

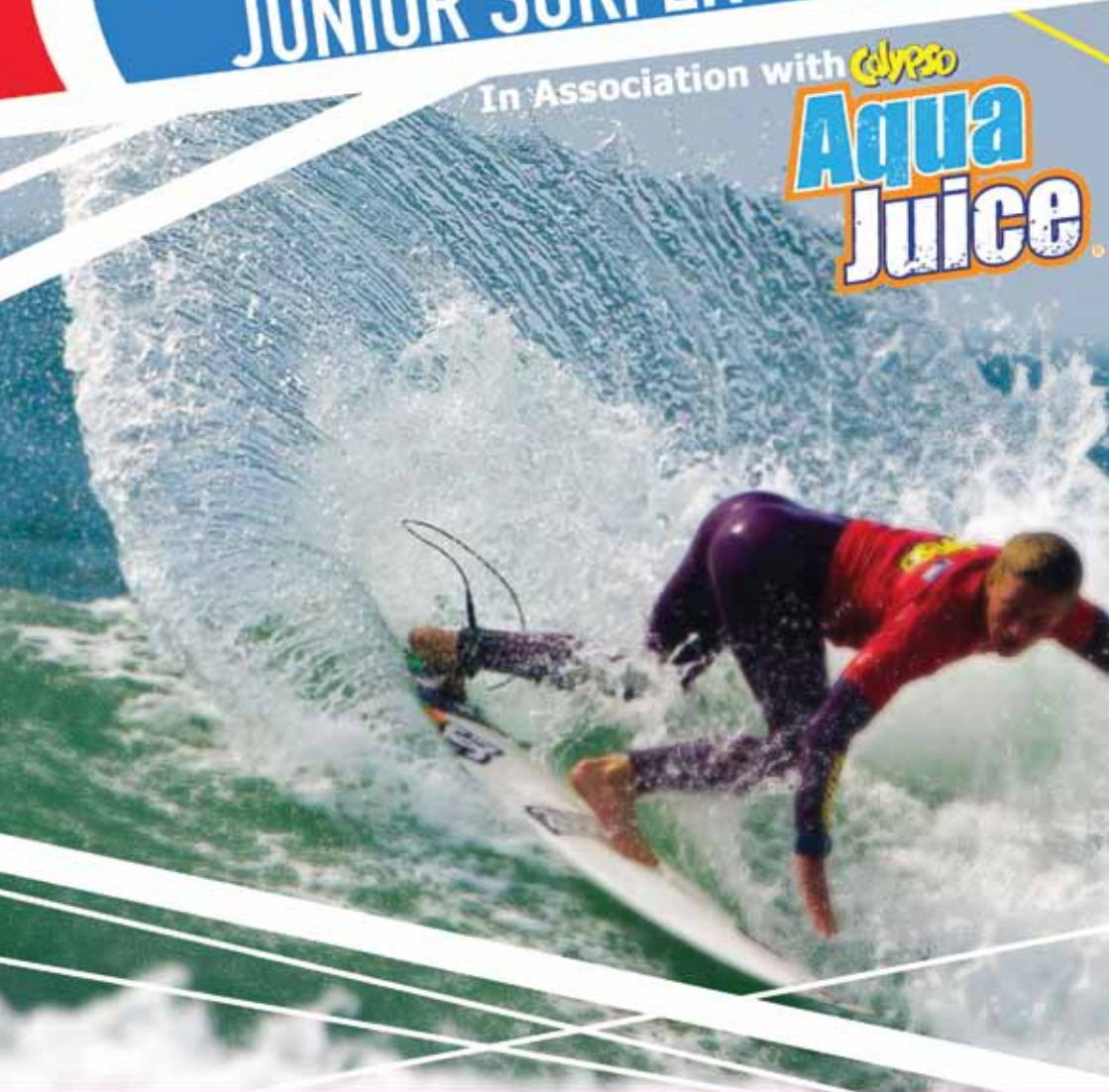


SURFING
GREAT BRITAIN

JUNIOR SURFER SCHEME

In Association with **Calypso**

**Aqua
Juice**



LOG BOOK

JUNIOR SURFER SCHEME

Surfing Great Britain



Surfing Great Britain [Surfing GB] is the National Governing Body [NGB] for surfing in the United Kingdom.

