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SurfTeens and SurfGroms 10 surf safety rules

- 1. Never swim or surf alone**
- 2. Be sun smart**
- 3. Know your local breaks & beaches**
- 4. Be aware of the changing tides**
- 5. Stay between the flags when swimming**
- 6. Listen to advice from Surf coaches and Lifeguards**
- 7. Learn to recognize Rips and Currents**
- 8. Always use safe equipment**
- 9. Consider other surf users**
- 10. If in DOUBT, STAY OUT!**

The best waves for inexperienced surfers are small, gentle breaking waves. Less than waist high or under 2ft or ½ a metre tall when they break. If waves are larger then only go out waist deep and catch the whitewater waves. Stay away from the impact zone where the waves are breaking.

Best beaches are generally Stockton and Blacksmiths as they face to the north and usually have smaller waves and have more room to share. Caves beach can also have a good even sandbank at the south end for small breaking waves or catching longer whitewater waves when swell bigger.

Newcastle's beaches

Some beaches can be more 'open' to swell/waves than others. There are open beaches, semi protected beaches or protected beaches.

Open Beaches:

1. Newcastle Beach
2. Bar Beach, Dixon Park and Merewether
3. Redhead Beach
4. Dudley Beach
5. Catherine Hill Bay (north end)
6. Frenchmans/Hams

Semi-Protected Beaches

1. Nobbys Beach
2. Caves beach south end
3. Catherine Hill Bay (south end)

Protected beaches:

1. Stockton Beach
2. Blacksmiths Beach

No beach is ever completely 'SAFE' but some are 'SAFER' than others.

Always use patrolled beaches and ask the Lifeguards if you are unsure of the conditions **BEFORE** you enter the water.

Surfing can be dangerous for the inexperienced surfer so always watch the waves for at least 10 minutes before you paddle out to make sure the conditions are suitable. Plan your surfs around the tide so you get the water depth more suitable for age and height. If the waves are too big stay

in waist deep water and catch the whitewater waves on a flat, even sandbank.

Surfing Basics

Wave catching Steps

- 1. 2mtrs from wave move hands from nose to middle of board.**
- 2. Turn board around to face beach, keep it straight.**
- 3. Push off with legs and climb onto board**
- 4. Paddle at least 3-4 paddles and 1 more when you feel the wave's push.**

Standing up Steps

Combine steps 1 and 2 together:

- 1. Hands under chest and push up with straight arms**
- 2. Legrope leg make a four/frogleg/rockclimber, knee off the rail, push up with that foot.**
- 3. Lunge front foot forward aiming for centre of your hands**
- 4. Keep hands on and place back foot onto board**
- 5. Stay low on board with bent knees, back straight, hands off**

Wipeout Steps

- 1. Take a breath**
- 2. Close your mouth/eyes**
- 3. Cover head up with arms above your head**
- 4. Always surface with hands above head before you come up to breathe.**

Great example of a rip between 2 sandbanks



The rip is deeper water in between the sandbanks where the water flows out to sea.



Correct stance on takeoff

Look for gentle breaking waves and waist deep water for under 10's.



Dye showing water flow of rip





Safer FCS plastic fins for fibreglass boards a great option.



Fish style shape best for beginners and intermediate surfers of all ages.