

NSSIA Non-Certified Surf Instructors Training Course

National Surf Schools & Instructors Association

Based on the Following Sources:

Teaching Surf Instructors to Teach

The Complete Surfing Guide for Coaches

How to Surf.Net

The Surfing Goroo Learn to Surf Guide

The Surfrider Foundation Beach Erosion Guide



SURF INSTRUCTOR REVIEW PART II

Summary of Instructor Duties

- Get To The Lesson 10 Minutes Early and Suit Up
- Help The Students With The Stand Ups
- Get The Students Standing Up and Riding
- Show The Students How To Catch Waves
- Instruct The Student In Wave Judgment
- Rinse Sand From Boards and Wrap Cords
- Stack Boards on Truck, Van, or Shop Rack



Early-Lesson Steps (Students)

- Introduce yourself and say students name when checking in.
- Tell them the sport is extreme and injuries are possible when you have them sign the waiver.
- Tell them by name to warm-up.
- Check for shiny objects.
- Fit and help with wetsuits/rashguards
- Provide safety tips including identifying hazards.



Formal Lesson Steps

- Formal Lesson Steps in Order:
 - *First order of business before starting the lesson*
 - *Have your students sign an injury release.*
 - *First items for the lesson when it starts is to prevent instructor or coach liability issues*
 - *Check for improper clothing and have them remove jewelry.*
 - *Explaining the basic safety rules while still on the beach.*
 - *Check for shiny objects and have the students warm up*
 - *Mention to the students about sunburn*
 - *Other on the beach non-surf items include a short description of the NSSIA and a few words about keeping the beaches clean.*
 - *"Leave only your footprints on the sand."*



Components of a Warm-up

■ General Warm-up

- *Must do prior to start of surf class*
- *5 minutes of slow to moderate full body movements – must include back stretching*
 - *Includes jogging up and down the beach, moving the arms in big circles forward and reverse, squatting, skipping, jumping jacks, lateral movements, and body twists.*
 - *Aim is to increase heart rate, blood flow, deep muscle temperature, respiration rate, perspiration and to decrease the viscosity of joint fluids.*

Absolute Safety Issues

- Besides surfing skills, the you must tell them:
 - *Tell them to shuffle their feet when walking through the shallow water*
 - *Absolutely never let a board get sideways between the surfer and an oncoming wave*
 - *Always fall to the side and kick away from their board plus cover your head*
 - *Never step off a board*
 - *Keep your hands in front of your face when coming to the surface*
 - *Notify the instructor if they experience back pain, numbness, or weakness*



Learning Names

- Learning Names is one of the hardest skills a surf instructor needs to master.
 - *Being able to call out to your students by name will greatly help to improve your ability to teach amid the noise of waves rolling in, and the constant talking going on while in the surf.*
- Usually names are learned before the lesson starts.



Communicating Directly

- Maintain eye contact most important
 - *For large groups look evenly at everyone*
- Engage **everyone** in dialogue
 - *Don't just talk*
- Stress safety and etiquette
- Learn the names of those you take in the water



Communication Techniques

- The most effective way of communicating with students (or any athlete) is to emphasize praise for appropriate behavior.
 - Praise the effort given in performance rather than the outcome.
- Active listening:
 - Active listening involves giving feedback.
 - Means you'll often stop a student while they are speaking to you in order to clarify the meaning of what they are saying.



Non-Verbal Skills

■ Do's

- *Be Confident*
- *Be Prepared*
- *Be Expert*
- *Be Passionate*
- *Be Genuine*
- *Listen first then respond*

• Don'ts

- *Look Nervous*
- *Look Unprepared*
- *Look/Act Novice*
- *Look Apathetic*
- *Look Insincere*
- *Answer a question before the question is fully asked*



Beginner Lesson Goal

- **THE PRIME GOAL FOR THE INSTRUCTOR:
TEACH THE STUDENT HOW TO LEARN TO
SURF ON HIS OWN.**
 - *Ensure every student knows surfing etiquette, including board safety.*
 - *Get every student standing up and riding whitewater straight in to the beach within the first 30 minutes of the lesson.*
 - *After the student can stand up, show them how to catch whitewater waves.*



Teaching Safety

■ Wave Priority

- *Furthest out (or surfer outside that has been waiting longest).*
- *Furthest inside - closest surfer to the peak of the breaking wave.*
- *First to feet or first onto the wave (in larger waves).*

■ Etiquette

- *The wave belongs to the surfer closest to the pit on takeoff, paddling around someone already set up at the peak is not cool either.*
 - *Communication - make a call, Left or Right.*
 - *Don't Snake!*



Instruction Recommendations

- In hazardous shore break conditions
 - *Spend 20 minutes beach instruction*
 - *Just enough formal discussion so the student has a basic understanding of board handling and water safety, and you are protected from liability*
 - *Then go to pop-ups and board positioning.*
- For non-hazardous shore breaks
 - *Spend 10-15 minutes of beach instruction*
 - *Safety and etiquette can be explained during the beach drawing or sand wave part of the instruction*
 - *Then go to pop-ups and board positioning.*



Do's and Don'ts

- Common Safety Rules for Beginners
 - Don't paddle in front of someone when paddling out – paddle into the break behind the surfer
 - Don't surf outside until you can handle it
 - Paddle out with the rip
 - Use a leash
 - Share and respect the ocean
 - **Hang On To Your Board - Don't let go except to avoid injury**



Do's and Don'ts (cont.)

