

Marine Science
For Australian Students

SAFE SURFING WORKSHEETS



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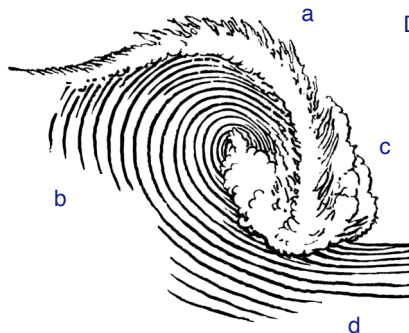


WORKSHEET 1 SURF CONDITIONS

1. Waves are formed when wind blows across the ocean surface in areas called fetch zones.
 - a. True
 - b. False

2. Name the parts of the wave in Diagram 1.

- a. _____
- b. _____
- c. _____
- d. _____



3. Describe two main types of wave.

4. A wave that breaks along a headland, usually in one direction is called a point break?

- a. True
- b. False

5. Name two main types of currents that affect surf conditions.

6. Describe what to do if you get caught in a rip whilst swimming.

7. The best type of wind for surfing is usually an onshore wind.

- a. True
- b. False

8. Name the types of systems that winds circulate around.

9. Identify the types of pressure systems bring good swell.

10. Describe a tropical revolving low pressure system and recall its name.

WORKSHEET 2 DANGERS IN THE SURF

1. Charging out into the surf without taking time to check the conditions is a smart thing to do.
 - a. True
 - b. False
2. Name the two different categories of dangerous marine creatures.

3. Name a species of shark that has been known to threaten humans.

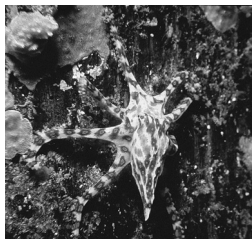
4. Name the type of jellyfish that surfers encounter most often and describe how to reduce the chances of being stung.

5. Recall two examples of problems associated with overexposure to the sun.

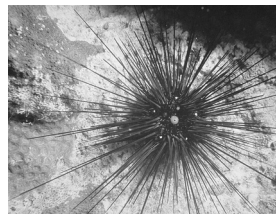
6. Recall one consequence of over exposure to the cold.

7. Every surfer should know his or her limits of skill and fitness. Give a reason for your answer.
 - a. True
 - b. False

8. Name each of the following marine animals and describe the potential dangers they pose to a surfer.



a. _____



d. _____



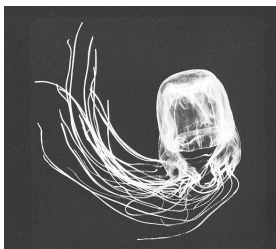
b. _____



e. _____



c. _____



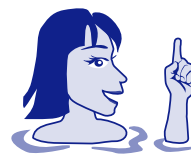
f. _____

WORKSHEET 3 SAFE SURFING

1. Before going surfing you should know which of the following weather conditions?
 - a. Wind direction and strength
 - b. Tide times
 - c. Size of swell
 - d. All of the above

Give a reason for your answer.

Safety Tip



You can protect your head by wearing a helmet designed for surfing.

2. List two ways of checking the weather before going surfing.

3. If there were reef exposed on the shoreline, you would expect to find reef under the waves.

- a. True
- b. False

4. Complete the following sentence: Before going into the surf you should know two things.

Where you will : _____ and _____

5. Complete the sentences - The safest way to protect you head in a wipe out is to _____.

When surfing and a wipeout is unavoidable you should fall to the _____ of the surfboard.

6. The photograph below shows a popular surf break. Draw arrows to show where you could enter the surf. Give reasons for your answer.



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WORKSHEET 4 EQUIPMENT FOR SURFING

1. Name two different types of surf craft.

2. Name the labelled parts of the short board in this photo.

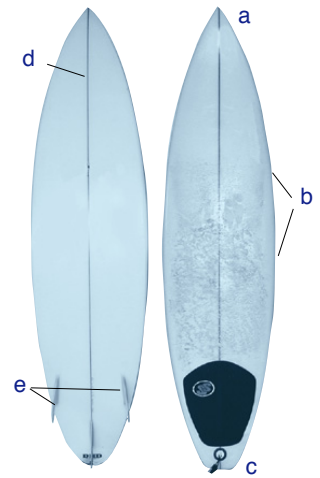
a. _____

b. _____

c. _____

d. _____

e. _____



3. Which of the following is helpful in reducing fin injuries?

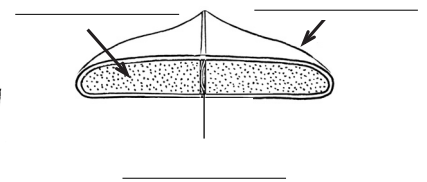
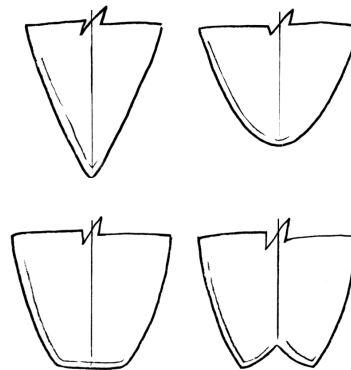
- a. Not using any fins
- b. Using only one fin
- c. Removing sharp edges with light sandpaper

