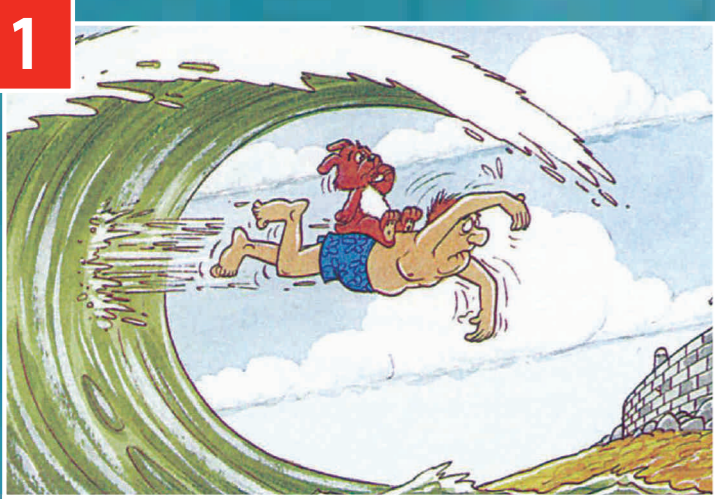
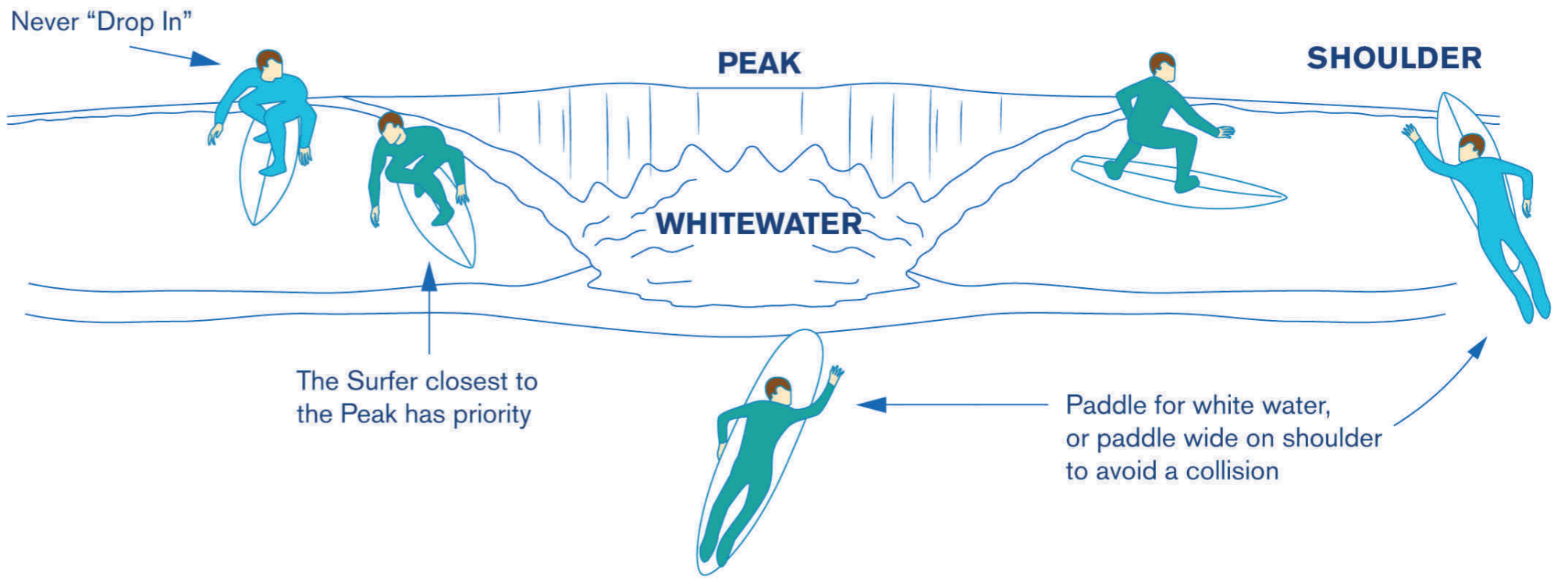