- More Student Do's and Don'ts (ref Hand-out)
 - Be aware of others
 - Understand wave ownership
 - "Hold and Throw"
 - Stay in your area
 - Surf with a buddy
 - Respect the locals
 - Warm-up first
 - Practice



Hand Signals

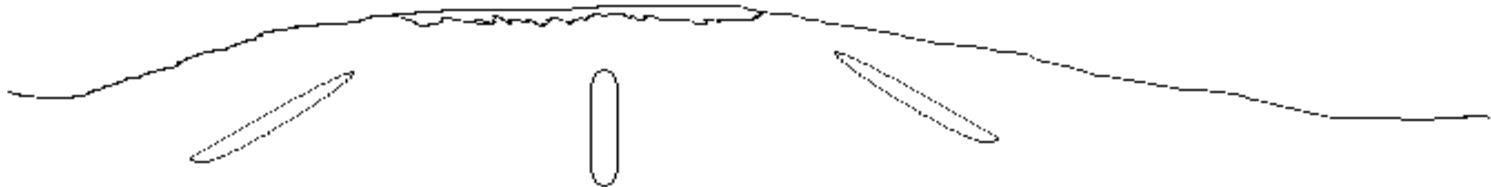
- Simple hand signals must be explained to students.
 - *Putting your arm up and then pointing to the left or right means to go left or right on an approaching wave.*
 - *Pointing outside means the student needs to look for the approaching wave.*
 - *Making a fist and tapping your head is asking if they are OK.*



Training aids for all ages

■ Sand Drawings

- *Use beach drawings and sand waves to help visualize what students need to do.*
 - *Popsicle or model boards are excellent visuals.*
- *Drawings can also be used to explain water safety techniques.*



Sand and a Stick



- Sand sculptures are considered a visual.



Thumping

- *Proven method to initially clear out bull sharks and stingrays.*
 - *Make percussion noises on the top of the water when you go out.*
 - *Cup your hand and pull air under water when you slap.*
 - *Should be able to feel the vibration.*
- *Don't forget to remind students to shuffle their feet when going out.*

In the Water Instruction

- Going out
 - Take a board from one of the students, and demonstrate pushing the board straight out through the waves.
 - Repeat that the student should NEVER let the board get sideways between them and an oncoming wave, and they should NEVER get in front of another student.
- Absolutely never push a student into a closeout
- If you give lessons in an area where the waves are caught outside the shore break
 - Show the students how to handle the board in open water.



Protect Yourself

- The number one problems for instructors during student takeoffs is protecting yourself from a leash injury.
 - When using traditional leashes, make sure you lift the least over your wrist on the side away from the hand you push off with each and every time.
 - Make sure you gathered up a portion of the excess string leash and hold it in your hand on the rail.
 - Never let a leash get behind your neck.



Tell-Tale Signs

- Tell-tale signs of fatigue or loss of interest.
 - Continuous discussions with other students in the water or with instructor
 - Discussing non-surf class related subjects
 - Talking to self
 - Asking how long before the lesson ends
 - Avoiding trying for waves
 - Taking excessively long to get back outside after an attempted ride
 - Dragging the board back or walking the board out into the deeper water rather than paddling
 - Sitting on board and looking shoreward
- If this happens, take extra time to re-motivate.



Perfect Instructor Wish List

- Ideally, the perfect instructor is someone who:
 - is a communicator, promoter, teacher, role model, advisor, and time keeper
 - knows how to tell a great story without drifting from the learning objective
 - remembers how difficult it is for a beginner to be in the lineup with waves coming towards them
 - clearly explains what is needed and expected of the student
 - provides suggestions for continuing improvement when not taking a lesson
 - instructor who actually surf the way they teach
 - smiles and shows their love of both the sport and teaching
 - is available for questions when not on the beach giving lessons
 - is also a learner



Giving Rides

- A final word about transporting students or giving them rides for their lesson.
 - If you provide a ride for your student to the beach for their lesson, you are required to have a commercial license and also commercial insurance.
 - An accident will personally cost you a bundle no matter whose fault it is.
 - Don't offer rides unless you have your insurance basis covered.

