



# Level 5 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 a surfer's role in protecting the environment
- Recognise the need for tolerance in the surf
- Recognise the benefits of yoga for surfing
- Identify the signs of drowning
- Ultimate nudie SurfGroms challenge – 200m run, 50m swim, 5 min float, 50m swim, 100m paddle, ride a wave to shore

## 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

- Be able to identify suitable entry points into the surf
- Develop a good understanding of surfboard design and function
- Know how to look after your surfing gear
- Identify appropriate training programs for surfers out of the water
- Comprehension of swell forecasting and local wave prediction
- Introduction to next pathways -Board riders clubs, teenage programs and surf camps

## Surf Skills

- Paddle out in 3-4ft conditions using 'duck dives' to deal with oncoming waves
- Negotiate other surfers proficiently whilst paddling to the line up
- Take off on a 4ft unbroken wave and bottom turn to ride along the wave face
- Demonstrate an ability to take off on steeper, more powerful waves
- Generate speed for a 'bottom turn' straight into a 'top turn' off the lip of a wave
- Generate speed along the wave face by trimming and driving the surfboard
- Demonstrate an ability to 'kick out' of a wave just before it closes out

## Bonus Tricks and Practice (optional)

- Tube ride: whilst riding a wave, crouch low and allow the lip to throw over your body, covering you up completely
- Combo: Perform three manoeuvres on a single ride demonstrating control and flow
- Design a land-based surf training regime and share with the group. Ask your coach for any tips or advice.
- Use online surf forecasting to pick the best days to surf a week in advance. Record these and see how accurate you were.

## Final sign off

- Ensure once all the above have been checked off and before the end of the program you sign off level 5 as complete.