



# SURFING

## Safety Guide

Sports Recreation

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Key Benefits

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Control Measures

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Checklist Items

**KEY BENEFITS**

**Cardiovascular Fitness**

Enhances cardiovascular fitness and endurance through paddling and wave riding.

**Balance & Coordination**

Improves balance and coordination essential for maintaining control on the board.

**Muscular Strength**

Develops muscular strength and flexibility with dynamic movements and paddling.

**Mental Resilience**

Boosts mental focus and resilience required for handling waves and changing conditions.

**Agility & Flexibility**

Increases agility and flexibility through maneuvers and directional changes on the board.

**Physical Fitness**

Supports overall physical fitness and muscle toning through consistent active participation.

**KEY HAZARDS & CONTROL MEASURES****Rip Currents**

- ✓ Provide training on identifying and escaping rip currents
- ✓ Conduct drills on swimming parallel to shore
- ✓ Mark rip-prone areas and designate safe surfing zones
- ✓ Monitor participants closely

**Powerful Waves**

- ✓ Assess surf conditions and select appropriate spots
- ✓ Teach safe falling techniques
- ✓ Brief participants on handling larger waves
- ✓ Supervise closely in larger waves

**Collisions with Other Surfers**

- ✓ Ensure safe spacing between surfers
- ✓ Use soft-top boards for beginners
- ✓ Teach surfing etiquette and right-of-way rules
- ✓ Define surfing areas with visual markers

**Rocks & Reefs**

- ✓ Choose spots appropriate for skill levels
- ✓ Provide helmets if necessary
- ✓ Avoid rocky/shallow areas for beginners
- ✓ Inspect surf areas before sessions

**Drowning**

- ✓ Assess swimming abilities before entering water
- ✓ Position lifeguards or rescue personnel nearby
- ✓ Use buddy system for added safety
- ✓ Provide flotation devices for weaker swimmers

**Marine Life**

- ✓ Instruct on local marine life risks
- ✓ Have first aid ready for stings or bites
- ✓ Encourage protective gear (wetsuits, boots)
- ✓ Teach avoidance techniques

**Adverse Weather**

- ✓ Monitor weather forecasts closely
- ✓ Establish emergency evacuation plan
- ✓ Cancel sessions in dangerous conditions
- ✓ Use signal system for weather alerts

**Sunburn & Dehydration**

- ✓ Encourage high SPF sunscreen application
- ✓ Schedule hydration breaks
- ✓ Provide UV rash guards
- ✓ Adjust session length based on heat

**Hypothermia**

- ✓ Ensure appropriate wetsuits for water temperature
- ✓ Monitor for signs of cold stress
- ✓ Limit time in cold water
- ✓ Provide warming facilities after sessions

**Fatigue & Exhaustion**

- ✓ Monitor fatigue levels throughout session
- ✓ Adjust duration based on fitness levels
- ✓ Schedule regular breaks
- ✓ Provide flotation devices if needed

**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

**Conditions**

- Surf forecast checked
- Rip currents identified
- Weather conditions safe
- Hazards marked
- Tide times known
- Wave size appropriate
- Water temperature noted

**Equipment**

- Boards appropriate size
- Fins secure
- Rescue board ready
- Sunscreen available
- Leashes checked
- Wetsuits fitted
- First aid accessible

**Group Management**

- Qualified instructor present
- Appropriate ratios maintained
- Safety briefing delivered
- Water safety cover in place
- Swimming abilities assessed



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