PRIVATE LESSON ITINERARY:  
1 ½ HOUR LESSON

5-10 minutes: sign release, put on suit & walk to beach   
10-15 minute: sand lesson (sand topics below)  
45-60 minutes: (time depends on sand lesson or if they need to rest in between) SURF & GUIDE INTO WAVES  
10-15 minutes: Q&A, return suit & pack up

SAND LESSON: (if you can, have a printed copy of this for them to take home)

* explain where to be on board and what pearling or nose diving means
* explain if too far back on board they will not catch a wave
* demonstrate a pop up and where to stand, knees bent, arms up (the stance) no knees if they can help it...bad habit
* help them determine what foot goes forward and what goofy and regular foot means
* show how to drag board and not fins out
* \*IMPORTANT! demonstrate how to paddle out (walking out and paddling out – have them walk by you in water so you can demonstrate in water too)
* explain that they want to learn to turtle and never let go of the board in case someone is behind them
* explain that board should never be in front of them or sideways to a wave because the wave will knock it back into them
* the board should always be facing straight out to sea or toward the beach
* put leash on back leg and rope should be sticking out the outside ankle to keep it from getting tangled
* let them know they will always feel tangled but to ignore it
* explain how to bail. (fall back and cover your head – never dive!)

Why do we wave watch?

It is important to watch the waves for over a period of time before you enter the ocean because waves change all the time. You want to make sure the big waves called “sets” are gone before you paddle or swim out. You also want to see what the “tide” is doing. If it is high tide and the water is too deep or low tide and the water is shallow.

What are tides?

There are two tides. A low tide and a high tide. The tides are the rising and falling of the sea. During high tide, the water is deeper and comes further onto the beach. Another name is flood tide. Who knows what a flood is? So think of the beach getting a little flooded at high tide. During low tide the water is more shallow and does not come as far onto the beach.

What causes tides?

Tides are created because the Earth and the moon are attracted to each other just like magnets. What happens when you put two magnets together? They pull at each other and are attracted to each other. Just like the moon is to the earth. The moon pulls at the earth and the earth is able to hold onto everything except the water but the water is pulled closer to the moon when it is facing it causing a high tide. When the earth spins to the other side it creates a low tide.

What is a set?

A set is a group of waves that are big. They come and they go. You want to wait for sets to go by before entering the ocean and when they come again you stay calm and dive under them touching the bottom so the white wash rolls over you. If surfing, you want to turtle or duck dive your board.

What is whitewash?

White wash is the bubbly foam water after a wave breaks. Show example.

What is a “surf break”?

Where the wave comes in closer to the shore and “breaks” or “closes”. This is where we paddle to catch a wave and ride it to the shore.

What is outside and inside?

The outside is past the surf break where the water is calm and the inside is where the waves are breaking where the water is rough.

What do you do when we yell “outside”?

that means a set is coming and to paddle out past the break if you are close enough to get over it, or if no one is around you, get off your board and dive under wave if no one is around to get hit by your board, or lye on the end of the board and ride it in on your tummy but never panic, they will pass and smaller waves will come after.

What do I do if I am stuck on the inside and a set is coming?

You can do a couple of things: 1. Turtle roll or duck dive (demonstrate) until the sets go by. 2.Turn your board around and boogie board it in (lying on your stomach with legs hanging off the end). Try not to ditch your board but if unavoidable be sure no one is around and dive deep touching the sand with your hands so the white wash rolls above you. If you do not dive deep enough the white wash will take you with it, but don’t panic. Try to stay relaxed.

How do I stay out of other surfer’s way?

When you see a surfer riding a wave you want to paddle in the opposite direction (toward the white wash). They will be coming down “the face” or calm part of the wave. (demonstrate)

What is a rip tide?

A rip tide is a strong current that can carry even the best swimmers out into the ocean. A rip tide happens when the water from incoming waves collects on the beach because of gravity. This water then rips back into the ocean like a fast moving river. Experienced ocean swimmers can recognize a rip tide: a narrow, cloudy stream of water running out to sea. If you are caught in a rip tide, relax and begin swimming parallel to the shore. Once you are out of the rip tide’s current, you can safely swim to shore. It will not take you under. Comfort them by saying they are mellow in our area and not common.

