



# Surfing



## About the activity

Available at our main centre for surfing, Beam House, a superb location close to the North Devon coast. Your group can learn all the basics with us at Westward Ho! Learn how to safely head out into the sea then catch and ride waves using their surfboards. Having caught their first wave, it's all about acquiring the skill to stand up and surf back to the beach!

## Activity aims

### The aim of this activity is to:

- Introduce the sport of surfing and what a surfboard is.
- Learn the basic skills of surfing and develop technique through individual practice.
- Understand the risks and safety rules for the surfboarding environment
- Allow each participant to experience surfing, catching and riding a wave.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Use the wave and balance to manoeuvre the surfboard.
- Be able to assess risks and understand how these may be controlled.
- Select waves for increased performance.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- An understanding of associated hazards and the surf environment.
- Experienced the basic skills of surfing and develop technique through individual practice and instruction.
- Listened to and responded appropriately to commands and hand signals.
- Understood the fundamental aspects of etiquette and safe practice while surfing.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. manual handling, risk assessment, safety area/boundaries.
<b>Words relevant to equipment</b>	e.g. surfboard, leash, rails, fin, deck, wet suit, rash vest.
<b>Words relevant to the activity</b>	e.g. wipe out, paddle, pop, ride, surf, wave, turning, white water.
<b>Words relevant to teamwork</b>	e.g. achievement, communication, co-operation, participation, listening, awareness.