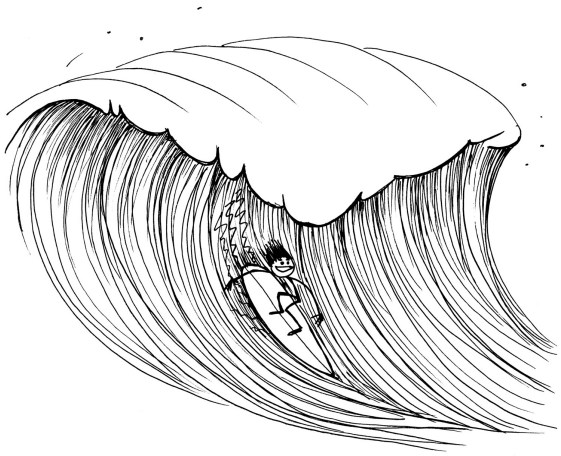
THE SURFER'S MANUAL

Philosophy

Respect everyones right to enjoy surfing. If you give respect and courtesy you will get the same and surely have a better time while surfing. Remember that the best surfer at any beach is the one having the most fun.

Protect the environment, respect the beach and the ocean. Collect your own garbage and pick up any garbage like drift plastics and dispose them at the beach bins on your way back.

Encourage and advise those with less experience.



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Safety

If you are new to surfing it is best to have lessons by a qualified School/instructor to be introduced to the sport in a safe and structured way.

Be aware of your surfing capabilities. Do not attempt surfing unless you can swim. Strength, flexibility and endurance are all equally important for your performance and safety.

Be aware of and ready to react to others at all times. Don't swim near surfers or surf near swimmers.

Never dive head first. Always protect your head with your arms underwater whenever you "wipe-out" or when another surfer ditches his board close to you

Choose the breaks and conditions that best suit your skills. Check the weather, tides and swell conditions before you paddle out. Learn to observe the waves and currents before paddling out. Ask the locals for hazards, paddle out and exit zones.

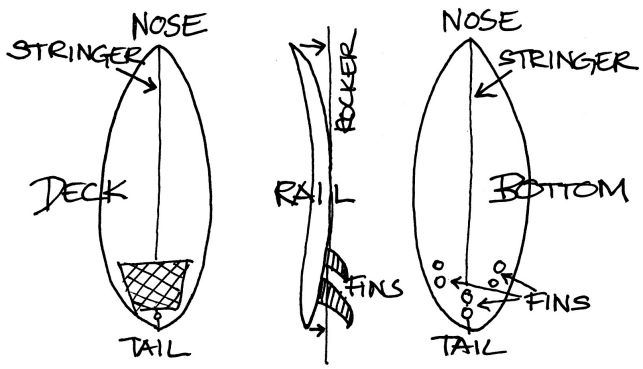
If you get caught in a riptide don't panic. Often it is impossible to swim against the current. The best solution is to paddle with the lateral current at a 45° angle towards the beach and use the whitewash to get back to the beach. Also remember that rip currents go straight out through to the surf zone and dissipate once they're beyond the break, where you can then paddle parallel to the shore and back to the sand. Don't hesitate to ask for help at any time.

Make sure you have the right equipment, and that your equipment is in full working order before you go. Always wear a leash to keep your board close to you and to keep it from becoming a hazard to other surfers. Be aware that when the board flies out from you it might spring back toward you, so watch your head when you do lose your board. Use the right size and thickness of wetsuit: it should fit tightly but comfortably.

Use sunscreen according to the weather conditions and your skin type.

The Boards

There are infinite possibilities of surfboard design due to the diversity of different surfing styles and waves but the terms used are common to every board.
Being familiar with these names will help you understand your teacher's instructions.



