un-trained riders near to the shore. Riders should always remain within reasonable swimming distance to shore.

- Ensuring the rider has required abilities to successfully use the product (e.g., can swim).
- Never ride without a suitable communication device or supervision from the land.
- Riders are not under the influence of any substances that can cause increased risk.
- As with most water based rental operations, a suitable rescue vessel should be available during rental operations.
- Riders are highly recommended to wear suitable aquatic footwear and swim wear to protect from potential injury.
- Read the [manuals](#) before use and ensure riders follow outlined safety warnings .

2.4 OPERATING GUIDELINES

As a trainer, you are responsible for demonstrating the product and providing the best possible ride experience pre-ride, during and after the lesson/ demo.

The following are recommended operating guidelines for the demo/ lesson process.

2.4.1 Pre-Riding

a) Admin

Have the customer sign a riding waiver/ lesson safety agreement or anything else legally required in your country/ region to comply with laws and regulations.

Provide a personal floatation device as well as anything else required by your regional/ local maritime laws and regulations.

Provide a safety briefing outlining where they can/can't ride, distance to shore, what happens in the case of an emergency etc.

It is important to cover how new riders should respond when falling off the product. Things to highlight can include:

- Using the front tiller arm to swim the bike back to launching spot (easiest way to return with the bike)
- If they fall out deep- explain what your process for rescue and return is here. E.g. Rider waits for instructor to swim out to submerged launch the bike and return to shore as rider swims/ boat or jetski rescue and return.
- The bike is highly buoyant and can be used a floatation device as they wait to be returned to shore.

Outcome: *Customer is aware of the dangers and fully understands the scope of the days ride.*

b) Dry- Land Demonstration

Ahead of getting the rider into the water and learning to foil, it is recommended that you first go through a dry-land demonstration.

Have the bike fully assembled (tiller and foils attached) outside of the water. This allows riders to see the full product and foils (semi-submerged bikes mean riders do not comprehend the size of the product and long rear foil in relation to themselves/surroundings).

Explain how the product works and the key things to advise riders about:

- - The battery. Have riders turn this on and hear the beeping/ see the green LED light. Inform them that the beeps are increments of 25% battery life (i.e. 4 beeps = 100% charged).
 - With the battery on, have the rider perform a function check by rotating the pedals and feeling where the electrical assist begins. This supports riders to understand that they will need to perform pedal strokes first before the electrical assist begins to work.
 - Demonstrate the eBike remote and adjusting assist levels
 - Describe the steering and provide a high level overview of the mechanics of the hydrofoil bike.

Outcome: *customer gains understanding of how the XE- 1 works from a technical standpoint and what is needed for the bike to foil effectively*

c) Preparation to launch

Carry the bike into the water with rider beside you to the launching location (platform/boat edge/beach etc.) to begin the ride portion of the session.

- Walk with the customer into the water or to the jetty edge to ensure bike is ready to launch.

Outcome: *Bike is situated in the ideal launch spot for customer to increase likelihood of success.*

2.4.2 During Riding

a) Launch demonstration

Instructors should talk through and demonstrate an effective launch of the chosen launching method, highlighting the key aspects of pedalling hard, staying high off the seat and bring your body weight / leaning forward over the handlebars.

Outcome: *Customer can visualise what is necessary to launch effectively.*

b) Assist the launch

Instructor to assist the initial launches by holding the bike steady and pushing the rider into the launch. The aid of a firm push increases the chances of the rider getting up and foiling successfully in the first few tries drastically. Solo launching for first time riders is not recommended unless they master the assisted launch with ease and can then progress to solo riding.

Outcome: *Customer gets riding and foiling quicker with the instructor led assisted launch.*

c) Providing feedback and support

Instructors should encourage riders throughout the learning process and actively be seeking areas for improvement so that the rider can best enjoy the experience e.g. if a rider is tipping backwards during a beach launch, recommend they lean further over handlebars and focus on shifting their weight forward rather than trying to sit on the seat.

Outcome: *Customer feels supported during the learning process.*

2.4.3 Post Riding

Post-foiling, if the customer had a great time, instructors can share that there are several other techniques to master on the Hydrofoiler XE-1 that only increases the experience. For riders that may have struggled more, a second demo/ lesson often goes better as they can return with a better understanding of the ride experience and have processed the new and unfamiliar feeling.

2. HOW TO TEACH NEW RIDERS

2.1 TEACHING THE TECHNIQUES: BEST PRACTICE SETTING THE EXPECTATIONS

It's important to give a new rider a clear understanding of how the bike works and what they can expect. Remember this is a new skill, people can think that because they can ride a bicycle they can ride this.

2.2 TEACHING THE TECHNIQUES: BEST PRACTISE ASSISTED BEACH LAUNCHING

Assisted Beach Launching is the easiest way to assist a rider to get up and foiling.

MOST IMPORTANT TAKEAWAYS

1. Give a big push out
 2. Tell the rider to lean forward and pedal hard
-

2.3 TEACHING THE TECHNIQUES: BEST PRACTISE SOLO BEACH LAUNCHING

Once the new rider has figured out beach launching with your assistance, they are ready to give solo beach launch a go.

MOST IMPORTANT TAKEAWAYS

1. Begin pedalling before you attempt to dislodge the rear foil
 2. Lean forward, get your bodyweight over the handlebars
 3. Pedal as hard as you can
-

2.4 TEACHING THE TECHNIQUES: BEST PRACTISE ASSISTED JETTY LAUNCHING

Launching from a pontoon, boat, or jetty offers near instantaneous foiling. As you push off from the platform, the foils already have sufficient lift to get riding on the water's surface, giving the new rider the best chance of foiling on your first attempts.

MOST IMPORTANT TAKEAWAYS

1. Big push out. It buys the rider time to find the pedals

Tip: Use electrical tape along the rear strut cowling to help keep the bike looking its best from one demo to the next. New riders can be sometimes reckless.

2.5 TEACHING THE TECHNIQUES: BEST PRACTISE SOLO JETTY LAUNCHING

Launching from a pontoon, boat, or jetty offers near instantaneous foiling. As you push off from the platform, the foils already have sufficient lift to get riding on the water's surface, giving the new rider the best chance of foiling on your first attempts.

MOST IMPORTANT TAKEAWAYS

1. Big push out. It buys the rider time to find the pedals
-

2.6 TEACHING THE TECHNIQUES: BEST PRACTISE SUBMERGED LAUNCHING

This technique is the most challenging to master. Teaching a demo-er/ lesson on submerged launching is not applicable for first time riders.

This technique takes on average 45mins of 1-2-1 in water training. It is recommended that riders are first taught how to solo platform or beach launch first and can master those techniques repeatedly before attempting to learn to sub-launch.

MOST IMPORTANT TAKEAWAYS

1. Take your time through each stage. Build muscle memory by being patient and balancing on the bike both horizontally and vertically underneath you before moving on to the next step
2. Do not attempt to launch if the bike's nose is angled up. Start in a horizontal position before pedalling. Let the front nose (tiller) guide your angle of attack

3. COURSE COMPLETE

Access to the course videos and other material can be found in the Ambassador Resources Folder [here](#).



Happy foiling. Go well!

The Manta5 Team