



SURFING
ENGLAND



JUNIOR SURFER SCHEME

LOG BOOK

JUNIOR SURFER SCHEME



**SURFING
ENGLAND**

Surfing England is the national governing body [NGB] for surfing in England.

Surfing England exists to support and develop surfing within England.

Surfers Membership includes:

- insurance for when you're surfing
- discounts to make your surfing life cheaper
- the right to call yourself part of the Surfing England tribe

Find out more about Surfing England and the Junior Surfer Scheme

   @SurfingEngland

www.surfingengland.org/jss

Introducing the Surfing England Junior Surfer Scheme

The Surfing England Junior Surfing Scheme has been developed to provide you with an exciting, effective and safe guide through this exhilarating sport.

The aim of this scheme is to support, inform and reward your progression in surfing. The scheme is made up of five 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 England.

How do I take part?

Find your nearest Surfing England surf school or affiliated surf club. The Junior Surfer Scheme and Log Book can only be validated by a Surfing England 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 England 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 accreditation with Surfing England.

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 you can competently perform all the tasks for that level. Once you can do this, your coach can submit your grade to Surfing England

and in return you will receive your rewards. Work your way through all five 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 must 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 is 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 England approved surf school or club and go ride!

Always Remember.....

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



LEVEL 1

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LOG BOOK

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 demonstrate 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 will 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 are set to have a great time on the waves for the rest of your surfing life

Fundamentals + Skills = PASS

Fundamentals + Skills + Freestyle + Surf Safety = MERIT

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 you can perform:

- Enter the water safely with your board, effectively negotiating the oncoming waves
- Safely turn and manoeuvre board in preparation to catch a wave
- Catch and ride a wave in a prone position;
- Ride the wave to the shore demonstrating good balance, control and correct board position;
- Stop and dismount your board safely;
- Respond to signals;
- Action on wipe-out.

Freestyle

Demonstrate you can perform:

- Press-up on board whilst on wave;
- Change direction whilst in prone position;
- Ride on knees with control;
- Change speed through position on board;
- Catch a wave by paddling for it without assistance.

Surf Safety

Demonstrate you can perform:

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



Level 1 Completed

Date completed:

Grade:

Instructor:

LEVEL 2

JUNIOR SURFER SCHEME

LOG BOOK

Up and Riding

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 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 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 when to use it.

Skills

Demonstrate you can perform:

- Suitable wave selection;
- Catch a wave by paddling for it without assistance;
- Execute a confident pop-up;
- Stand on the board, riding a wave in control for 3 seconds without assistance;
- Dismount the board safely from standing.

Freestyle

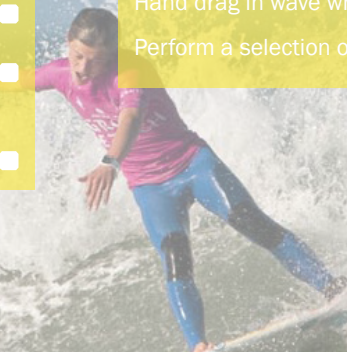
Demonstrate you can perform:

- Awareness looking left, right and behind whilst riding;
- Good use of leading arm;
- Adjusting feet position whilst riding;
- Hand drag in wave whilst riding;
- Perform a selection of board grabs.

Surf Safety

Demonstrate you can perform:

- Identify safe surfing area away from rips and other hazards;
- All falls should include head protection;
- Emergency phone use, speaking to the coastguard and what to say.



Level 2 Completed

Date completed:

Grade:

Instructor:

LEVEL 3

Improving Techniques

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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, moving 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, board condition;

Knowledge of the effect of wave size, wind and tides on surf conditions;

Five minute warm up and dynamic stretch routine;

Emergency phone use, speaking to the coastguard and what to say.

Skills

Demonstrate you can perform:

Paddle out in small waves, with push ups to clear wave crests;

Weight distribution changes, active flexing and extending of lower body;

Pop up is executed consistently and swiftly, resulting in correct foot placement on the board;

Turn the board in a lying and seated position;

Turn the board in both directions, not necessarily on the same wave;

Use your weight distribution to accelerate and decelerate.

Freestyle

Demonstrate you can perform:

Small "S" turns on the same wave;

Knee paddling over small broken waves;

Cheater hang-fives on front third of board;

Standing to prone position whilst on a wave;

Ride the full length of a wave, demonstrating good control and technique.

Surf Safety

Demonstrate you can perform:

Knowledge of wave types and rips;

Two person prone ride on a board;

Body surf a wave;

Awareness of improving and maintaining fitness.



Level 3 Completed

Date completed:

Grade:

Instructor:

LEVEL 4

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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 two 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 surfer's code of conduct;
- Introduction to hard boards and maintenance;
- How to use a rip safely;
- Able to identify all potential hazards;
- Knowledge of wave types.

