



## PROGRAM OVERVIEW

Our learn to ocean safety and surf program is designed to introduce children to basic water and beach skills in an active, fun and engaging way. Our surf school offers a range of surf safety, surf education, surfboard riding, body surfing, stand-up paddle and body board programs all year round for students. All programs are tailored for the school and age of the participants.

Our program is run in conjunction with Surfing Australia's Safe Surfing Program and the NSW Education Department Risk Assessment guidelines. Our program and Surf School are endorsed by Surfing NSW, Surfing Australia and the Australian Sports Commission.

### OCEAN SAFETY

- rip identification
- safe swimming zones
- learn about different waves and breaks
- wave negotiation
- body surfing
- board paddling
- rescue skills

### BODY-BOARDING

- safe surfing zones
- riding waves using body-boards
- appropriate equipment handling

### LEARN TO SURF

- safe surfing zones
- prone to standing techniques
- board paddling
- appropriate equipment handling

To discuss further or lock in your program please contact CSA.