



# Surfing

learnlink™

## About the activity

Available at our main centre for surfing, Beam House, it's a superb location close to the North Devon coast. Your group can learn all the basics with us - how to walk out into the sea through the waves with their boards, how to catch a wave. And having caught their wave, it's all about acquiring the skill to stand up and surf back to the shore!

## 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 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 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

### Words relevant to safety

e.g. manual handling, warm up, risk assessment, safety area/boundaries.

### Words relevant to equipment

e.g. surfboard, leash, rails, fin, deck, wet suit, rash vest.

### Words relevant to the activity

e.g. wipe out, paddle, pop, ride, surf, wave, turning, white water.

### Words relevant to teamwork

e.g. achievement, communication, co-operation, participation, listening, awareness.