

Introduction to Surf – Transitioning the Surf Zone and Surfing Training

Vision:

To introduce and develop safe (injury free) surf zone kayaking skills, built in a supportive culture with confidence in dynamic water - and of course, have FUN in the process.

Objectives:

Introduction to the Surf Zone: Negotiating the surf zone (launching and landing) from beginner and beyond. Develop surf zone kayaking skills, knowledge and safety, and progress from transitioning the surf zone to surfing waves as ability allows aligned with personal goals.

Duration:

From mid-afternoon on Wed 22nd, all day Thu 23rd, Surf Mentoring on the morning of Fri 24th Apr 26.

Coaches:

Lead Coaches will be Caoimhin Ardren and Nick Blacklock from NSWSKC and Dennis Hynes and Allen Snowsill from BASK – bios on the website.

Capacity:

16 students, with 4 coaches at a maximum ratio of 1 to 4.

Koha:

For training in the surf, we are requesting a koha payment of \$190 per student to cover the travel and accommodation expenses of our coaches, who are generously donating their time. Banking details will be sent upon registration of interest with [Shaun](#)

Pre-requisites:

For paddlers to achieve the full benefit of the training on offer.

There are pre-requisite entry requirements for all paddlers:

Students must be able to, or have:

- Paddle a sea kayak in a straight line forward and backward without a rudder.
- Experienced at and be willing to demonstrate Wet-Exit and Self, and Assisted Rescues.
- Physical endurance for about 5 Hrs of training with breaks
- Sea kayak that has watertight front and rear hatches and decklines around perimeter of the deck

Gear:

Sea Kayak, Paddle, Skirt, PFD, Helmet, footwear that won't come off in the surf, high energy snacks and hydrating

Consider: extra warm clothing, tights, wind-breaker jacket/paddle jacket, warm hat, sunscreen, sunglasses w/restraining device, gloves for sun protection.

Note: Most limiting factor in Surf Training at Waihi is Hypothermia caused by the wind. Hypothermia is easy to prevent by having extra warm **wind-resistant**

clothing available (windproof cag and/or wetsuit). Also a plastic sheet or tarp to wrap around on the beach is invaluable.

Lunch:

Bring lunch, hydrating liquid, high-energy snacks (like dark chocolate!)