

Table S1. Matrix of speeds and rotation rates used in CFD simulations. Figure S1 describes roll, pitch and yaw orientation in more detail.

Skill Level per [7]	Flow speed (m/s)	Roll rate (rad/s)	Pitch rate (rad/s)	Yaw rate (rad/s)
Intermediate	7.0	1.00	0.50	2.25
Expert	7.0	1.25	0.75	2.75
WCT	7.0	1.5	1.00	3.25