Skills

Demonstrate 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 your ride on an unbroken wave;
- End your ride safely.

Freestyle

Demonstrate you can perform:

- Perform a safe kick out at the end of a ride;
- Perform any three moves in combination from level 2 or 3's 'Freestyle' section;
- Actively look left and right along a wave.

Surf Safety

Demonstrate you can perform:

- Stay in designated areas, showing good awareness to instructor signals whilst out back;
- Wetsuit types and uses;
- Always have the board in control.



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 complete 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;
- Choose suitable locations for current conditions/forecasts;
- Study surf conditions, identify potential dangers and choose suitable entry point;
- Knowledge of local clubs and surf schools;
- Full understanding and application of the surfer's code of conduct.

Skills

Demonstrate you can perform:

- Strong and efficient paddling;
- Introduction of duck dives;
- Well-timed take off, smooth action from paddle to pop up;
- Angled take off left and right;
- Generating speed by going top to bottom in both directions;
- Demonstrate key components of good surfing, speed, control and flow;
- Complete one of these following basic surfing manoeuvres:
 - Re-entry
 - Floater
 - Cut-back
 - Cross-step
 - Hang-five

Freestyle

Demonstrate you can perform:

- Effective duck diving;
- Catch and surf two unbroken waves from out back in 15 minutes;
- Link two or three basic manoeuvres on one wave.

Surf Safety

Demonstrate 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° - A manoeuvre where the surfboard is turned/pivoted in the wave or landed fin first, moving forward with the wave for a period of time, fin first, through an increment of 180°. This can also be performed from a reverse take-off, fin first, then pivoting to the normal riding orientation.

The aerial version is performed outside the wave, when the board is no longer in contact with the wave. The board pivots 180° from its original position in motion. 180° switchfoot, on a surfboard, is jumping or shuffling from the preferred stance set up to the other foot forward, while the surfboard is still travelling in its normal orientation i.e. nose first.

360° - An advanced manoeuvre where the surfboard pivots full circle during the ride. The aerial version is as above, except it 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 manoeuvre(s) performed off the water surface whilst the 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/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, 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 whilst flexing the other in a freestyle manoeuvre.

Carve - To make turns with minimal skidding, characterised by fast, long arcs.

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

Classic - A cool thing that 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 directly opposite of the surfboard rotation 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 - 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 surfboard 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. He/ She must then 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 rider's centre moves differently to the path of the board, allowing 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 required to accomplish a task or the right movement and use of the correct amount of energy to get the maximum performance out of the equipment and water interface. Ratio between input of energy versus output movement.

Extension - Movements that increase the angle 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 and 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.

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, shaped and then encased in fibreglass and resin to make a surfboard.

Freestyle - 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 and 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 which slopes down from the deck to meet a flat bottom, near to a right angle on the base.

Helicopter - 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 humans to the 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 - Wave that collapses softly and slowly down it's 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 before collapsing/ breaking from which, the waves peel either side. Or an area that 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 movement.

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 - a board selection, 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.

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 as well as 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 of spraying water from the wave as a surfboard powerfully cuts through it.

Slipping - Movement of a gliding surfboard down a wave face, perpendicular to it's 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 shortboard, developed for increased manoeuvrability and drive throughout the turn.

Tilt - To place the surfboard on it's 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.





**Love the beach?
Don't let marine litter ruin it.
Take 2 minutes and make a difference.**

The ocean is in trouble. Plastic is everywhere. It threatens marine life, it is destroying your favourite beaches and could ruin the sport that, for many surfers around the world like you, makes life worth living.

So how do you clean up the oceans? It's too big to think about. Or is it?

You CAN make a difference with a #2minutebeachclean.

- Every bottle that you remove from the beach is one that won't break down into thousands of plastic fragments.
- Every piece of rope that you pick up after a surf is one that won't entangle a seabird.
- Every plastic bag you put out of harm's way is a bag that won't end up in a whale's stomach.
- Every #2minutebeachclean does matter.



Join us and make every #2minutebeachclean count.

The #2minutebeachclean movement has been running in the UK and Ireland since 2013. It has placed almost 300 beach clean boards on beaches and continues to inspire thousands of barefoot warriors into picking up plastic every time they surf, swim, walk on the beach or just leave their homes.

You can do it with friends, after a surf and then post it to social media using the hashtag #2minutebeachclean or just do it anyway, knowing that it does matter and that it does make a difference.

Help us add it up!

You can record your #2minutebeachclean - and help us gather information about the litter you are finding - by using the #2minutebeachclean APP, available now.

 @2minbeachclean  @2minutebeachclean www.beachclean.net



This is the Logbook of.....
Local Surf Break.....
My Board.....
My favourite surfer is.....



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ENGLAND

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