

BODY SURFING and BOARD RIDING



Enjoying the surf is one of today's most popular recreational activities in Australia. Learning to enjoy the surf safely will only come with practice.

SURFING ETIQUETTE

Before getting wet there are a few rules that surfers should follow. Cooperation will ensure everyone will have fun in the surf.

- If somebody is already on a wave, don't try to paddle around them.
- The person closest to the breaking wave has the right of way.
- If there are local riders, pay them some respect as it is their break.
- Be patient and your wave will come.
- Share and surf and don't steal other riders' wave.
- Please remember surfboard riders cannot come between the flags!

For further information please contact Surf Life Saving Queensland on (07) 3846 8000



BODYBOARDING

There are three effective methods of paddling a board:

● ARM PADDLING

Using your arms, position your body more towards the nose of the board and keep your feet together. When paddling with your arms use a freestyle swimming action (alternative arms) sliding against the rails.

● KICK PADDLING

Slide your body to the back of the board until your legs are free to kick. Keep fins under the water when kicking.

● COMBINATION OF BOTH ARM PADDLING AND KICKING

A combination of both will ensure you move quicker. Alternate between both methods.

BODYSURFING - HOW TO CATCH A WAVE

There are two ways in which to catch a wave, while you are swimming or while pushing off the sand. When attempting to catch a wave - remember these points:

- Kick vigorously to lift your body to the surface.
- Start swimming until you feel the wave push you forward.
- Place your head down and keep your arms out in front of you and keep your body stiff as a board. Bodysurfing takes time to accomplish, so be patient!

Stick your hand up for help.

S

Get a friend to swim with you.

G

Ask a lifesaver for some good advice.

A

Look at the safety signs.

L

Find the flags and swim between them.

F