

Instructing Surfing

Normal Operating Procedures

NOPs – Quick Guide

(based on Austrian Surfing – Surf Instructor I by Johnny Nesslinger, p 21-25)



Surf school should provide:

- Insurance
- Health/accident insurance for teachers
- Liability disclaimer for students (good health conditions, orders of instructors, no sign – no course)
- Incident (accident) report form (accident documentation: when, what happened, treatments)
- Session report (after surf lesson: conditions of lesson (wind, swell, currents, weather), content of lesson, signed by surf instructors)
- EAP: emergency action plan contains
 - o Emergency numbers, next hospital
 - o What steps to take
 - o Surf instructors must sign
 - o In the camp / on the beach

NOP 1	NOP 2	NOP 3	NOP 4
Intro, Material, Spot, Safety	Warm-up, Gliding	Take Off	To the Line up

NOP 1: Introduction

1. Meet and Greet (get to know your students, trust building, different motivations, goals, levels, fears and backgrounds)
2. What students can expect from the course
3. Camp rules (rules, day planning)
4. Safety issues
5. Liability disclaimer
6. Health Issues (asthma, allergically reactions, blood sugar – diabetes, heart issues, dislocated shoulders, ...) - please let your instructor know – Bring your medicine to the beach and tell the instructor where she/he will find it.

Check Lists for the beach:

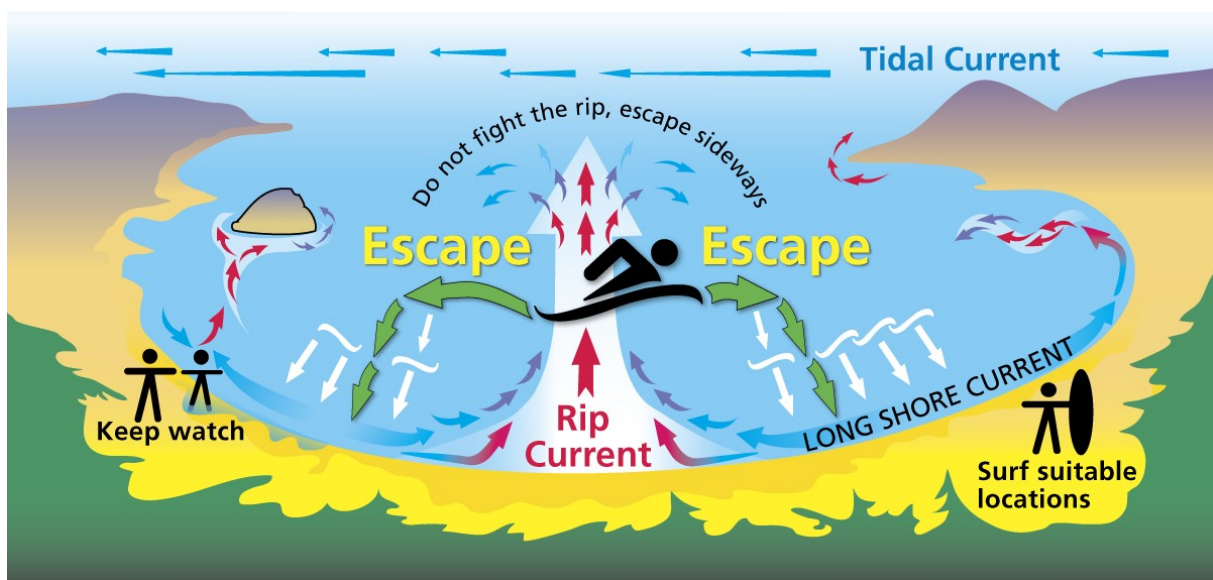
Students	Instructors
<ul style="list-style-type: none"> • Weather protection (rain, sun, cold) • Water, snacks • Towel • Speedos/swimsuits • Medicine • Wetsuit, board, leash 	<ul style="list-style-type: none"> • First aid kit, whistle?! • Thermo bottle with hot water, vinegar • Beach flags • Rescue board (soft top, lot of volume)/flippers (swim fins) • Participant's list (contact data) • Lycras (for students and instructors) • EAP – Emergency Action Plan • Mobile phone (with all important Numbers) • Garbage bag/box