As a NGB, one of our main goals is to bring surf coaching up to a national and worldwide standard, and also make sure that those involved in coaching are all qualified to the highest levels of instruction and safety.

Surfing GB provides third party liability insurance for all members.

Find out more about Surfing GB:



@surfinggb



facebook/surfinggb

e-mail: info@surfinggb.com

www.surfinggb.com

Calypso Soft Drinks are proud to sponsor Surfing GB, and have done so for over 8 years.

Through our close relationship, we are striding forward to develop British Junior Surfing talent, by giving them the platform to perform at the highest level both nationally and at the World Surfing Championships.

Surf on to www.aquajjuice.co.uk where you can:

- see the British Junior Surfing squad
- get tips on 'How to do the moves'
- play games and enter competitions
- and get loads of surfing news

For further information about Aquajjuice and all our Soft Drinks brands, see www.calypso.co.uk or email us at contactus@calypso.co.uk



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Introducing the Surfing GB Junior Surfer Scheme

The **Surfing GB** Junior Surfing Scheme has been developed to guide you in an exciting, effective and safe way within this exhilarating sport.

The aim of this scheme is to support, inform and reward your progression in surfing. The scheme is made up of 5 competency levels. Each level will assess your knowledge of surfing fundamentals, skills in the water, freestyle ability and surf safety.

To take part, you must be aged between 7 and 17 years old, be able to swim 50 metres without touching the side or bottom of the pool and be a member of Surfing GB.

How do I take part?

Find your nearest Surfing GB surf school or affiliated surf club. The Junior Surfer Scheme and Log Book can only be validated by a Surfing GB approved surf coach. An approved school or affiliated club means that it is regularly inspected for their standard of instruction, safety, equipment and facilities. It also means that their coaches are Surfing GB qualified, so we know they are good enough to be able to coach the sport effectively, with a positive attitude and that they have current Beach Lifeguard Awards. To ensure that your local surf school or club is approved, ask them for their certificate and check the list on the Surfing GB website.

As part of your surf instruction, your coach can guide you through each level. Their experience and advice will encourage good habits, help you to improve your technique and nail those manoeuvres you've always dreamed of doing.

How do I use my Log Book?

To help you and your coach keep track of your progress, this Log Book records your achievements and where you need to improve.

At every training session your coach can update this Log Book. To complete a level you must show your coach that you can perform all of the tasks, for that level, with competency. Once you can do this, your coach can submit your grade to Surfing GB and in return you will receive your certificate, your free posters of Surfing GB athletes, your name on our website and your free board sticker. Work your way through all 5 levels of the scheme to be well on your way to becoming an expert surfer.

If you surf already you can join in at any level, but we have to see what you can do.

There is no time limit to attain the levels, since surfing is all about the length of time you spend in the water. Just like any sporting discipline, surfing needs lots of practice. It can take time to be a real pro but it's a great way of having fun. As long as you try hard, no matter what your level, you have succeeded in becoming a truly committed surfer.

As the famous saying goes, "the best surfer in the world is the one having the most fun".

What are you waiting for?

Grab your Log Book, get down to your local **Surfing GB approved surf school or club - and go ride!**

Always remember.....

Safety in the surfing environment is very important - we are not fish! We have to remember that the ocean is very powerful, and because of this, it should be understood and respected at all times. Always surf with safety in mind, it will help you to relax and enjoy the sport. Never surf alone and when you are starting out, always surf in areas with lifeguard supervision.

LEVEL 1

Catching Waves

This is where you check out the basics, your equipment, how to ride a board and how to catch a wave. Safety is a key factor and you must show good awareness of your surroundings. We teach you the basics, so remember them and show you can put it into practice in the water. We'll usually start on small, broken waves (white water) and work our way out the back over the course of this scheme. Get the basics right, and you're all set for a great time on the waves for the rest of your surfing life!

