



**Soulrider Surfschool**  
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### **Instructions for camp organiser:**

- The 'safe surfing waiver form' needs to be completed by every kids parent/guardian. No form no surf.
  - Teachers/guardians that will surf need to complete a 'safe surfing waiver form. No form no surf.
  - The 'safe surfing waiver forms' need to be sent to Camp Longbeach before the camp OR bought with the organiser when the camp starts.
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### **Information about surf lessons:**

#### **Provided:**

- All equipment – soft learner boards, wetsuits, rash shirts
- Tuition
- Photos of the group
- Qualified staff
- Staff to student ratio of 1:8
- Emergency First Aid Kit

#### **Lesson plan:**

- Introduction
- Fit Wetsuits and boards
- 10-20min instruction/demonstration on beach
- Surfing
- Bring back equipment
- Debrief

#### **What is learnt:**

##### **Beginner surfers:**

- Surf awareness
- Correct surfing stance
- How to select and catch waves
- Paddling techniques
- Managing your surfboard in waves
- How to turn your board
- How to conserve your energy
- How to avoid common surfing mistakes

##### **Intermediate/Advanced surfers:**

- Trimming across waves
- Top and bottom turns
- Knowing what board is for you
- Forehand and backhand cutbacks
- Advanced manoeuvres
- Different ocean/weather effects on surfing
- Surf etiquette