

## Surfing Patch for Girl Scout Juniors

Complete six activities, including the starred ones.



1. Find out where you are able to surf in your community. Learn the difference between surfing and swimming beaches, and find out which beaches are better for beginner surfers. Make sure the choices include supervision by county lifeguards.
2. Visit a surf shop. Find out about the equipment necessary for surfing. Learn about types of surfboards, beginner boards, surf wax, leashes, wetsuits, rashguards, and other items for sale in the surf store. Learn the prices for different equipment.
- \*3. Take some surfing lessons and learn the basics of surfing. Demonstrate that you know how to paddle; how to handle a board under and over a wave; how to stand up on a board; and how to fall off safely from the board.
4. Learn how to properly care for your equipment. Learn how to apply wax to a board, and how to store your surfboard when not in use. Learn the proper way to care for a wetsuit.
5. Find out the type of training and experience your instructor needed before she could begin teaching others;

### Or

- Explore the different careers that there are in the surfing field. If possible, interview a professional or competitive surfer.
6. Go to a surfing competition and learn how the surfers compete or watch a televised performance by professional surfers.
  7. Learn about ocean safety from your instructor. Girls must be instructed to avoid strong currents, rough surf, and other potentially dangerous conditions. Be able to identify a rip current and how to safely swim out of one. Learn about surfing etiquette while surfing in a large group of surfers.
  8. Learn how to read a tide chart. Ask your local surf shop for a tide chart, and try to determine when are the best times for surfing.
  - \*9. Review the Safety Activity Checkpoints and then develop safety guidelines that your group will follow while earning this badge.