Fundamentals

Demonstrate your understanding of the following:

- Safe board carry - individual and buddy system ☐
- Securing your leash ☐
- Naming all the parts of the board ☐
- Knowing the standard RNLI beach flags ☐
- Knowing the instructor arm signals ☐
- Performing a good warm-up ☐

Skills

Demonstrate that you can perform:

- Entering the water safely with your board; effectively negotiating the oncoming waves ☐
- Safely turning and manoeuvring your board in preparation to catch a wave ☐
- Catching and riding a wave in a prone position ☐
- Riding the wave to the shore showing good balance, control and correct board position ☐
- Stopping and dismounting your board safely ☐
- Responding to signals ☐
- Action on a wipeout ☐

Freestyle

Demonstrate that you can perform:

- Press-up on your board whilst on a wave ☐
- Changing direction whilst in a prone position ☐
- Riding on your knees with control ☐
- Changing speed through your position on the board ☐
- Catching a wave by paddling for it without assistance ☐

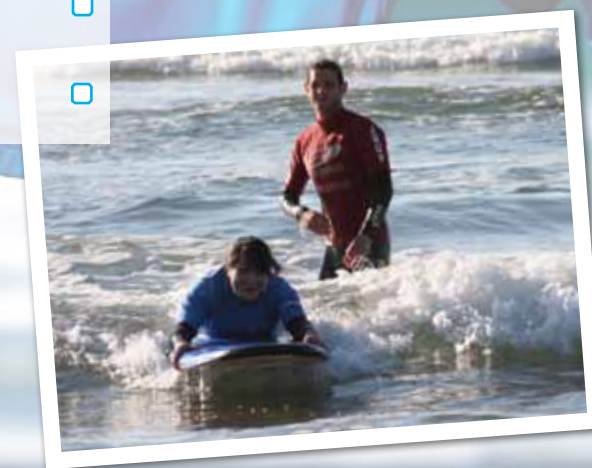
Fundamentals + Skills = **PASS**

Fundamentals + Skills + Freestyle + Surf Safety = **MERIT**

Surf Safety

Demonstrate that you can perform:

- Perform signals ☐
- Effective use of head protection ☐
- Safe awareness of other water users ☐
- Good use of the buddy system ☐



Level 1 Completed

Date completed:

Grade:

Instructor:

LEVEL 2

Up and Riding

JUNIOR SURFER SCHEME

LOG BOOK

Let the adventure begin! This is all about standing up in control and riding the waves. Essential safety advice, some tricky freestyle moves and the key techniques to make you into a great surfer

Fundamentals + Skills = **PASS**

Fundamentals + Skills + Freestyle + Surf Safety = **MERIT**

Fundamentals

Demonstrate your understanding of the following:

- Board awareness, control and care of it in the water ☐
- Rips and how to escape them ☐
- Effect of the wind on the surf conditions ☐
- Performing an effective warm-up ☐
- Good use of buddy system, including safe awareness of others ☐
- Demonstrate the distress signal and know when to use it ☐

Skills

Demonstrate that you can perform:

- Suitable wave selection ☐
- Catching a wave by paddling for it without assistance ☐
- Executing an effective pop-up ☐
- Standing on a board and riding a wave in control for 3 seconds without assistance. ☐
- Dismounting a board safely from standing ☐

Freestyle

Demonstrate that you can perform:

- Awareness looking left, right and behind whilst standing ☐
- Good use of leading arm ☐
- Adjusting feet position whilst riding ☐
- Hand drags in wave while standing ☐
- A selection of board grabs ☐

Surf Safety

Demonstrate that you can perform:

- Identifying safe surfing areas away from rips and other hazards ☐
- All falls including head protection ☐
- Emergency phone use, the coastguard and what to say ☐



Level 2 Completed

Date completed:

Grade:

Instructor:

LEVEL 3

Improving Techniques

JUNIOR SURFER SCHEME

LOG BOOK

Now we are cooking! You are standing up most of the time, getting plenty of waves - but can you steer and manoeuvre your board properly? You need to be smooth and balanced, your take off, explosive and swift - you should be controlling your board, side-to-side, faster slower and calling the shots. Are you ready? Now it's time to really progress!

