WHAT IS IT?

Surf Safe is a beach and surf awareness course designed to educate students about the ocean, its dangers and how to avoid them, whilst at the same time teaching the skills of Surfing and Bodyboarding.

The course has been running in schools in Canterbury, Buller and Westland since 1998, over this time thousands of children have benefited from the programme.

The programme has the endorsement of Water Safety New Zealand and Surfing New Zealand.

“... The programme enabled the students to have a fun fulled day acquiring new skills and building confidence. I have no hesitation in recommending Aaron Lock and his ... team.”

John Anderson, St Andrew’s College Preparatory School

WHO IS IT FOR?

The course is suitable for people of all ages but ideally suited for 10-14 year olds.

WHAT IS INVOLVED?

Course timetables are flexible but the most popular option is a Full Beach Day where students spend an entire day at the beach. A period is spent in the morning covering the theory of surfing and checking the waves. Students receive a briefing about the fundamentals of surf technique and surf safety. The group is then divided into smaller groups for the water activity. We then head down to the beach ready for action. All students have a go at both Surfing and Bodyboarding. Only a limited number of students are in the water at any one time. At the end of the day we have a short debriefing before going home.

SAFETY

The course is about beach safety and the health and well being of students is paramount to us. We have a comprehensive Health and Safety Plan and maintain strict standards at the beach to minimise risk. We use high quality equipment with top of the line Bodyboards and ‘Soft Top’ style surfboards.

All instructors are highly experienced surfers and qualified Level 1 Surf Coaches. All have appropriate First Aid and Lifesaving training.

In the water we maintain a minimum Instructor : Student ratio of 1:8. but normally our ratio is 1:6.

EQUIPMENT

All equipment is provided. Soft top beginner surf boards and quality bodyboards. Wetsuits are provided but we encourage students to bring their own.

Endorsed by:

For More Information contact :

Aaron Lock
32 Whitfield St, Sumner, Christchurch 8081
Phone 0210307231 Fax 03 326 7184
aaronlock@surgery.co.nz
Toll Free 0800 80 SURF (7873)
www.surgery.co.nz
COURSE OUTLINE

The following Topics are covered. Teaching methods involve verbal briefing, visual demonstrations and hands on learning all backed up by a take home activity pack.

Topics

- How Waves are Formed
- How and Why Waves Break
- Parts of a Wave
- Learning to Assess Beach Conditions
- Wind and Tides
- Rips and Currents
- Surf Safety
- Equipment. Care and Safe Use
- Surf and Bodyboard Technique
- Catching Waves
- Paddling
- Stand Up and Trim
- Wiping Out Safely

INSTRUCTORS

We have a team of six instructors with head instructors being Aaron Lock and Ambrose McNeill.

Aaron Lock. Aaron is one of New Zealand's top competitive Bodyboarders. He has over 20 years of surf experience and has been coaching for 12 years

B.Sc.
ISA Level 2 Surf Coach
ISA Level 1 Surf Judge
Em Care Level 1
Lifesaving Bronze
Canterbury Scholastic Surf Team Coach

Ambrose McNeill. Ambrose is currently in his final year of a Sports Coaching degree at Canty Uni. He is one of New Zealand's top Longboard surfers.

ISA Level 1 Surf Coach
Work Place first Aid
ISA Surf Rescue
Canterbury Scholastic Surf Team coach.

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LOCATION
In Canterbury most classes are run either at Sumner Beach, New Brighton and Wai-kuku. However if another beach is more convenient for your school we can easily change venues.

COSTS:
The course is charged on a per head basis of $25—$30 per student.
Includes all equipment
Pricing depends on group size and location.
Prices include GST

BOOKING ESSENTIAL
Please book early as spaces are limited. The most popular months are December and February.

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‘….Aaron Lock and his team from Surf Safe were fantastic. From the beginning they captivated our students as they delivered the all-important safety messages. With the use of humour, personal anecdotes and demonstrations, by the end of the initial briefing even our more reluctant students were eager to get in the water….’

Donna Little, Akaroa Area School

Endorsed by: