



Surfing Safe Operating Procedure

The following guide aims to give you a few safety tips as well as the low-down on surf safety and etiquette — which will ensure you participate in surfing events in the correct manner and stay safe while you enjoy yourself.

Stay within your comfort zone

You should only ever surf in waves that you are comfortable with. Don't get in over your head, and remember the phrase *"If in doubt, stay out"*.

Surf conditions

Make sure the surf is safe on your chosen beach before you go in. Check for Rip Currents. A rip can be recognized because as it flows back it will disturb the approaching waves and make them uneven and/or flatten the water's surface. If you get caught in a rip, stay calm and swim parallel to the beach then to the shore.

Patrolled beaches

If you are surfing on a lifeguard-controlled beach, make sure that you keep within the designated surfing area. Remember, you should never surf between the red and yellow flags. This area is designated for swimmers only. Take note of where you should be surfing before you go out, and make sure you stick to it when you are out.

Be Aware

Be aware of other surfers and water users, and of where you are surfing. When you are learning to surf it is easy to drift into areas which you have not planned for and which may not be suitable for your ability. Keep an eye out for others whilst in the water.



Check Equipment

Make sure your equipment; especially your leash is in good order. Always use your leash – you can follow it back to the surface if a wave is keeping you under.

Protect your Head/Fall flat

If you wipe-out or are going to collide with another surfer ensure to protect your head. When you fall the best way to not injure yourself is to fall nice and flat. Never dive headfirst off your board; try to flop onto your side or back. Even jumping off feet first can be dangerous due to the uneven nature of the seafloor.

Respect for other surfers

When you're paddling back out to the line up after catching a wave and someone is riding a wave or about to, it's the *surfing etiquette* and your responsibility to move out of their direction even if your facing a wall of white water. If possible, ask more experienced surfers for further surfing etiquette.