Fundamentals + Skills = **PASS**

Fundamentals + Skills + Freestyle + Surf Safety = **MERIT**

Fundamentals

Demonstrate your understanding of the following:

Identify safe surfing areas on the beach, considering rocks, rips etc ☐

Board Checks: fins, leash and board condition ☐

The effect of wave size, wind direction and tides for assessment of surf conditions ☐

Five minute warm up and dynamic stretch routine ☐

Emergency phone use, the coastguard and what to say ☐

Skills

Demonstrate that you can perform:

Paddling out in small waves, with push ups to clear wave crests ☐

Adjusting weight distribution on board; active flexing and extending the lower body ☐

Well-executed pop ups consistently and swiftly, resulting in correct foot placement on the board ☐

Turning the board in a lying and seated position ☐

Turning the board in both directions, not necessarily on the same wave ☐

Using your weight distribution to accelerate and decelerate ☐

Freestyle

Demonstrate that you can perform:

Small "S" turns on the same wave ☐

Knee paddling over small broken waves ☐

Cheater hang-fives on the front third of the board ☐

Standing to prone position whilst on a wave ☐

Riding the full length of a wave, demonstrating good control and technique ☐

Surf Safety

Demonstrate that you can perform:

Knowledge of wave types and rips ☐

Two person prone rides on a board ☐

Body surfing a wave ☐

Awareness of improving and maintaining fitness ☐



Level 3 Completed

Date completed:

Grade:

Instructor:

LEVEL 4

JUNIOR SURFER SCHEME

LOG BOOK

Unbroken Waves and Introduction to Hard Boards

You should be surfing out the back most of the time now when the waves are up to 2 feet, but under head height. You are now hunting unbroken [green] waves. Time to get serious! Front side and backside rides will come into play with simple bottom and top turns in trim. Take offs should now be super smooth and right on the money!

Fundamentals + Skills = **PASS**

Fundamentals + Skills + Freestyle + Surf Safety = **MERIT**

Fundamentals

Demonstrate your understanding of the following:

- Awareness of improving and maintaining fitness ☐
- Application of the surfers code of conduct ☐
- Introduction to hard boards and maintenance ☐
- How to use a rip safely ☐
- Be able to identify all potential hazards ☐
- Knowledge of wave types ☐

Skills

Demonstrate that you can perform:

- Paddle out through bigger waves using turtle roll and press-up technique ☐
- Timing take-off on different wave types in both directions ☐
- Turning your board from a seated position ☐
- Change direction on the face of an unbroken wave ☐
- Maintain ride on unbroken wave ☐
- End your ride safely ☐

Freestyle

Demonstrate you can perform:

- A safe kick out at the end of a ride ☐
- Any three moves in combination from level 2 or 3's 'Freestyle' section ☐
- Looking left and right actively along the wave ☐

Surf Safety

Demonstrate that you can perform:

- Staying in a designated area, and showing good awareness to the instructor signals whilst out back ☐
- Wetsuit types and uses ☐
- Control of board at all times ☐



Level 4 Completed

Date completed:

Grade:

Instructor:

Advanced Techniques

Good wave selection and confident board skills combined with a solid knowledge of safety and surfing, performing in medium-sized waves will lead you to the completion of the Junior Surfing Scheme.

Fundamentals + Skills = **PASS**

Fundamentals + Skills + Freestyle + Surf Safety = **MERIT**

Fundamentals

Demonstrate your understanding of the following:

- Board preparation prior to water entry ☐
- Choosing suitable locations for current conditions/forecasts ☐
- Studying surf conditions, identifying potential dangers and choosing suitable entry points ☐
- Knowledge of local clubs and surf schools ☐
- Full understanding and application of the surfers code of conduct ☐

Skills

Demonstrate that you can perform:

- Strong and efficient paddling ☐
- Basic duck diving techniques ☐
- Well - timed take-offs and smooth action from paddle to pop up ☐
- Angled take off both left and right ☐
- An effective bottom turn ☐
- Generating speed by going top-to-bottom in both directions ☐
- Key components of good surfing and speed, control and flow ☐
- Complete one of these following basic surfing manoeuvres: ☐

