Surfing and Bodyboarding
Activity Sheet

Surf check
Which way is the wind blowing?

- Offshore
  Off Shore Winds=Clean Waves
- Onshore
  On Shore Winds=Messy Waves

What is the tide?
High Tide or Low Tide or Medium Tide?

Parts of the board

Surfboard
Bodyboard

Learn to
Surf
0800 GO SURF
www.surfcoach.co.nz