

## ASI Beginner Surfer Program Levels 1 to 3 Course Outline

<b>Aim</b>	Trim along on broken or peeling waves up to 1 ½ feet (½ metre)
<b>Career Outcomes</b>	Assistant surfing instructor or outdoor activities assistant within the surfing industry or outdoor recreation industry. Industry job roles that require surfing knowledge (e.g. sales rep, retail).
<b>Conditions</b>	Sandy beach, with even gradient, free from rocks and rips/sweeps, white water / peeling waves up to 1 ½ feet (½ metre), wind less than 20 kph, water depth of chest deep or less
<b>Outcomes: Surfing Safety Level 1</b>	<ul style="list-style-type: none"> <li>• Understand the surf environment</li> <li>• Types of waves and their dangers</li> <li>• Understand beach information and warning signs</li> <li>• Identify surf hazards, including rips, and how to avoid them</li> <li>• Choose a safe swimming location</li> <li>• Demonstrate skills in swimming, bodysurfing, floating, treading water</li> <li>• Methods to negotiate through the surf and come in from the surf</li> <li>• Use self rescue techniques</li> <li>• How to look after the surfing environment</li> </ul>
<b>Outcomes: Beginner Level 2</b>	<ul style="list-style-type: none"> <li>• Choosing a beginners surfboard</li> <li>• Waxing, caring, carrying and storing your board</li> <li>• Identify types of wetsuits and surf clothing, when to wear these</li> <li>• Identify suitable weather conditions for surfing</li> <li>• Choose a safe surfing location</li> <li>• Choose a safe place to enter the water</li> <li>• Negotiate small waves using a variety of techniques</li> <li>• Paddle the board in trim</li> <li>• Turn the surfboard in a sitting position</li> <li>• Wipe-out and dismount techniques</li> <li>• Identify the types of waves suitable for surfing</li> <li>• Select, catch and ride waves with safety</li> </ul>
<b>Outcomes: Beginner Level 3</b>	<ul style="list-style-type: none"> <li>• Angle and trim across the wave</li> <li>• How to turn on a wave</li> <li>• Apply surfing etiquette - the “dropping in” rule, snaking, give-way rule, good surfing ethics</li> </ul>
<b>Pre-requisites</b>	<ul style="list-style-type: none"> <li>• Swim 50 metres</li> </ul>
<b>Resources</b>	<ul style="list-style-type: none"> <li>• ASI Learn to Surf for Beginners manual</li> <li>• ASI Learn to Surf for Beginners student workbook</li> </ul>
<b>Qualification</b>	ASI Certificate of Achievement Level 2 Beginner Surfer, <i>or</i> ASI Certificate of Achievement Level 3 Beginner Surfer
<b>Units of Competency</b>	<ul style="list-style-type: none"> <li>• Perform basic surfing manoeuvres in controlled conditions</li> <li>• Apply surf survival and self rescue skills</li> <li>• Implement minimal environmental impact practices</li> </ul>



***Setting the world standard in surfing education***

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