- Re-entry
- Floater
- Cut-back
- Cross-step
- Hang-five

Freestyle

Demonstrate that you can perform:

- Effective duck-diving ☐
- Catching and surfing two unbroken waves from out back in 15 minutes ☐
- Linking two or three basic manoeuvres on one wave ☐

Surf Safety

Demonstrate that you can perform:

- Good overall awareness of self, coach and others ☐
- How to understand weather systems and their effect on surf conditions ☐
- Understand terminology in the glossary ☐



Level 5 and Junior Surf Scheme Completed

Date completed:

Grade:

Instructor:

GLOSSARY

180° - The half rotation spin of a surfers' board. This can be performed on or above the wave face.

360° - An advanced manoeuvre where the surfboard pivots completely around during the ride. The aerial version is as above except is performed out of the wave face, no longer in contact with the water surface.

Aerial - see *air*.

Active movements - Those that act to cause change in movement. Generated by the rider to change the surfboard- water interaction.

Air - A general term for manoeuvres performed off the water surface while rider remains in contact with a surfboard.

Angle - A surfer's direction away from the take off point on the wave.

Backside - A surfer riding with his/her back to the wave.

Bail - To give up on a manoeuvre or task, or diving away from the board when caught inside. Not to be encouraged!

Balance - Ability to control equilibrium, controlling the forces generated by the interaction of the sea on the surfboard with the body and muscles, in order to remain upon the board and in poise.

Base - The bottom of a surfboard.

Beach Break - Type of surf area where the waves form over sand banks.

Bottom Turn - Turning the board after it has slid down the wave face. From this point speed is generated and channelled from the initial drop.

Bone - To fully extend one leg while flexing the other in a freestyle manoeuvre.

Carve - To make turns with the minimum of skidding, characterised by fast, long arcs.

Carving - A riding style which focuses on turning with power and speed.

Classic - A cool thing which has historical significance.

Close Out - A wave that does not peel, and breaks down the line all at once.

Counter rotation - Movement of the upper body opposite to the direction of rotation of the surfboard and lower body.

Consistent - When conditions allow waves to break continuously.

Cross-Stepping - The way a longboarder controls trim via walking up and down the board, with feet at right angles to the board's length.

Curl - The point where the wave breaks from, and peels down the line.

Cut Back - Is when a rider turns back to the wave curl, or pocket, providing power and radical vertical sections where the wave is breaking.

Deck - Top part of the surf board where the feet are placed.

Dig a Rail - This happens when too much weight is put too far onto the front, sides or rails. The board sets a track which is hard to recover and will throw the rider off.

Duck Dive - Thrusting the surfboard nose first underneath an oncoming wave during paddle out. The arms push down the nose in a press up position as the rider submerges his head into the water, then he/ she must push down the tail with the legs and feet, in order that the nose comes out first after the wave passes.

Dynamic riding - Describes how the riders centre moves differently to the path of the board, and allows the board to shoot away from a rider while still having control, during the end or beginning of a turn. Especially noticeable on slashing top turns.

Effective posture - The position from which a rider has the most amount of movement options.

Efficiency - The minimum amount of energy needed to accomplish a task, or the right movement and use of the correct amount of energy in order to get the maximum performance out of the equipment and water interface. Ratio between input of energy versus output movement.

Extension - Movements which increase angles of joints in the body, seen with a rise in height or straightening of limbs from flexed position. It often increases pressure and exerts force, generating power through the board into the water. Put simply the motion from crouching to standing.

Flats - The part of the wave away from the breaking point or steepest part, i.e. out on the shoulder.

Flexion - Movements which decrease the angle of a joint in the body, seen with retraction of your arm as you have a cuppa bringing it close enough to drink. In the lower body this is bending your knees. It acts to reduce pressure on the board and water, enabling balance and absorption as the wave pushes the base of the board on a top turn or big drop.

Flip - Inverted aerial manoeuvre.

Floater - Advanced manoeuvre where the surfer rides the back of a wave, sometimes used to clear closing out sections.

