



Sennen Surf Club Coaching

Level 1 “Beginner Surfing”

(assistant coaching guide)

Purpose

The purpose of this document is to provide a 'learning guide' for Sennen Surf Club volunteers who wish to assist the 'Groms Club' surf coaches on club day activities.

Scope

The scope of the document - referred to as 'beginner surfer coaching guide' – is expressed in the following topic sections:

Section 1: An introduction to 'Groms Club' 'beginner surfing' coaching

Section 2: Health & Safety in 'beginner surfing' coaching

Section 3: Aims & Objectives of 'beginner surfing'

Section 4: The ABC of 'beginner surfing' practical coaching

Section 5: Beginner Progression Surfing: Surfing after the ABC

Section 6: Key Reference sources.

Section 1: An introduction to 'beginner surfing' coaching

A systematic way of 'teaching' surfing to absolute and progressive improver 'beginner' surfers was finally brought into the UK under the guidance of the then national governing body for UK surfing the *British Surfing Association (BSA) (1965-2010)*. The BSA was replaced in 2012 by the organisation *Surfing Great Britain (SGB)*.

These 'Groms Club' coaching guidelines are based on the original BSA 'Surf Coaching Level 1' study & practice model which the *SGB* organisation has largely adopted and in parts adapted to its needs.

The overall objective – now called learning outcomes – of the coaching of 'beginner surfing' can be summarised as: *Safe Successful Surfing for All* ...in the group of surfers who are being coached (see sections 3-4 detail)

Section 2: 'Health & Safety' in Beginner Surfing Coaching

There are 4 key 'health & safety' (H&S) principles that must be clearly understood and applied when coaching children & young people (aged 7-17 yrs)

Risk Assessment (RAs)

RA is the understanding of dangers that surfing presents and making sure that the risk of the danger is removed, reduced and avoided as far as possible. The dangers of surfing are:

- Drowning or near drowning
- Hypothermia or near hypothermia
- Collision & falling off surfboard ('wipe-out') injuries
- Exhaustion and/or over exposure to elements leading to loss of physical & mental coping abilities
- Major & Minor injuries from beach debris, rocks & sharp objects (sharps) & other beach users
- Weaver & Jelly fish stings
- Skin sunburn
- Road traffic accidents walking to beach & sea areas
- Coast path injuries walking to beach & sea areas
- Injuries from surfboard and accessories damage

NB: See the club's RA form for an overview of all the known and potential danger risks to date and what can be done to avoid the dangers.

Normal Operating Procedures (NOPs)

NOPs refers to the routine everyday 'practices' – sometimes called 'protocols' - that the surf club coaches follow when doing their coaching of surfing. In the Groms club it is the following:

- i) Complete RA 'review' for the club session(s) + make safe the clubhouse meeting & changing spaces + check surfboards' 'safety condition' + place boards out of building
- ii) 'Meet & Greet' including 'registration' & 'subs payment' of members regular and 'guest'
- iii) 'Suit & Boot' briefing of group for: a) wet-suit & surfboard provision b) aims/objectives of the session for each sub-group (see surfing ability level HVI vest colours) c) buddy-up sub-groups with 'leading coach' + 'assistants'
- iv) Walk to beach

- v) Pre-surf Safety Briefing
- vi) Pre-surf 'warm-up / stretching' exercises
- vii) Surfing sessions
- viii) End-of-surf 'briefing' (surfers)
- ix) Walk back to clubhouse
- x) Changing from 'wetsuits' to non-sea 'day wear'
- xi) Cleaning & replacing surfboards back into storage in clubhouse
- xii) Cleaning of clubhouse floor
- xiii) De-briefing of coaches & assistants if required
- xiv) Locking & securing clubhouse
- xv) Complete 'log book' ...and if appropriate 'incident report' form

NB: There is a club NOPs diagram that 'maps' items i-xiii above.

Emergency Action Plan (EAP)

The EAP is the practical procedure that must be followed if there is a danger or 'near danger' incident occurring or about to occur. In the Groms club it is the following:

- i) Remove everyone from the water and placed (mustered) in nearest 'safe & dry' area of the beach
- ii) Surfers mustered on the beach are to be 'checked-in' + supervised by their coach and/or assistant coaches
- iii) Senior coach i/c working with the club's activities 'beach manager' - and RNLI-Lifeguards if appropriate /needed – to conduct 'emergency action' required to resolve incident/near incident.

NB: There is a club EAP diagram that 'maps' the sequence details of items i-iii above

Disclosure Barring Service (DBS) formerly 'Criminal Records Bureau' (CRB)

The DBS is a UK government service that will supply a formal certification that a coach/assistant coach or club volunteer 'helper' does not have a record of criminal behaviour. The DBS 'certificate' is serviced by a number of organisations contracted by UK Government for the work of 'record checks' & certificate issue.

