

# Know Your Beach

## 8. BODY SURFING & BOARD RIDING

Enjoying the surf is one of today's most popular recreational activities and Jan Juc attracts many surfers and body boarders alike.

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.

- The person closest to the breaking wave has the right of way. Do not drop in.
- If a surfer is already on a wave you should paddle away from where they are likely to ride the wave to prevent collision.
- Do not let go of your surfboard so it may strike another surfer
- Give way to any surfer paddling out.
- Indicate your intentions to other surfers.
- Respect learners.
- Do not obstruct others as they paddle for a wave.
- Please remember surfboard riders cannot come between the flags!

### BODY SURFING - 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, keeping your body stiff as a board. Bodysurfing takes time to accomplish, so be patient!

### BODY BOARDING

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.



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