



Program Information Package

Stand Up Paddleboard (SUP) Surfing Course

Program Description

The ability to anticipate surf, read the surf zone, and control your SUP in the surf, are essential skills for all open coastal SUP paddlers. It is also a lot of fun! Our 2 day SUP Surfing course is a blend of theory, skill, and experience. We

progress step by step to maximize learning and reduce the risks. Topping it off, we run this course on the beautiful sand beaches of the Esowista Peninsula, just south of Tofino.

SKILS limits classes to 3 students per instructor, with a maximum class size of 6. Small classes facilitate learning and reduce the risk potential in the surf zone. We also provide boards, paddles, PFDs, helmets, and surf wetsuits. You can bring your own gear, but please let us know ahead of time. All paddlers must use leashes and wear a PFD.



Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ SUP Surfing Program Document – please review
- SKILS Waiver – please sign with your instructor at the beginning of the program
- Paddle Canada Waiver - please sign with your instructor at the beginning of the program
- SKILS Medical Form – please bring a completed copy to your program
- Policy and Procedures Document – please review

Program Logistics

Program Prerequisites

Advanced Flatwater Certification or equivalent training and experience is required.

Accommodation and Meals

Students are responsible for their own accommodation and meals throughout the course. The program starts early on the first day, so we encourage you to be in the area the night before. We will be on the beach for lunch, so remember to pack a portable noontime meal.

There is a range of accommodation available in and between Ucluelet and Tofino. Check out www.tofino-bc.com/accommodations/ or <http://ucluelet.travel.bc.ca/accommodations/>. An inexpensive option is to camp, and we strongly recommend Surf Junction Campground, near the Tofino-Ucluelet turnoff, if you choose this option. It is a conveniently located, well maintained facility, with access to showers, a hot tub, a sauna, a small store, as well as some equipment rentals. Check them out at www.surfjunction.com/.



Course Outline

	Morning	Afternoon
0830 Surf Junction Picnic Shelter	Introduction to the Surf Zone <ul style="list-style-type: none"> • Hazards • Etiquette Equipment <ul style="list-style-type: none"> • Clothing • Design • Safety Gear Technical Skills <ul style="list-style-type: none"> • Review foot positions and stances • Strokes Remounting the board	Surf Strokes Breaking Out Situational Awareness Catching Waves
TBD	Tides, Waves, and Surf Beach Morphology Review Surf Strokes Situational Awareness Catching Waves Turns	Ongoing Coaching and Feedback



Thank you for enrolling in our SUP skills training program. If you have additional questions or concerns, please contact us at info@skills.ca.