Stay Safe on the Surf

Basic Surfing Etiquette



1 Be able to swim.



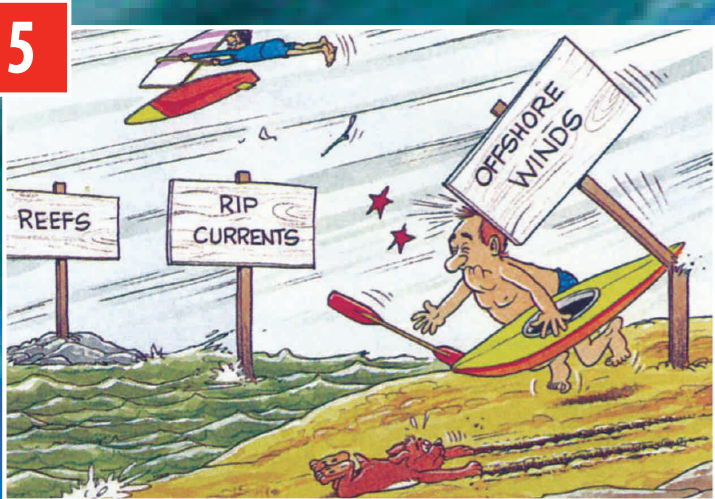
2 Get proper instruction at an ISA Approved Surf School or Club.



3 Check local knowledge with lifeguards or experienced surfers.



4 Study the waves and only go out if you are capable in the conditions which prevail. Stick to beaches until you are experienced. Do not be over-confident.



5 Learn to observe the ocean to identify rips, wind changes and other hazards. If caught in a rip always paddle across current to safety.



6 Never go out at night when darkness is approaching.



7 When you "wipeout" do not come to the surface too soon, protect your head with your arms as you come to the surface. Wear a safety helmet.



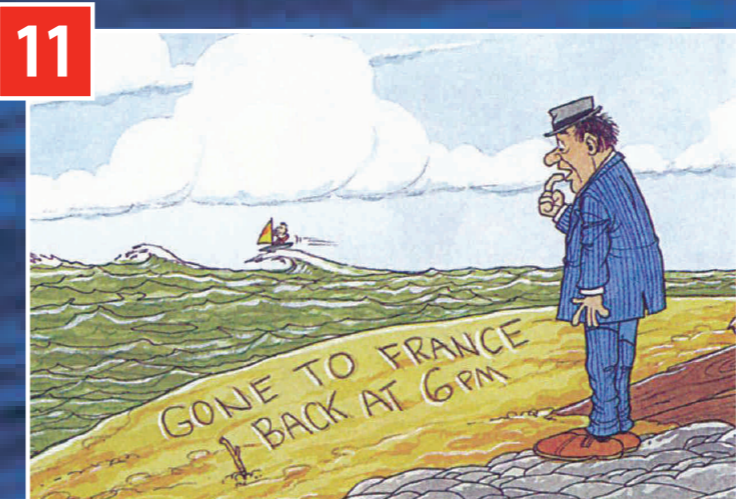
8 Check your equipment, especially your leash. Remember it is much easier to spot a brightly coloured board and wetsuit at sea in the event of you requiring rescue.



9 Never go out in the surf alone.



10 Check the weather and tides before you paddle out. Spring high tides can make entering and exiting the water dangerous.



11 Advise someone ashore where you are going and when you will be back.



12 Have respect for other surf users and don't be afraid to ask for advice.



13 Don't be a hazard to swimmers or other water users. Always check behind you for other water users before abandoning your surfboard to dive under a wave.



14 If you find yourself in difficulty stay calm, do not discard your board, wave your arms in the air to attract attention and shout for help. Do not panic, help will come.



Irish Water Safety
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PROMOTING YOUR SAFETY

In an Emergency Dial: 112 or 999