

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.