Material

- Board (Deck, Bottom, Nose, Tail, Finns) – carrying the right way, lay down on beach
- Leash
- Wetsuit (don't stretch it too much, drying more in the shadow, must fit tight, but not too tight (easy breathing and moving) ☑ protects from cold water and wind, rocks and reef and is kind of a life vest.

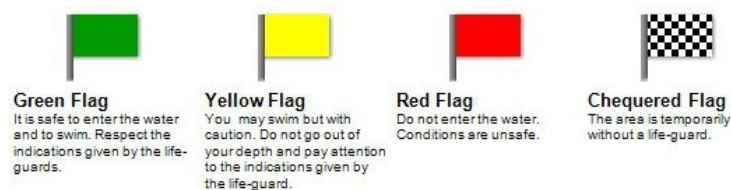
Spot discussion - risks:

- Waves (spilling, plunging waves)
- Wind
- Tides
- Ground
- Crowds
- Access to beach (e.g. for medical services)
- Pollution
- Sea creatures
- Currents/rip



Contact life saver and ask for conditions

- **Flags of life saver:**
 - o Green: no dangerous waves and currents, swimming, and surfing everywhere on the beach allowed
 - o Yellow: swimming only in swimming area, surf should be ok
 - o Red: dangerous conditions: no swimming, no teaching on the beach



Safety rules

1. Protection
 - a. head protection
 - b. secure and control the board
 - c. fall flat backside
 - d. Don't grab your board by leash rope or leash plug
 - e. Don't let be the board between you and approaching wave

2. Safety distance 5m

3. Safety Hand Signs:

- a. Rescue sign/come out of the water



- b. Come out of the water immediately



- c. Go further out



- d. Stay where you are



- e. Directions: left - right



Rules for instructors:

- Allowed to teach max. 8 students
- Always keep watching - do not leave them in the water alone
- EAP – Emergency Action Plan at hand
- Session report
- Safety reminders for students frequently

NOP 2: From Warm up to Gliding

1. **Warmup:** warmup, rotating, stretching (get into the water latest after 10min finishing warmup)
2. **Stance:** Find the stance (regular, goofy)
3. **Bodysurfing:** be in jump position, when the wave hit your back hand, dynamic jump to the front and body tension
4. **Positioning on the surfboard** (sweet spot, in the middle of the board)
5. **Board handling:** Go into the water with the surfboard, how to turn the nose to the beach
6. **Gliding A:** hold the board little below the middle, when the white water reaches the tail, dynamic jump on the surfboard, find the sweet spot
7. **Gliding B:** getting faster, slow down, left, right
8. **Gliding C:** bodysurfing turns

Common mistakes:

- Hands on the rail
- Positioning of legs and upper body
- No body tensions

NOP 3: Take off / Pop up

3-steps Take off:

1. hands to the chest, fingertips show to the nose
2. Backfoot to the knee
3. Front foot between the hands, stand up low and arms shoulder high, knee positioning!

Demonstrate real speed demonstrate in steps - Count! Practising & feedback

Common mistakes:

- Hands not at the chest, on the rail
- Heel not on the board
- Position and direction of feet
- Elbows low
- Stand up too stiff, body centre of gravity to high

Alternatives:

- **Jump Take Off** (for sportive students) based on 3-step take off
- **Knee take off** (for students with back issues):
 1. Hands to the chest, show to the nose
 2. Stretch arms and increase your upper body, drag your feet to cat position on board
 3. Step with front foot between your hands and stand up low, arms shoulder high, knee positioning!

