

# SAFE SURFING



1. Learn to surf at an Irish Surfing registered surf club or surf school.
2. Do not attempt surfing unless you can swim.
3. Do not surf alone or enter the water as dusk is approaching or if you have been drinking alcohol.
4. Always let somebody on land know where you have gone and when you will return.
5. Check the weather and tides before you paddle out. Learn to observe the ocean so you can identify rips, wind changes and other hazards.
6. If you are unfamiliar with a break check with local surfers or other water users before paddling out. Ensure the waves you are surfing are of a size and power suitable to your ability. Do not get too confident. Stick to beaches until you become experienced.
7. Make sure your equipment, especially your leash is in good order. Remember it is much easier to spot a brightly coloured surfboard or wetsuit at sea in the event of you requiring rescuing.
8. When you “wipeout” do not come to the surface too soon and when you do come to the surface protect your head with your arms.
9. Always check behind you for other water users before abandoning your surfboard to dive under a wave.
10. If you get caught in a rip do not try to paddle against it, paddle across it. If you find yourself in difficulty stay calm, do not discard your board, wave one arm in the air and shout to attract attention. Do not panic help will come.
11. Always respect our rescue services. Should you see a surfer in difficulty in the water DON'T DELAY phone 112 or 999 and ask for the Coast Guard. Even the most experienced surfer may at some time require assistance.
12. Be aware of other water users and always show respect regardless of craft. Above all, keep a good attitude, be friendly and apologise if you make a mistake.

If you are new to surfing, join an Irish Surfing registered surf club or surf school near you. Visit [www.IRISHSURFING.ie](http://www.IRISHSURFING.ie) and join your surf community.



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## A Surfer's Guide to Safety & Etiquette

Sharing the stoke of safe and inclusive surfing in harmony with nature. Visit [www.IRISHSURFING.ie](http://www.IRISHSURFING.ie) and join your surfing community.

Produced by the Irish Surfing Association CLG

**IRISH SURFING**



Irish Surfing is the National Governing Body for the Sport of Surfing in the thirty two counties of Ireland.

We are a voluntary organisation comprising of clubs and groups involved in the development, representation and regulation of surfing in Ireland.

Joining Irish Surfing strengthens our sport, increases our voice and supports us as the National Governing Body to deliver for our surfing community, our clubs and the next generation of young surfers. Join our surfing community [www.IRISHSURFING.ie](http://www.IRISHSURFING.ie)

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 IRISH SURFING



### Right of Way / Dropping in

Never “Drop in” on another surfer. “Dropping in” is taking off on a wave in front of another surfer who has right of way. The surfer closest to the breaking part of the wave or pocket has right of way. A surfer riding a wave has priority over a surfer paddling out. It is the responsibility of the surfer paddling out to avoid collision. When paddling out back you must never obstruct a surfer who is up and riding. Either paddle wide of the wave breaking area or into the white water. This allows the surfer who is up and riding to continue without having to dodge you. However if the situation arises where a collision is inevitable the surfer riding the wave has the manoeuvrability to avoid the collision.



The surfer closest to the break of the wave has right of way. Do not drop in on him/her. If you accidentally drop in, kick out immediately.

### Respect the Line Up

Learn to respect the ‘line up’ an informal line of surfers, particularly at point and reef breaks where each surfer waits their turn with the surfer whose turn it is next sitting deepest. The line up can break down if one or more surfers consistently paddle inside those surfers waiting their turn. Such behaviour will cause the ‘line up’ to break down turning the session into a free for all. Beach breaks tend to feature multi breaks with several take off areas therefore the more waves for everyone but even at beach breaks the line-up exists at each of the various peaks along the beach. If you are surfing a peak where you have an option to go right or left you must communicate with other surfers in the line up your preferred direction to avoid ‘drop ins’ and unridden waves.

### Paddling Out

At some breaks you may be able to paddle out into a position that gives immediate access to the inside take off position, you should not use this artificial positioning to jump the queue. Doing this is poor etiquette and will lead to bad feeling among fellow surfers, instead either let the surfers already sitting and waiting to take the waves they want until the line up is clear, or paddle wide to the outside and move into position along with everyone else.