



SURFING

Safety Guide

Outdoor Activity Provider

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Checklist Items

KEY BENEFITS

Upper Body Strength

Builds upper body and core strength through paddling and maintaining balance on the surfboard.

Balance & Coordination

Enhances balance and coordination by requiring precise movements to ride and maneuver on the waves.

Cardiovascular Fitness

Improves cardiovascular fitness through continuous paddling and dynamic surfing activities.

Mental Wellbeing

Boosts mental focus and stress relief by promoting concentration and providing an exhilarating outdoor experience.

KEY HAZARDS & CONTROL MEASURES**Rip Currents**

- ✓ Beach assessment for rip currents before sessions
- ✓ Escape technique instruction (swim parallel to shore)
- ✓ Rip current identification training for all participants
- ✓ Designated safe surfing zones away from rip areas

Board Collisions

- ✓ Soft-top foam boards for beginners
- ✓ Right of way rules taught and enforced
- ✓ Safe spacing between surfers maintained
- ✓ Leash use mandatory to keep board attached

Hypothermia

- ✓ Appropriate wetsuits for water temperature
- ✓ Warm changing facilities available
- ✓ Session duration limits in cold water
- ✓ Recognition of hypothermia symptoms

Marine Life

- ✓ Local marine hazard awareness briefing
- ✓ First aid kit with sting treatment
- ✓ Appropriate footwear for reef entries
- ✓ Awareness of jellyfish and other hazards

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Beach & Conditions

- Rip currents identified
- Weather forecast checked
- Wave size appropriate
- Tide times noted

Equipment

- Boards checked for damage
- Wetsuits appropriate size
- Leashes in good condition
- First aid kit available

Participants

- Swimming ability confirmed
- Rip current escape taught
- Safety briefing completed
- Medical conditions disclosed

Supervision

- Qualified instructors present
- Communication equipment ready
- Ratios appropriate
- Emergency procedures known



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