- **Positioning after Take off:**
 1. Back foot 90° to stinger near fins
 2. Front foot around 45 ° to stinger
 3. Upper Body facing direction, chin in one line to front knee, back knee bend inside
 4. Low hips through deep squat
 5. Front arm shoulder high showing direction
 6. Back arm higher than shoulder

NOP 4: To the Line up

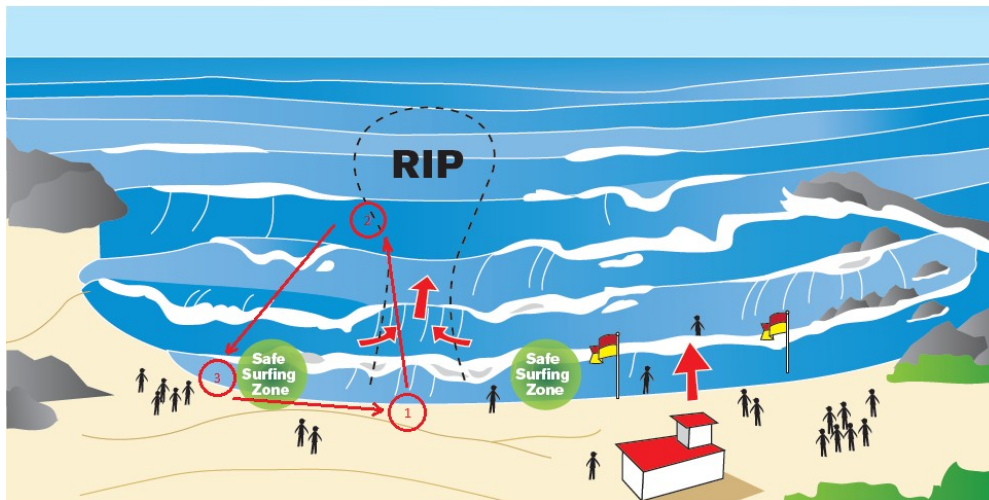
When students make 7 of 10 take off in the white water, trimming the board, slight turns
☑ ready for the line up!

Provide a safety environment!

Right of Way:

- Priority: longest waiting should be first
- Surfer who is nearer to the whitewater/peak has right to the wave
Also just paddling on could be annoying
split the peak (talk: I go left, I go right)
2 peaks – both should get out/or go straight/or cutback to white water
- Do not drop in (look right/left, in case you are not first: Emergency brake)
- Do not snake (paddle to the inside of another surfer)
- Paddle wide – far away on the shoulder or in white water
- Do not be a wave hog (take not every wave!)
- Control over your board (do not ditch your board/Chicken Dive)
- Give Swimmers always way
- Surf in your abilities

Setup for 3 instructors (1, 2, 3) and students going to line up:



Techniques for paddling out

- **White water dive** (paddle hard, lay on the board, weight to the front when white water approaches ~1m, after passing paddling), Alternative: cat position for little higher waves
- **Turtle roll** (paddle hard, 1,5m before the wave, grab the nose, turn the board upside down, elbows on the board and pull the board to your head, one foot to the deck)
- **Duck Dive** (usually not with beginner boards)
- **No Chicken Dive!**

Board techniques:

- **Turn your board** (sit, go to tail, rotate feet and paddle with arms to turn)
- **Emergency brake** (sit back, grab the rail and pull the board to your body, maybe a bit angled)
- **Paddling** (long strokes, neutral hand, elbow into the water, from the middle push strong till the end; paddle right, then left, not at the same time)

Take off on green waves:

- Best at 20-30° angle (if too steep ☑ paddle angled 15-20° and look to the direction!)
- Assist the students:
 1. watch the waves
 2. positioning
 3. bring your head up, start paddling normal 90° to wave, look at the wave behind you
 4. when the wave reaches your tail do 2-3 extra strong paddle strokes – when gliding – POP UP (acoustic signal)

Respect nature and locals, be friendly and have fun! – Hang loose!