Section 3: The Aims & Objectives of Beginner Surfing

The aims and objectives of 'beginner surfing' for the Groms club are the following:

Aims:

Safe, Successful Surfing for all club members

Objectives:

- i) **Yellow shirts:** Basic Beginner surfing
'prone & standing' ABC lessons
 - ii) **Blue shirts:** Progressive Improver Beginner surfing
'turning & stalling' improver lessons
 - iii) **White shirts:** (Higher ability) Progressive Improver surfing
out-the-back / green wave 'surfing & turning'
 - iv) **Beach Survive & Save 'lifesaving' & 'ocean awareness'**
assistant coaches + volunteer helpers
 - v) **Assistant 'Beach Lifeguarding'**
assistant coaches + surfers 14-16 yrs old
 - vi) **'Beach Lifeguarding'**
coaches + assistant coaches + surfers 16> yrs old
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Section 4: The ABC of 'Beginner Surfing' Practical Coaching

The ABC of 'beginner surfing' is summarised in the following structure matrix.

SECTION A: Preparing to surf in clubhouse & on beach spot (approximately 20 mins)	Coaching Equipment	Key Safety Feature
1) Meet & Greet	Register of Grp Nos & names	
2) Safety briefing + Surf check	View of beach, ocean & surf	EAP
3) Buddy carrying of surfboards		Correct size & condition
4) Establishing beach muster spot	Disc or 'flag' or 'windbreak' + 'beach bag'	First Aid / protective coats
5) Warm-up & Stretching exercises	Visual markers in the sand	Prevents injury + Prepares mentally for surfing
6) Brief statement of what the coach wants the surfers to achieve		
7) Parts of the board	Rescue /demo surfboard	
8) Dry sand 'prone riding & paddling' + 'stopping ride' practice	Approaching 'wave distance' visual markers in the sand	
9) Dry sand 'carrying & leashing' practice		Tripping & slipping injury
10) Safety: 'wipe-out action' & 'recall signal' action	Surf coach whistle	Personal safety / Rescue / EAP action
SECTION B: Prone surfing in waist-chest depth water (approximately 20 mins)		
1) Timing Take-off & Trim actions	Soup (whitewater) 'pulling' or 'pushing' the surfboard	Careful handling of board & surfer
2) Dry-sand 'de-briefing' of surfer strengths to secure and weaknesses to remove (approximately 10 mins)	Approaching 'wave distance' visual markers in the sand	
3) Dry-sand 'paddling & pop-up' from prone to standing action practice (approximately 10 mins)		
4) Board 'stalling' & 'stopping ride' action practice (approximately 10 mins)		
5) Safety repetition: 'wipe-out' action + 'recall signal' action		Self & others safety
SECTION C: Stand-up surfing chest-head depth water (approximately 60 mins)		
1) 1:1 instruction / help / advice / info		
2) End-of-session 'de-brief'		
3) Carrying boards back to clubhouse		Review 'beach' risks

Section 5: Beginner Progression Surfing: Surfing after the ABC

There are 2 'progression' levels for the 'beginner' surfer: i) small 1-2 ft green wave surfing 'inside-the-surf line' ii) small 2-4 ft green wave surfing outside the surf line ('out-the-back')

- i) The 'inside-the-surf line' surfing is conducted in up-to surfer's head depth water using 'reform waves'. This coaching will include individual 'dry-sand' coaching for those that require more 'pop-up' & 'turning' action technique and tactical practising.

NB: HVI ID = 'blue' vests + the coach or 'assistants do not surf with the surfers. However the coach or assistant can provide a 'demonstration' ride to show the surfers what they must try to achieve

- ii) The 'out-the-back' surfing is conducted in a wave size & power that is judged appropriate for the surfers by the head coach making a 'professional judgement' decision: The recommended 'size & power' of the wave is no bigger than 2-4ft 'spilling' wave faces. The coaching will include 'timed' in-water skill drills & on-beach briefing & debriefing of the drills

NB: HVI ID = 'white' vests + the coach and assistant will supervise & coach in the 'line-up' out-the-back with their surfers. Any surfing by the coaches or assistants must be strictly for 'demonstration' purposes only: i.e. They are not to 'free surf' with their surfers: More than 3 'rides' in a single ½ hour period in the water is 'free surfing'!

Section 6: Key Reference Sources

BSA (1995) *Surf Coaching Manual*, Penzance, [office printing]

RoSPA (1999) (2nd Ed) *Safety-on-British Beaches*, [H&SE, publishing]

Sennen Surf Club (2008) *SurfingNOPs & EAP: Groms club surfing & coaching*, [digital files]

Coaches / Additional Notes