



# Level 1 nudie SurfGroms Coach Checklist

This checklist is to help ensure that each component of the nudie SurfGroms program has been covered by the coach and can act as a simple way of keeping track of what has/hasn't been covered.

Each of these needs to be checked off at least once in each SurfGroms logbook to be competent in the current level and move onto the next. It is up to the coach to ensure each child is given ample opportunity to attempt and succeed in each of the below requirements.

## Ocean awareness and Beach Safety

- Identify common hazards on the beach and in the surf
- Know how and when to use the International distress signal in the surf
- Swim 25m in open surf, swimming through the surf and without resting on the ocean bottom
- Understand & recite Surfing Australia's 10 Surf Safety Rules
  - *Never swim or surf alone*
  - *Be SunSmart*
  - *Know your local breaks and beaches*
  - *Be aware of changing tides*
  - *Stay between the flags when swimming*
  - *Listen to advice from surf coaches and lifeguards*
  - *Learn to recognise rips and currents*
  - *Always use safe equipment*
  - *Consider other surf users*
  - *If in doubt, stay out!*

## Goal setting

- Fill out the goal setting sheet (available on the SurfGroms website - to email or print and hand out)
- Write a main goal for the program
- Check off when the goal has been reached

## Skills Assessment

- Know the major parts of a surfboard
- Demonstrate how to correctly fit a leg rope
- Carry a surfboard unaided from the beach into the surf
- Show how to correctly wipe-out and recover a surfboard
- Demonstrate a good warm-up and cool-down routine
- Demonstrate at least one correct method to stop a surfboard on a wave
- Understand and respond to your instructor's signals quickly and efficiently

## Surf Skills

- Control/carry a surfboard up and over waves demonstrating commitment & control
- Maintain a position in shallow water whilst waiting for a wave
- Demonstrate correct trim and balance whilst paddling a surfboard
- Paddle into white-water waves unaided
- Ride white-water waves to the beach in the paddling position demonstrating good balance, positioning and control on the surfboard
- Ride a wave standing for at least 5 seconds demonstrating good balance towards the beach

## Bonus Tricks and Practice (optional)

- Magic Carpet Ride: sitting cross-legged on a surfboard whilst riding a wave
- Up High: High five another surfer or your surf instructor whilst standing on your surfboard
- Balance - See how long you can balance on one leg and record it (try both legs)
- Jump up - see how many burpees you can do in a minute and record it

## Final sign off

- Ensure once all the above have been checked off and before the end of the program you sign off level 1 as complete