Foam Core - Urethane blank that is shaped and then encased in fibreglass and resin, in order to make a surfboard.

Freestyle - A style of riding that seeks tricks.

Frontside - When a surfer rides a wave facing it.

Glide - Ability to maintain speed in flat sections, or a style of riding, usually associated with longboarding.

Goofy foot - Right foot forward on the surfboard.

Grab - To touch and hold part of the surfboard.

Grommet - Young developing surfer keen to get into the scene. Often seen hanging out at surf schools or shops scrapping among each other.

Hanging Five - Riding a surfboard with one foot or five toes placed over the nose.

Hanging Ten - Riding a surfboard with all ten toes placed over the nose.

Hard edge - A rail shape that slopes down from the deck to meet a flat bottom, near to a right angle on the base.

Helicopter - A manoeuvre where the surfer spins the board around 360° from the nose.

Huck - To throw one's self recklessly into the unknown.

Impact zone - The area in which the waves break.

Kick out - Exit from the wave when the board turns out and over the crest.

Leash - Attaches a human to its board for safety, and to prevent loss.

Lines - How the waves form from advancing swell, seen as lines rising up as they approach the shore.

Line-up - How surfers position themselves to catch waves at the point where it is beginning to break.

Lip - The tip of the wave as it spills over.

Localism - Hostility towards visitors by local surfers at their local spot.

Log - Old dog of a surfboard, probably very big and long.

Longboard - A surfboard that measures nine feet and up.

Mush - Softly breaking, windblown waves.

Mushburger - Waves that collapse softly and slowly down their face.

Nose - Front, or tip of the surfboard.

Noseriding - Surfing on the front third of a surfboard.

Ollie - Springing off the tail of the board into the air.

Outline - The plan shape of the board as viewed from above or below.

Pack - The crowd of surfers at a line-up.

Peak - The steepest part of the wave that rises up before collapsing/ breaking. From which the waves peel either side. Or an area where a surf spot works best.

Pearl - When a surfboard nosedives and digs into the water, usually due to extreme forward trim.

Pivot - How the surfboard is turned about an axis in the water; the point being centred through the surfboard.

Pocket - The steepest area of the wave right next to the point at which it is breaking.

Point Break - Where waves form around a point of land, and peel from this area down the line.

Posture - How a rider stands on the board, body positioning etc.

Pop-up - The technique used to go from lying down, prone, to standing in one smooth collection of movements.

Prone - When a surfer is lying on their stomach

Pump - Pushing the feet in a desired direction by flexing and extending the lower body.

Push-up - When a surfer pushes away from the surfboard, letting the white water flow underneath the body.

Quiver - The selection of boards, of different shapes and sizes, a surfer owns.

Rad - The outstanding ability to surf a wave with skill and dedication, right in the pocket with cutting edge freestyle of the day.

Rails - The edges of the surfboard, running from tip to tail either side.

Rail Line - Length of the rails.

Reef Break - Waves peak up and break over rocks, wrecks or coral growths.

Re-entry - The movement bringing the surfer back down into the face of the wave from the lip or critical section.

Regular foot - Left foot forward on the board.

Rip - Either a skilful surfer or a current forming due to differing depths of water or the sea bed, rushing seaward or across a sea shore.

Rocker - Looking horizontally at the side of a surfboard, how it bends from tip to tail.

Rotation - Circular movement about an axis, of a surfboard or the body of the rider.

Safety - Freedom from the occurrence of risk, danger, or loss.

S Stroke - A swim stroke used by swimmers to save energy, which involves two thrusts of energy from one pull back through the water, hand travelling in toward the body for half the stroke, then away for the remainder.

Set - The way waves bunch up as they arrive in shallow water and also how they organise themselves travelling long distances, normally in distinct groups.

Setting up - Positioning the board in order to perform a manoeuvre.

Shallows - Water next to the coast that is not deep.

Shaper - Surfboard designer and builder.

Shortboard - A surf board under eight feet in length.

Shoulder - The part of the wave away from the breaking point, i.e. the flats.

Sketch - To lose control during part of the turn, ride, or manoeuvre.

