

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

The Surfing Goroo Learn to Surf Guide

The Surfrider Foundation Beach Erosion Guide



NON-NSSIA SURF INSTRUCTOR REVIEW



Reason for Educating

- Hassles with other surfers are the last thing that anyone wants in or out of the water.
- One of the most important (if not the most important) reasons for educating beginners in surf etiquette are this:
 - If crowding leads to hostility and injury, and the surf community is thought to be unable to manage it from within, then local authorities may intervene and restrict surfing on public beaches.



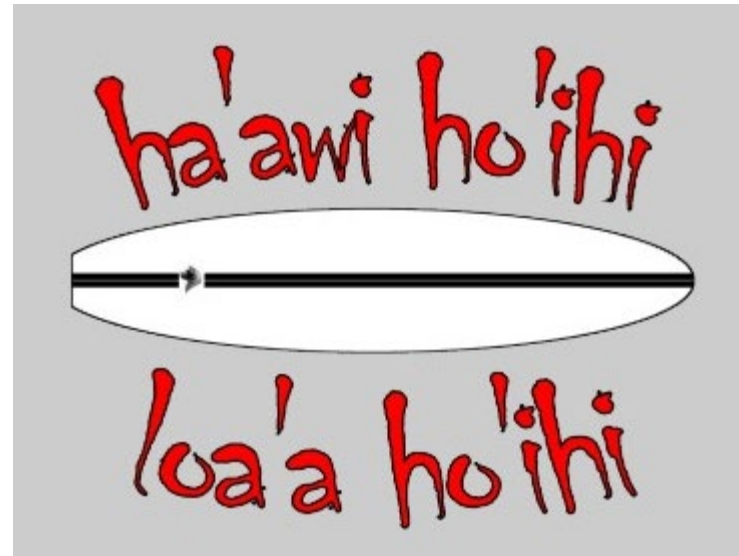
Surf Rage

- Learners should understand that aggression (“surf rage”) can arise when someone messes up someone else's wave.
 - Sometimes it is unprovoked and comes out of nowhere.
 - It can arise from a simple, automatic prejudice locals have toward "outsiders."
 - More generally, it comes from crowding: too many people competing for an increasingly limited resource.



Surfrider Motto

- Give Respect
- Get Respect





Beginner Experiences

- Helping beginners learn how to effectively conduct themselves will make a difference in determining whether their early experiences are mostly good ones or mostly bad ones.
- All beginners should be encouraged to learn the rules of behavior in the water and to adopt what's called the "Aloha Spirit."



The "Aloha Spirit"

- In the Hawaiian language, Aloha stands for much more than "hello" or "goodbye" or "love."
 - Its deeper spiritual meaning is "the joyful (oha) sharing (alo) of life energy (ha) in the present (alo)."
- The Hawaiians gave us the "Aloha spirit" which can be expressed by surfers in the act of surfing and in their interactions with each other.
- The Aloha spirit is expressed by showing patience, kindness, humility (i.e., don't be arrogant and stuck up) and generosity.



NSSIA Focus

- NSSIA instructors and schools offer basic rules, safety tips, and other instructional guidance for students so they learn to surf in a safe and healthy manner.
- Instructors need to practice these rules as well as instill them in the students they teach.
- Students should learn them to ensure they remain safe in the surf.



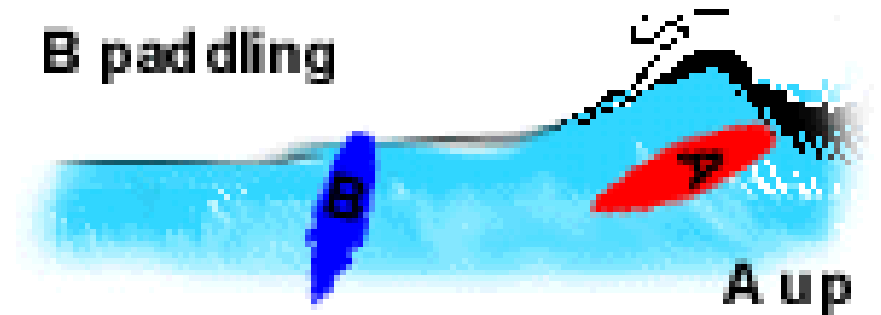
Student Rules

- Explain to your students the following do's and don'ts.

