

Information Pack

surf safe

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 course is different from, but compliments the Beach Education programme run by Surf Lifesaving NZ.

"... The programme enabled the students to have a fun-filled 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 students of all ages but ideally suited for Years 5 to 10.

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. We brief the group as a whole in the morning (approx 40 min) covering the basics of surf technique and surf safety and some land-based surfing. The group is then divided into smaller groups (max 30 pax) for the water activity. All students have a go at both Surfing and Bodyboarding, normally receiving two 40 min sessions with groups rotating through the day. At the end of the day, we have a short debriefing before going home.

Each student receives a certificate and activity pack.

We can cater for up group sizes of 6 to 100 students per day.

All equipment and instructors are provided, schools need only to provide a small number of teachers or parents to help out and enjoy a day in the sun.



For more information contact Aaron Lock:

P: 021 0704805 E: team@surfcoach.co.nz Toll Free: 0800 80 SURF (7873) www.surfcoach.co.nz

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EQUIPMENT

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

SAFETY

The course is about beach safety and the health and well being of students is paramount to us. We have a comprehensive Risk Management 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 ISA Level 1 Surf Coaches. All have appropriate First Aid and Lifesaving training.

We like to have low instructor-student ratio and aim for a 1:6 ratio in the water and never more than 1:8.



INSTRUCTORS

We have a great team of instructors who are all passionate about surfing. They've been handpicked because they're great teachers with a good technical surfing knowledge. They'll make sure students are having a fun, safe, friendly time whilst connecting with them on an individual level, making sure they're progressing their skills as quickly as possible and gaining confidence in the ocean.

All instructors have a minimum of ISA Level 1 Surf Coach with first aid and lifesaving qualifications.

Aaron Lock is our principle instructor and has been coaching for over 28 years.



Aaron Lock

"I had never surfed or body boarded before and I was really nervous to give it ago, but it was so much fun and thanks to Aaron and the team I now know how to surf and bodyboard. I'm really looking forward to the next time I go to the beach and to catch some awesome waves. Thanks for all the fun." - Rose



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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

AGES: Years 5 to 13.

GROUP SIZE: 6 - 100 students.

LOCATION: Sumner is our preferred venue as it offers the friendliest waves and is not so affected by tides and easterly winds.

Other beaches can be arranged on request e.g. New Brighton, Spencer Park and Waikuku.

COST: Pricing depends on group size and location.
From \$32 pp.
Please ask for a quote.

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



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