4. Describe two functions of a wetsuit.

5. Recall two examples of surfing products other than wetsuits.

6. Using the following list, identify the following parts of a surfboard from in the diagrams below.

- Pintail
- Square tail
- Round-pin
- Swallow-tail
- Poly foam
- Fibreglass skin
- Wooden stringer



7. What is a wax comb used for?

8. How should you look after a lycra shirt or wet suit?

9. Name three differences between the two boards shown in the photograph opposite.



10. Describe what the person is doing in the photograph below.



11. Write a short sentence about each of the following stages of making a surfboard.

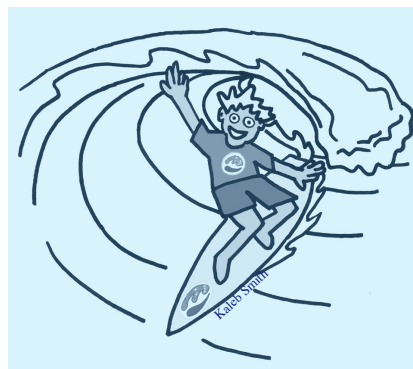
Glassing

Sanding

Air brushing

Fin blocks

Pro-finishing



WORKSHEET 5 RULES OF THE SURF

1. When paddling out, you should always paddle _____ the break to avoid paddling through the pack.
2. If paddling out through the impact zone and a surfer is riding towards you, you should:
 - a. bail your board
 - b. paddle to the white water
 - c. sit still
3. The surfer who takes off on the inside closest to the breaking part of the wave has right of way.
 - a. True
 - b. False
4. What is considered the 'cardinal sin' of surfing?

5. Define the term 'Snaking' and describe how it affects other surfers.

6. Two surfers are surfing towards each other on a wave. Describe what they should do.

7. Getting angry and aggressive in the surf is acceptable behaviour.
 - a. True
 - b. False
8. Are any of the surfers 'dropping in' in the photograph below? If so, circle them.



Figure 9.1 Crowded line ups require a lot of tolerance

WORKSHEET 6 MARINE SAFETY PROFESSIONALS

1. The organisations responsible for training professional ocean lifeguards in Australia is?
 - a. Billabong
 - b. Surfing Australia
 - c. APOLA
2. The organisation made up of a nationwide network of volunteer clubs that patrol beaches on the weekend is called?
 - a. ASSA
 - b. SLSA
 - c. Rip Curl
3. The Volunteer Coast Guard's services include:
 - a. _____
 - b. _____
 - c. _____
4. Which organisation aims to provide services in surfing relating to competition, environment, education and recreation?
 - a. SLSA
 - b. Surfing Australia
 - c. APOLA
5. What is the motto for the ASSA?

Research topics

1. Check out the websites of surfing professional associations and prepare an association profile.
Topics could include - *information about the association, what the association does, how the association helps surfing, what the association's major products or events are.*
2. Use newspaper cuttings to make a diary of a local surfing event. Use the following headings as a guide - *when the event was, who were the major sponsors, the names of local surfers who entered the competition, the rules of the competition, the types of surfing conditions on the day, a diary of events and how well the organisers cleaned up after the event to keep the sea and beaches clean.*
3. Contact your State Transport Authority to find out what roles they play in surf safety. (You can get the address from www.anzsbeg.org.au). Some things you may ask them are - *are there any shark messed beaches in your area, and what to do if a net gets washed into the surf zone. Are jet skiers controlled and are they allowed near surfers in the take off zone? Are there any local regulations controlling surfing apart from not surfing in flagged areas?*

Notes

WORKSHEET 7 FITNESS FOR SURFING

1. Surfing is a _____ sport which means that you use all the _____ and _____ systems in the body.

2. Describe the aim of the following practical prerequisites.

Drill 1:

Drill 2:

