

# Surfing Checklist

By Jake R Brady

## ☐ The Basics

- ☐ Get full or short wetsuit, booties and a hoodie.
- ☐ Protect your skin - use waterproof sunscreen.
- ☐ For high exposure areas such as lips, nose and cheeks, you can use a zinc oxide which will give you extra protection.
- ☐ Use a longer board, which is more stable and buoyant, ff you're starting at a beginner's beach with smaller waves.
- ☐ Make sure your board has a leash.
- ☐ Respect the power of the ocean and your fellow surfers.
- ☐ Make sure to start in an area that is appropriate for your skill level.
- ☐ Be aware of where the other surfers are in the water.

## ☐ Buying a Board

- ☐ Consider your budget.
- ☐ Condider the standard you're at.
- ☐ Take long rides before you consider buying.
- ☐ Spend some time on a softboard and get comfortable.
- ☐ Get advice from experienced, approachable people who you trust.
- ☐ Try to avoid two fins as a novice.
- ☐ Get a leash at least six foot in length.
- ☐ If getting a second-hand board, make sure that it is in good condition.
- ☐ Make sure the fin and leash footings are all solid.
- ☐ Never leave your board lying around in the sun.

## ☐ Surfing

- ☐ Be patient.
- ☐ Be fit - be able to swim at least fifty metres in open water.
- ☐ Check the area and make sure you are not alone.
- ☐ Make sure you have a buddy with you who can help guide you, so you can be safe.
- ☐ If it's your first time, you may want to hire an instructor.
- ☐ Look for any restrictions on the beach and adhere to them.
- ☐ Prepare the body for exercise before going for a surf.

- ☐ Take some time to watch the sea and get a feel for the conditions on the day.
- ☐ Make sure the top of your board is waxed up.
- ☐ When you carry your board hold it under arm with the fin on the inside.
- ☐ Try not to trail the leash in the sand behind as you walk.
- ☐ Make space for others around.
- ☐ Be aware of yourself and your board.
- ☐ Spend your time getting to grips with the new sport.