



SURFING SAFETY

Safety Division

Did you know: A Marine Officer was surfing near jetty rocks in rough waters produced by a hurricane. While surfing, the Marine was slammed into the rocks and sustained severe injuries to his head and body. The Marine later died from his injuries.

Lesson Learned: A hurricane's effects on ocean waters produces heavy breaking waves, shorter wave periods, rip currents, and hide obstacles such as rocks. Regardless of your surfing skills, surfing in bad weather has proven to produce fatal results.





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Academy of Surfing Safety Tips:

- 1. Golden Rule of Surfing Safety:**
Never surf in waters you are unsure of or if surf is larger than your ability.
- 2. Knowledge of the Ocean:**
Knowing the different types of waves and how waves break will help determine which waves to catch and which ones to avoid.
- 3. Don't Be Washed Away:** Make sure you can identify rip currents and stay away from them.
- 4. Have Surfing Awareness:** When in the water, be constantly vigilant all activities occurring around you to ensure you are don't become an obstacle to others.

SURFING SAFETY CHECKLIST

- Weather Conditions
- Wave Size
- Currents and Rips
- Landscape
- Other Surfers
- Fitness Level
- Equipment



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Academy of Surfing Safety Tips (CONT):

- 5. Understand Surfing Rules:** Make sure you understand who has priority on the wave so you do not take someone else's wave.
- 6. Don't Over Do It:** Surfing requires a high level of physical fitness. When you start to get tired go into shore and rest.
- 7. Stay Cool:** If you find yourself in areas where experienced surfers are heading straight towards you, keep calm. Experienced surfers will adjust their line of surfing to go around you.
- 8. Be Surf Savvy:** Knowing more about the sport will ensure you surf safely. The more educated you are, the more fun it is, easier to do, and safer it is.



Commanding Officers: Many Marines surf. Most are skilled and safe surfers who know their limitations. Talk with your Marines about the importance of self evaluation of skills, using proper equipment, and incorporating risk management into their surfing. Even the most skilled surfers need to be reminded of safe surfing practices.