3. Surfing regularly is the best sort of training for surfing.

- a. True
- b. False

4. Give two types of alternative training for surfing.

5. Is it important to warm up properly for surfing?

- a. True
- b. False

6. Identify the warmup procedures shown in diagrams 1-3 opposite.

Diagram 1

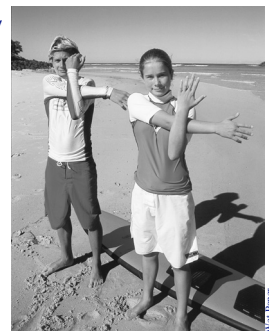


Diagram 2



Diagram 3



WORKSHEET 8 BASIC SURFING SKILLS



1. Describe how to carry the surfboard in windy conditions.

2. When placing the surfboard on the beach, it is important to have the nose facing into the wind.

- a. True
- b. False

3. Describe how to put on a leg rope and list any two safety procedures you should follow when using one.

4. Describe two main methods used to negotiate the waves, whilst paddling out through the surf zone.

5. For each of the following skills, list two common errors and describe ways to correct them

Carrying a surfboard

Common errors

Ways to correct

Paddling a surfboard

Common errors

Ways to correct Entering the surf zone

Catching white water waves in the prone position

Common errors

Ways to correct

Standing and riding white water waves (Prone to feet)

Common errors

Ways to correct

Traversing right and left

Common errors

Ways to correct

Dismount drills

Common errors

Ways to correct

6. Describe any two intermediate surfing skills

WORKSHEET 9A BASIC SURFING FIRST AID

1. Give two possible reasons why, when a person has stopped breathing, resuscitation may be required.
2. Recall the basic procedure for resuscitation.

D _____

R _____

A _____

B _____

C _____



3. You can use a compression bandage to help stop bleeding. True or False? Give a reason for your answer.

4. Explain why are coral cuts a problem if not treated correctly.

5. Explain why rubbing a bluebottle sting with sand is the wrong thing to do.

6. List the three stages of overheating.

7. Describe the treatment for sunburn.

WORKSHEET 9B BASIC RESUSCITATION



1. What is the most important thing to consider before commencing resuscitation?

2. Why is it important to check the patient's airway properly?

3. In a rescue situation, what is the cycle for compressions : inflations?

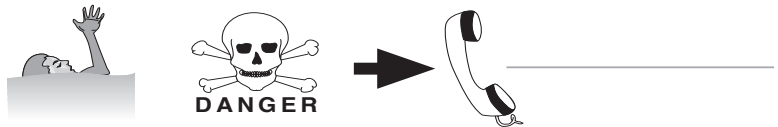
4. If more than one person is present, how often should resuscitation be varied?

5. Describe the function of the recovery or lateral position.

6. Read page 51 and complete Steps 1-10 in the spaces below.

Danger

tep 1



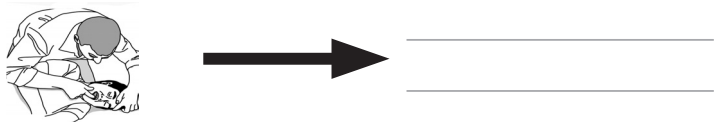
Response

tep 2



Airway

tep 3



Breathing

tep 4

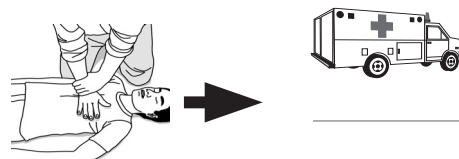


tep 5



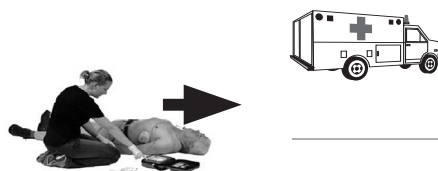
Compression

tep 6



Defibrillation

tep 7



WORKSHEET 10 SURFING RESCUE PROCEDURES



1. Give two examples of questions you should ask yourself before entering into a rescue situation.

2. Name the two main types of rescues you can perform on your surfboard.

3. Describe why it can be dangerous to approach too closely to a person who is in trouble in the surf.

4. You should always verbally reassure a person who is in trouble in the surf.

- a. True
- b. False

5. Describe the three main priorities for a rescuer who is performing an unconscious patient surfboard rescue.

6. Describe seven steps used in the one person drag

WORKSHEET 11 SURFERS AS ENVIRONMENTAL AMBASSADORS

1. List four threats to the ocean environment.



2. Rubbish is one of the major threats to the ocean environment.
Give two examples of problem rubbish.

3. Explain how can rubbish on the beach be reduced.

4. Explain why are sand dunes important to the beach structure.

5. The photograph to the right shows dunes being fenced as part of a community project.

a. Why has this been done?

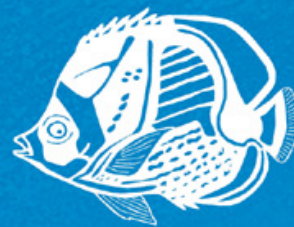
b. You are running a surf competition. Why should you not set up tents and judging stands on top of the dunes?



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