Surfing Checklist

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# Tasks:

☐ **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.**