



**NOBBYS SURF LIFESAVING CLUB BOARD TRAINING SAFETY INFORMATION BRIEF  
AND GUIDELINES**

1. Board training and surf training has risks. Where boards are involved there are risks of cuts, bruises and sometimes more serious injuries.
2. Participants must not enter the water until the trainer or coach has discussed the schedule of training and has given approval to enter the water.
3. Participants must ensure that they wear or have obtained from the coach or trainer a pink rash vest before they enter the water.
4. Participants must ensure they have applied sun screen and have appropriate clothing for the conditions. I.e: in winter a wetsuit is required to avoid exposure
5. Participants must have situational awareness and ensure they keep away from other boards as much as practicable during surf entry and wave catching.
6. If a participants sees a board coming for them and they have fallen off their board, the participant should dive under the wave to avoid injury.
7. Participants must ensure that they care for their boards as much as is practicable.
8. Participants must listen to trainers and coaches and obey instruction.
9. Trainers and coaches can ask participants to sit on the beach if they are misbehaving or acting in a manner that may endanger others.
10. When catching waves, particularly on the reef, participants must have regard for others and return to shore or paddle north or south to the reef rips to return to the breaks.
11. Parents must advise the trainer or coach where they will be during training, in case of an injury or accident. It is ok for parents to drop kids off as long as they advise their children where they will be and the children advise the coach or trainer of this prior to starting training.
12. Nobbys SLSC will undertake a Training Safety Checklist before each training session to identify risks and hazards and will communicate this to the participants.
13. Participants must have fun and know that they are learning valuable skills of how to ride a board safely. Nobbys SLSC does as much as possible to ensure that no injuries occur, however board riding is a risky activity and participants will develop the skills and situational and surf awareness with experience.

Director of Surf Sports, Nobbys SLSC Executive 2015-16