



## Level 3 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

- Understand basic surfing first aid procedures
- Introduction to basic surf rescue principles
- Identify and learn how to remedy over exposure to the sun and the cold
- Identify dangerous currents particularly around rocks or hazards, and demonstrate how to escape a rip
- Swim 100m in the open surf, through the surf and without resting

### 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 in the logbook
- Check off when the goal has been reached

### Skills Assessment

- Identify suitable spots to paddle out – use rip currents to your advantage
- Demonstrate a skilled understanding of positioning and wave selection to maximise performance
- Recognise how the basic design elements of a surfboard affect performance
- Understand the principles of generating speed on a wave
- Knowledge of the rules of the surf zone – surfing etiquette and who has right of way
- Introduction to the importance of fitness for surfing
- Fundamental understanding of tides and their effect on surf conditions

### Surf Skills

- Paddle out in 2ft conditions using 'eskimo-rolls' to negotiate oncoming waves
- Take off on a 2ft un-broken wave and ride into the beach
- Perform a 'bottom turn' successfully following take-off
- Ride along the face of the wave for at least 5 seconds demonstrating control
- Aim to generate speed whilst riding along the wave face
- Kick out of an unbroken wave before it closes out

### Bonus Tricks and Practice (optional)

- Reverse take off: Paddle into a wave fin first and jump up switch foot. Pivot the board around to continue riding
- Floater: Ride the top of the white water as the wave closes out before landing in front of the broken wave
- Practice a stretch routine for surfing and share it with the group at a session
- Discuss at home what kind of surfboard and equipment you would buy. Ask your coach for help if needed.

### Final sign off

- Ensure once all the above have been checked off and before the end of the program you sign off level 3 as complete.