
Almost ready for harness and lines!

Posted by ebbo - 2003/07/30 21:19

I'm looking for some advice on best harness and lines for a novice. Which is more comfortable for general sailing full or waist? All you ladies out there let me know whether you've bought specific ladies kit or gone for one of the men's small harnesses.

Any info. gratefully received.

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Posted by stu - 2003/07/30 21:41

Having taught loads of level 2 courses (harnesses, beach starts, etc), I try and let my pupils try waist and seat harnesses and see which they prefer. It seems to be about 50/50 in favour of each.

Waist harnesses give you a lot more freedom with your legs, in other words you can move around more - great for contortions whilst in the air. They also provide protection to the organs in the lower body on big impacts, hence they are suitable for waves and freestyle. You will also notice that the hook is a bit higher so it is easier to hook in and get out, which is pretty useful when learning. They also look really cool.

Seat harnesses are, in my opinion, harder to use. The hook is a lot lower so harder to hook in and out, and people are often tempted into lowering the boom to get in easily. If you don't have problems getting in and out, then your stance will be better with one of these as you will be able to straighten your arms and get your shoulders back giving a great stance. It is also a really good feeling with a "seatie" as it gives your stance a very locked in feel.

With regards to lines I would go for long ones to start with, then you'll probably want shorter ones later. Adjustable lines will work a treat for this, go for 20 - 26 inch long lines.

Enjoy.

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Posted by ebbo - 2003/07/31 20:26

Thanks for the reply Stu. It would be really good if I could actually get out and do some sailing, as every time I'm free there's either no wind or gusting like a hooly.

I NEED more water time!!!

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Posted by stu - 2003/07/31 20:36

Don't we all mate!

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Posted by TwoFish - 2003/07/31 22:30

I'd vote for a waist harness for a first harness. I learned using a seat, but with hindsight a waist harness would have made hooking in (and out) easier, and also I suspect cut the time I spent rounding up into the wind every time I hooked in and went for the straps. I've since switched to waist harness, and really now only use my seat harness to hold down sails in overpowered conditions, and it's not often we get those.

Have fun Ebbo. It sounds like you're about to hit the stage where it all gets really fun. If you thought it was good so far, just wait 'til you're planing in the straps. Even the catapulting stage is fun as long as you keep a sense of humour (and keep hold of the boom).

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Posted by ebbo - 2003/07/31 23:05

Are there any windsurfers without a sense of humour??!! I was the foolhardy novice girlie that went out with a shortie wetsuit and looked like she had been in a major car accident after climbing onto her board half a dozen times or so. MMMMmmmmm shortie wetsuits and climbing onto surfboards in a force 5 with suntan lotion - NOT RECOMMENDED. Gosh this windsurfing lark has a real steep learning curve!!! But hey I think IT'S GREAT!!!!!!!

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Posted by Freebooter99 - 2003/08/01 17:21

Hi

Whichever you decide on, you should check our Rikswindsurfing on the links page - I have just bought a Neil Pryde seat harness in their clearance section at a really keen price and it included a free set of adjustable lines.

Very please with the deal.

Happy shopping / surfing

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Posted by ebbo - 2003/08/01 18:48

Thanks for that. The more info. the better.

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Posted by Tattyhead - 2003/08/02 17:09

As a girly, I would go for a extra-small/small mens. I had the Da-kine ladies waist (it's for sale in the classifieds here if you are interested-excellent condition!Sorry Ernie) which was ok to start with, but have now got a NP waist, extra small mens for more support. I didn't want to splash out on a flah harness when I didn't know ahah I was doin-not that I do now though! Ladies are a lot softer-alright to start with though. Prolimit ladies are the same. I'd recommend trying everybody elses on at the lake before you buy!!

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Posted by ebbo - 2003/08/03 22:09

I obviously need to travel across to WK to try out all the girls harnesses.....does everyone sail at weekends?? If so can I make a date over the next couple of weekends?? It would be good as a novice to meet some other girlies as there are none at Clowbridge. I'll post a thread on the forum when I'm free and perhaps some of us could meet up???

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Posted by TwoFish - 2003/08/04 21:13

As a 6 foot-ish 14 stone-ish bloke, I can't help much on the girly stuff. When it's a windy weekend there are normally a fair few ladies around though, and just about everyone @ WK seems to be of the nice welcoming variety anyway (I think that's WS's in general though).

If you are at visiting WK, do pay a visit to 'Windy John' at D-Spot watersports, about 10 mins walk / 2 mins drive from WK car park. He's a really nice bloke. I've had some great advice from him and he seems to take a real pleasure in getting newbies / improvers (such as me) going. He sells North Shore harnesses, so may have a bit of bias in that direction, but he's certainly never given me any hard sell. I did buy a North Shore wave harness from him though, and do get on with it particularly well. I also bought a Dakine Nexus recently as I needed a harness whilst in the USA, but since I've returned home, I've gone back to the North Shore and the Dakine has stayed in they kit bag (nothing wrong with it, just personal preference).

Oh and if it's your first WK trip, remember the place is full of Scousers so you will need to think about where you leave your car keys (Aquapac?)

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Posted by Ernie - 2003/08/04 21:18

Quote: Oh and if it's your first WK trip, remember the place is full of Scousers so you will need to think about where you leave your car keys (Aquapac?)

..and I was just beginning to like the cut of your jib. Good job 'yer bigger than me !

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Posted by TwoFish - 2003/08/05 07:34

Sorry Ernie, as I'm based in Manchester (where everyone is as honest as the day is long , getting in the odd Scouser dig is obligatory. Henceforth I'll be easy to spot @ WK - I'll be the bloke in the false beard and dark glasses.

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Posted by Tattyhead - 2003/08/05 11:48

Ebbo, anytime its blowing they'll be the usual girlies there!!....and i'd agree, we're all 'nice' and approachable!!!!

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Posted by ebbo - 2003/08/05 20:05

Well I guess I can make you all jealous cos I was out in a force 4 Easterly today and NO-ONE on the water.....fantastic. Now got harness & lines and nearly hooked in for the first time.....scary stuff!!!! I guess I'll be down at WK towards the end of the month and look forward (?) to meeting some of you. As regards the Scouser dig..... I worked in Liverpool for 8 years so it's easy for me drop into the lingo and just be a local!!??

Look forward to it.

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Posted by Ernie - 2003/08/05 20:21

Come Ed Gerl, get yerself down to West Kerby, like !

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