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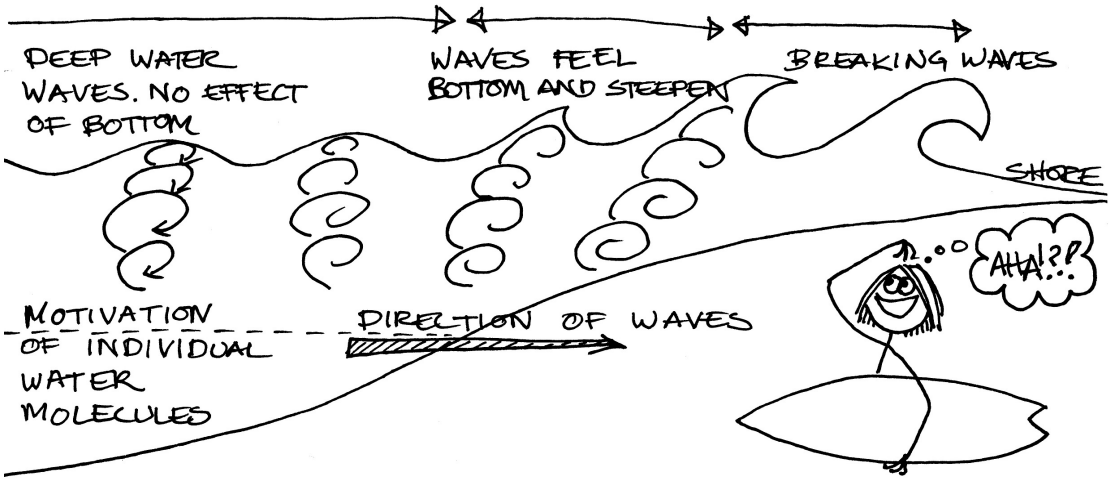
The Waves

After having traveled for long distances, the swell hits the coast and the waves start breaking. What causes a wave to break is the fact that the particles that are set into vibration cannot pass on the energy to the same extent as before (the sea floor is increasing in height and takes the place of the water). As a result, the excessive energy discharges towards the only direction that is left: the water surface. The shallower the water becomes, the more the waves decrease in speed. There comes a point where the top of the wave overtakes it and starts to spill forward - the wave starts to break. The energy is transmitted towards the surface, up and forward.

For the observer, this process manifests itself in the breaking of the wave. If the sea floor has different depths at different points of the wave, the wave will not break full length, but will, starting from a certain point, break to the right or to the left (or in both directions). Thus, you have a clean, surfable wave.

The breaking point depends on the depth of the water. In general, a wave will start to break when it reaches a water depth of 1.3 times the wave height. This means that a wave with 1 m height will start to break when the water is 1, 3 m deep. Accordingly, a 3 m wave will break at a depth of 3, 9 m and so on.



You will have the privilege to receive the last energy created far away by the wind. That's the beauty of surfing.

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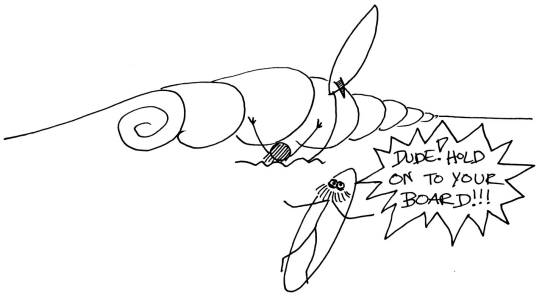
Etiquette

Surfing etiquette is a set of "rules" or a "code of conduct" that is based on common sense and consideration of others. Learning, understanding, and following these basic surfing etiquette guidelines will ensure that everyone can have a safe and enjoyable session in the water.

#1 - One person per wave

#2 - Don't Drop In On Another Surfer

#3 - First surfer up has Right-Of-Way. When more than one surfers catch a wave at the same time the Surfer Closest To The Peak has the right of way. Exit the wave in a safe way and apologize



#4 - Don't Ditch Your Board – hold on to your board, lookout for other surfers

#5 - Don't snake around other surfers to get better positioning, wait for your turn.

#6 – Communicate your direction intentions when close to other surfers and split the peak

#7 - Avoid hesitation both in trying to catch the wave or getting out of the way.

#8 - Look both ways before taking off

#9 - If you get Caught inside or paddling out – stay in the white water and let the surfer on the wave pass and then paddle out behind him. In case there is channel paddle wide around the lineup not through it when paddling out

#10 - Always aid another surfer in trouble

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