7 TIPS FOR A SAFE SURF EXPERIENCE

BY ANDREW GOODMAN SURF COACHING

1- LOCATION

Always check the beach where you want to surf.
If you have arrived at a beach and the waves are too big, there is no shame in deciding not to paddle out. Your safety is the most important factor for you to consider.
If the beach is a popular location for surfing and there is nobody in the water, you have to ask yourself the question…why?
There could be a few good reasons why there are no surfers in the water.
To just name a few, there is a strong rip current,
the waves are too big/small (flat), there could have been some sort of wildlife in the water that could be dangerous. Eg, sharks, jellyfish.
And if you arrive at the beach at 5.30am and there are no people or surfers on the beach or in the water, that's just because you should still be in bed sleeping. And more importantly, as a learner surfer, you shouldn't be surfing alone anyway.

2 - EQUIPMENT

Make sure you have the right equipment with you. You don't want to be in the water with a board that's too big for you that you can't control in the waves. This is something you should have sorted out before heading down to the beach. If you renting a board from the local surf shop, then make sure its the right size and shape to suit your level. A soft top surf board would also be better to start with. Get one of the shop staff to help you. A wetsuit can be very helpful depending on where you are surfing. If you are surfing where the water is very cold, you want to have a wetsuit to keep you warm. The last thing you want is to be worrying about how cold you are when you trying to learn to surf.

3 - HAVE COMPANY

Friends. Always try and surf with a friend that's on the same level that you are. If you go surfing with a friend that thinks he/she is a pro, more than likely, they gonna leave you in the white water and they will paddle off behind the impact zone to catch green waves. Also, if you have a friend to surf with you that's on a similar level as you are, you can learn from each other and have loads of fun doing so.

4 - POSITIONING YOURSELF IN THE WATER

When going into the water, try and stay where the smaller white water waves are. The further you go into the water, the bigger the waves get. It can be quite scary when you find yourself in a position where you don't have control anymore because you are too deep and the water and waves are too strong for you.

5 - WARM UP YOUR BODY

Its always a good idea to warm up a little before you go into the water. If you are starting out as a learner surfer, your body is not used to the amount of exercise that is required from surfing. Find some very simple warm up exercises to do before you paddle out. Remember, you not entering cross fit world champs here, just a light warm up should be good enough.

6 - OTHER SURFERS IN THE WATER

If you go to a beach where there are many surfers in the water and you notice that a lot of the surfers are catching white water waves, it means they are learning as well. Don't be discouraged by this, its awesome that other people want to learn this awesome sport as well. But… It does mean that you have to be careful when you decide to go into the water. Always pay attention to where the other surfers are in the water. Try and keep a safe distance for the other learners in the water. They are also learning, which means that they don't exactly know how to control there boards very well. So stay a safe distance away from them.

7 - TAKE IT EASY !

Don't over do it. As a learner surfer, you might find that you get tired quicker than usual. It's ok to take a break. Go sit on the beach for a few min to get your energy back. Watch the other surfers in the water. You might actually learn something from them.

AND THE MOST IMPORTANT TIP OF ALL IS …
DON'T FORGET TO HAVE FUN !

Andrew + Eleonora