Why is sunscreen so important?

Applying a water proof sunscreen every hour or so is essential to prevent sunburn. Sunburns are not only painful, they cause much damage to our skin. Sunburns are caused by the invisible, ultra violet rays of the sun, which can reach your skin even on a cloudy day. Always wear sunscreen and reapply when you get out of the water.

How and when should you paddle out?

Hold the front of the board, walk out and pick up over the wave until you are knee deep in water then jump on board and paddle straight out. Be sure the board is not parallel to the beach or you are not holding it in front of you because a wave will push it back and knock you down. Demonstrate paddling out: When paddling out push yourself up when the white wash comes and turtle if the white wash or wave is too big. Always wait for a set to go by before paddling out.

Who is your instructor?  
We will split up in groups and you will have an instructor to go to at all times. It easier to paddle to your instructor if you drift down the beach. If you need help paddling out then wait your turn on the beach and your instructor will take you out in the rotation. You can leave your leash off so you can play in the sand while you wait.

What if we drift too far?  
Sometimes the current will make us all drift down the beach. An instructor will let us all know if we drift down too far. We will all have to get out and drag our boards back in front of the tent.

What if I am still to scared to surf?  
Take out a boogie board or swim for a little to get comfortable with the waves first and then surf. When you are ready don't be afraid when the instructor pulls you out.  Hold on tight to the board when we go under or over waves to get you out.  We know what we are doing and will protect you.

What if I see dolphins?  
Dolphins are a good thing. They protect us. You will also see seals which will not harm you so don’t be alarmed.

**SURF ETIQUETTE: The best way to demonstrate this is to make a wave in the sand and show them where the “peak” is and all questions below. (You can also review this while in water waiting for sets)**

What is the “line up”?

The “line up” is the spot where everyone in the water waits for the sets to roll in. The one closest to the peak has the right of way.

What is “the peak”?

The peak is the top of the wave that begins to break first

What is “dropping in”?

Dropping in is when a surfer takes off on a wave that another surfer is already on. Unless it is a beach break where one surfer can take off going left and the other going right, you NEVER want to do it.

How do I know which is left and which is right?

The direction is always the direction you are going when you are riding the wave.

What if I get caught on the inside and in others way?

Always try to stay clear of others, but if you are on the inside trying to get back out, paddle into the white water so you are not in the way of the surfer on the wave.

What if a wave is about to crash on me?

Hold onto your board! Ask your instructor to teach you how to duck dive or turtle roll the board so you do not ditch it. It is dangerous to you and others if you ditch or let go of your board.

**WAVES**

What causes waves?

The wind blowing over the ocean toward land creates a swell that will travel toward land and eventually crash on the beach. The strength of the swell is affected by three factors: the velocity (the strength of the wind), the duration (the length of the time that the wind blows) and the fetch (the distance the wind blows). The well travels in a circular motion toward the beach; sand slopes upward and eventually causes the wave to topple over or break when it reaches the beach.

How does the beach affect wave shape?

Some beaches have a very steep slope, which causes a shore to break like our beach, and some beaches have very gradual slope that causes the waves to break slowly and roll into the beach like Waikiki.

How do we measure a wave?

The height of a wave is measured by the vertical distance between the trough, or low point between two waves, and the crest, the highest point of the wave. Surfers in Southern California measure a wave height from the front of the wave; though in Hawaii and other parts of the world the wave height is measured from the back of the wave. So a 5-foot wave in Hawaii might be called a 10-foot wave in California.

What is the difference between a ground swell and a wind swell?

A ground swell is a train of waves that forms from a large storm, and then travels a great distance. For example, a ground swell might come from off the coast of New Zealand and eventually hit the beaches of Southern California. A wind swell is a local condition created by an on-shore wind. Our wind swell generally comes off the west each day, but can be affected by a south swell from Mexico.

What is a tsunami?

This is commonly called a “tidal wave” and is created by an earthquake in the ocean. A mass or large block of earth shifts on the ocean floor and creates a drop in the sea level that generates a large wave. This wave can travel the length of our coastline and cause serious damage to costal areas as it did in Japan.