Be Aware	Respect
Comfort Zone	Rips
Fitness	Sun Block
Fun	Surf Buddy
Hold or Throw	Crowd Conditions
Patrolled Beaches	Warm-up
Priority	Check out the Surf
Practice	Shore-break

Surfer's Code of Ethics

- Surfer A, riding in front of the whitewater toward the unbroken shoulder has right-of-way.
- Surfer B must not take off.



Surfer's Code of Ethics

- Both surfers are entitled to take off and ride the unbroken wave section, but neither has right-of-way over the other.
- One (or both) must pull off the wave to avoid a collision.



Surfer's Code of Ethics

- Surfer A, riding the wave, should try to avoid Surfer B who is either stationary or paddling out.
- Surfer A has priority and Surfer B must try to paddle out of the way so as not to interfere with Surfer A.



Surfer's Code of Ethics

- Surfer B has thrown the board.
- Never throw your board.
 - It may injure you or others.



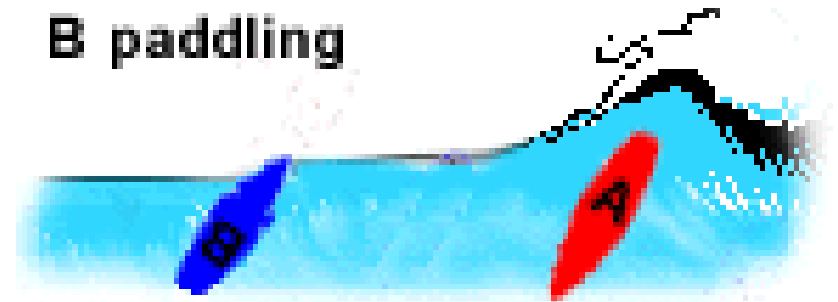
Surfer's Code of Ethics

- Surfer B has been caught inside.
- When caught inside, stay in the whitewater and go around the break to get back out.



Surfer's Code of Ethics

- Do not paddle out through the lineup.
- Once in the lineup, do not set up in the "first-in-line-for-takeoff" position.





NSSIA Code of Ethics

- Surf schools operate in the surf, which we share with the surfers in the water, so we must always be respectful of the surfers in the water and remain low-impact on them. This means going down the beach away from any congregations of surfers. This is both safer for the surf school student, and it leaves good waves for the surfers in the water. Beginners need whitewater and traditionally go down the beach from surf breaks with more experienced surfers.



NSSIA Instructor Code of Ethics

- Act honestly, justly, responsibly, legally, and always protect your students.
- Work diligently and provide competent training that advances the surf instructor or surf coaching profession
- Teach, mentor, and coach with honor.
- Value your NSSIA certification
- Discourage improper training techniques, and do not consent to bad business practices
- Discourage unsafe practices, and preserve and strengthen the integrity of public faith in the NSSIA



NSSIA Instructor Code of Ethics

- Observe and abide by all contracts, expressed or implied, and give prudent advice to students or athletes
- Avoid any conflict of interest, respect the trust that others put in you, and only accept those training jobs you feel fully qualified to perform
- Stay current on training and coaching skills and encourage continuous self-learning
- Do not become involved with activities that could injure the reputation of other NSSIA certified professionals



What does this mean to me?

- You must follow the NSSIA published Code of ethics to remain employed by a NSSIA accredited school.
- Failure to adhere to these ethics are grounds for dismissal and may also result in your school losing its accreditation status.





Case Studies

- You have two or three young people in a beginner lesson, and one says he is tired and wants to go in and rest.
 - Unless you have an adult who can take responsibility, all students must go in.
- In a three-person lesson, one person talks to the other students rather than attempting to catch waves.
 - Spend more time with the student and find out if it is fatigue or boredom.
- A student gets cut in the water during a lesson.
 - Perform first aid or get a lifeguard on the beach. Get all students out of the water for at least 20 minutes.
- A student gets cut and while performing first aid you get blood in your face.
 - According to OSHA law, you must rinse the blood off and report immediately to a doctor. Follow your Emergency Response Plan





Case Studies

- Your student tells you they have numbness in the toes or pain in their back.
 - Go to the beach and recommend they seek medical advice immediately.
- A leash breaks with about 20 minutes left in the lesson.
 - You must replace the leash and restart the lesson.
- A student who loved a lesson you gave them earlier in the day comes back out on the beach with a brand-new shortboard.
 - Strongly recommend they return the board and get one more suitable for a beginner. If necessary, go with them to the dealer and explain the situation.
- You are giving a lesson near the shore in a strong rip when you hear a swimmer calling for help.
 - You must get your student to safety before attempting a rescue.

