

# SURFING CHECKLIST

## Preparation for surfing

### Training

- Ensure you are a strong swimmer and make sure you are reasonably fit
- **It is recommended that you take part in a training course to develop your basic surfing skills.**  
Choose a registered surf school with qualified instructors. Learn the following skills:
  - How to paddle out through the break
  - How and when to catch a wave
  - How to progress from kneeling to standing on the board
  - How to fall off the board safely
- Warm up appropriately before starting to surf as you use your muscles fully once in the waves



### Safety

- Make sure that you are aware of the water conditions, any tides or currents and regulations for beach management
- Understand rip currents and know what to do if caught in one
- Check weather forecast and swell forecast for the area ([www.magicseaweed.com](http://www.magicseaweed.com) is a very good surf website)
- Do not surf alone, go with a friend or a group and keep an eye out for each other.
- Ensure that you have a **complete** change of clothes with you.

### Eating and drinking

- Avoid cramps by ensuring that you are well hydrated (especially in warmer climates)
- Eat suitably well before surfing but take some time to allow it to digest then you will have enough energy to surf.

### Equipment

- Wear a wetsuit and / or neoprene hat and gloves depending on the temperatures. The thicker the wetsuit the warmer you will be but anything more than 6mm can restrict your movement.
- Make sure your equipment; especially your leash is in good order. **Always wear your leash.**
- Consider having a very brightly coloured surf board to be easily seen.
- Have access to the following equipment either on the beach or in your vehicle if close by:
  - A drinking bottle or flask and some food
  - A complete change of clothes and a warm hat
  - A mobile phone
  - Medicine you might need, i.e. an inhaler for asthma
- A first aid kit with waterproof plasters / tape and bandages
- Use waterproof sun block cream when the weather dictates it.

## Informing

- Tell a shore based contact how long and where you are going to surf.

## During surfing

### Start gently

- It is a good idea to do a warm up before getting on the water but even so also start gently and build up to larger waves gradually.

### Breaks and resting

- It is very easy to get exhausted surfing so take breaks on the beach
- In colder climates keep stops relatively short in order to avoid getting cold



### Be ready to

- Protect your head with your arms when you “wipe-out”
- Help other surfers
- DEAL WITH A RIP CURRENT BY:
  - Staying calm and don't try to swim for shore against the current.
  - Swim parallel to the beach and it shouldn't take long to leave the current.
  - If unsure just stay with your board, the current will end beyond the break
- Stay with your board and remain calm if you find yourself in difficulty.
- Follow surf etiquette and don't drop in!
- Go on shore and call for help
- Finish while you still have energy left to continue surfing

### After surfing

- Inform your shore based contact that you have finished and are safely off the water.
- Take off wet gear and put on warm clothes
- Rinse your board and any equipment used

