



## Level 2 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 how different wind and basic weather patterns affect the surf
- Identify different types of waves
- Demonstrate basic self-rescue principles in the surf
- Identify surfers/swimmers in difficulty and procedures for summoning help
- Swim 50m 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

- Understand how to identify a safe surfing zone
- Recognise how different sized surfboards affects overall performance
- Identify different surf conditions
- Demonstrate how to control the board on take off
- Understand how to abort a take off
- Deliver a good warm-up and cool down routine
- Demonstrate how to paddle into the beach from an outback position (25m)

### Surf Skills

- Demonstrate an ability to paddle out in small waves, 'punching through; to clear the waves
- Display an ability to sit balanced on a surfboard whilst waiting for a wave
- Paddle into small un-broken waves unaided (1ft or smaller)
- Demonstrate the proper and effective 'pop-up' from a probe position to standing when catching waves
- Show an awareness of others around you and in the surf when paddling for a wave
- Demonstrate good wave selection when paddling for a wave
- Ride an unbroken wave standing for at least 5 seconds demonstrating good balance towards the beach

### Bonus Tricks and Practice (optional)

- Tandem Ride: Ride on a single surfboard with another SurfGroms or your surf instructor into the beach
- Hang five: hang all your front foot toes over the nose of the surfboard whilst riding a wave
- Practice a warm up routine and share it with the group at a session
- Discuss some healthy food ideas at home and share them with the group at a session

### Final sign off

- Ensure once all the above have been checked off and before the end of the program you sign off level 2 as complete