



Level 4 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 resuscitation procedures
- Understand how to treat marine stings and bites
- Identify and treat shock
- Return to shore from an outback position without the aid of a surfboard
- Swim 200m in 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 optimum take-off zones to maximise surfing potential
- Adjust movement to suit wave size, type and shape
- Adjust equipment to suit wave size, type and shape
- Understand a surfers roles in protecting the environment
- Recognise the different techniques required to surf back and forehand
- Knowledge of wave generation and propagation

Surf Skills

- Paddle out to the line up in 2-3ft conditions
- Demonstrate how to 'duck dive' effectively to negotiate oncoming waves
- Take off on a 3ft unbroken wave and 'bottom turn' to ride along the wave face
- Demonstrate an ability to ride along a 2-3ft wave face 'forehand and backhand'
- Perform a 'top turn' to re-enter the open face of a wave
- Maintain speed and control whilst riding on a 2ft wave
- Perform a basic cutback manoeuvre to re-enter the wave

Bonus Tricks and Practice (optional)

- Grab rail turn: grab the rail of your board as you perform a cutback
- Re-entry (Reo): a top turn that is performed off a throwing or crumbling section
- Discuss with a family member at home ways you could help the environment and beach in your daily life
- Discuss at home why you would use different boards for different conditions. Ask you 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 4 as complete.