

## SESSION PLAN - CATCHING WAVES

### Equipment

Body boarding (fins, wax, body board, & leash)

Body surfing (fins and/or hand paddle)



### SESSION 1: BEACH EDUCATION

#### Beachsafe.org.au

- Rip current education – facts about rip currents, how to spot a rip current, how to survive a rip current, how to escape a rip current
- Types of waves
- Surf zones – safe and dangerous areas
- How weather effects the beach
- DRSABCD Danger Response Send for help Airway Breathing Circulation & Defibrillator
- Marine stingers – basic first aid
- Lifeguard tips – read the safety signs, ask a lifeguard for advice, swim or surf with a friend, if you need help stay calm and attract attention
- The right gear – board riding, body boarding, rock fishing, ski paddling.

## Surfing Etiquette

- As a learner it is up to you to keep out of the way of more experienced surfers
- Pick a spot away from the main break
- The surfer who catches the wave first or who is closest to the curl or breaking part of the wave, has right of wave.
- Don't drop in – never catch a wave that another surfer is already on
- When paddling out the surfer on the wave has right of way over the surfer paddling out. Don't try to paddle across the path of a surfer.
- Learn how to duck dive or roll under a wave. Never throw your board away as it could endanger other surfers.
- Once you have finished riding a wave always return to the line-up by paddling around the break, not through it, to avoid other surfers.

## Body Surfing

- Body surfing is all about location, timing and wave selection
- Before going out watch what the surf is doing
- Where are the waves breaking and in what direction are, they breaking?
- Try to avoid sand banks
- Demonstration and practice negotiating the break, diving under waves
- Identify a good wave swim hard to increase your speed to that of the wave, keep kicking hard until you feel yourself sliding down the face of the wave, keep one or two arms in front, head down, lifting only to take a breath and look where you are going. Body surfing takes a lot of practice to master. One arm can be used to freestyle stroke to increase momentum and stay on the wave. Some swimmers slightly round their shoulders and kick hard to stay on the wave.
- Step 1 - start off standing in waist deep water. When a broken wave comes towards you push off the bottom and go into a streamlined, stiff body position with your arms out in front. Kick hard and keep your head down. Continue to kick until you reach shallow water. Experiment with one hand in front, two hands in front, rounded shoulders, push off timing and direction of movement.
- Step 2 – Catch an unbroken wave further out. The goal is to select the right wave to catch all the way into the beach. Each time you feel you are dropping off the back of the wave you need to increase your speed by putting your head down, kicking hard and using one arm to freestyle or windmill forward. Practice again and again.

## SESSION 2: BODY BOARDING

- Revision of beach safe. This can be done by watching the conditions of the day and discussing the features of the surf.
- DRSABCD
- Revision of Surf Life Saving signals.

### **Body Boarding**

- All participants should have a body board, leash and fins. Additional items could include a rash shirt or wetsuit.
- Paddling out –find your ‘sweet spot’ on the board and commence to kick and paddle out. If an unbroken wave approaches you accelerate your kick and lift the nose of your board up to pop over the swell. If a broken wave comes towards you bend the nose of the board down and push under a few seconds before the water hits you, push your head down and your hips up. Once the wave passes pop up and continue kicking and paddling. This is a duck dive.
- Catching a wave – as in body surfing wave selection and timing are crucial. As the wave approaches you start kicking to increase speed, paddle with one arm and use the other for stability. Once you’re on the wave you can ride it all the way to the beach. If the wave peels off, you can pull off it to reduce your paddle back out.
- Step 1 - (No fins) Walk out to hip/thigh depth and push off in front of the white water to catch a wave. This is good practice for wave selection and timing. Some waves have more volume and power than others.
- Step 2 – Experiment by lifting your torso up to different heights, moving your upper body to the left or right to change your weight distribution on the board. Use your feet as a rudder to help change direction on the wave.
- Step 3 – (with fins) Venture further out and try catching unbroken waves. Make sure you look to your left and right before going for a wave to avoid other surfers. Experiment with your direction by using fins, hand positions, body position and body weight. On the way-out practice duck diving under broken waves.