Skidding out - The fins no longer hold the board in the water sometimes resulting in a sketch or wipe out.

Slash - The action spraying water from the wave as a surfboard cuts through it powerfully.

Slipping - Movement of a gliding surfboard down a wave face, perpendicular to its long axis.

Slot - The steepest part of the wave, by the curl.

Snaking - Catching a wave in front of another surfer who is closer to the breaking part of the wave, from a paddle out position.

Soft edge - At the point where the deck foils down to join the base there is a more rounded and gradual edge on contact with the base.

Soup - The broken, white water part of the waves.

Stall - To slow down the board by loading weight onto the tail and trimming onto the back foot.

Stance - The foot and body position of the surfer.

Steer - Guiding a board via blending pressure, tilting and pivoting.

Stick - Another name for a board of any sort.

Stringer - Wooden strip that reinforces and joins the two sides of the core together within a surfboard.

Swallow tail - A deck with a V-shape cut from the centre of the tail.

Swell - The waves as they travel from the point of their creation in low pressure wind systems towards the coastline, across hundreds of miles of ocean.

Tail - The back of a deck.

Tail Slide - The action of accelerating the tail section of the board sideways through the water, countering the direction of the nose, often releasing the fins from the water.

Take Off - Catching a wave.

Thruster - Three fin set up short board developed for increased manoeuvrability and drive throughout the turn.

Tilt - To place the surfboard on its rails.

Top turn - Turning or pivoting the board at the top of the wave.

Tracking - Digging a rail due to loading too much weight too far forward onto the sides of a board. The board will sink or set a different course to that expected and throw the rider off.

Trimming - Maintaining balance and speed of a surfboard, paddling or standing, by weight adjustment fore and aft.

Tube - As a wave breaks it pitches out and then down allowing a surfer to sneak into a hollow curl of water that is the peak of the breaking wave extending overhead.

Turning radius/turn shape - The distance and space needed for a surfboard to complete a complete change of direction.

Turning Turtle - A way of paddling out and dealing with a broken wave with a large or floaty board, where the surfer turns up-side-down and holds tight to the rails as the wave passes over, then returning to upright.

Unweight - Reducing pressure on all or part of the board.

Vertical - The vertical section of the wave near or at the lip.

Wall - The rearing up of the wave face to its vertical state.

Warm-up - Gentle exercise to warm muscle, excite circulation, and prepare mentally for activity.

Wax - To aid traction on the deck of a board.

Wetsuit - A suit that heats water trapped next to the skin.

White water - The broken part of a wave.

Wipe Out - To bail, or crash, something we all do.

Surfing GB membership Benefits

- * Automatic free public liability insurance to protect yourself in the water.
- * Competitive rates on surf friendly travel insurance to cover trips away.
- * Members' discounts on a wide range of surf products and services.
- * Information on all Surfing GB surf schools and clubs, giving you the confidence that your local surf school is safe and has the necessary accreditation to operate professionally.
- * Support for your local surf club; resources, access to grants, insurance and competitions.
- * Support for surfers of all abilities, both able-bodied and those with disabilities.
- * Support for your region through representation with the Government and our support of regional and national teams.
- * Training and Qualifications so you can build a career in surfing
- * Access to the Junior Surfer Scheme making surfing accessible to children in schools and colleges

COURSE NOTES



Our Environment

Surfers Against Sewage (SAS) is an environmental charity protecting the UK's oceans, waves and beaches for all to enjoy safely and sustainably, via community action, campaigning, volunteering, conservation, education and scientific research. SAS is widely recognised as the organisation which has helped significantly improve bathing water quality standards right around the UK.



Since 1990, Surfers Against Sewage we led the campaign representing UK surfers interests on pollution, coastal development, access and other important environmental issues, working tirelessly and consistently on your behalf. SGB is delighted to be able to rely on their track record, expertise and credibility when it comes to the coastal issues affecting surfers.



Make sure you support them and join today!
www.sas.org.uk/join



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coast
AWARDS 2010
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The Observer
Ethical Awards
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This is the Logbook of.....
Local Surf Break.....
Normal Board.....



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