



STOKED

SURF LESSONS & OCEAN SAFETY

WITH STOKED SURF SCHOOL

WHERE LEARNING MEETS ADVENTURE !

Stoked Surf School is thrilled to offer dynamic and engaging surf programs tailored for students of all ages. With over a decade of experience teaching both groups and individuals, our programs are designed to meet the needs of young, modern students. Emphasising overall well-being through surfing and beach activities, we ensure a safe and fun learning environment guided by qualified coaches and lifeguards.

Our programs focus on imparting valuable ocean safety knowledge, preparing students for future beach visits with friends and family, and fostering important life skills.

PROGRAM OPTIONS:

WAVESAFE: FULL-DAY SURF & OCEAN SAFETY

Spend a day at the beach !

DURATION: 9:30am – 2:30pm (Terms 4 and 1)

LOCATION: Cave Rock, Scarborough Beach

COST: \$48 plus GST per student

INCLUDES: Two water sessions, board rescue training, and comprehensive ocean safety instruction.

AGE: Primary students 8-13yrs
and Secondary students 13-18yrs

WAVESAFE: HALF-DAY SURF & OCEAN SAFETY

Full day at the beach !

DURATION: 9:30am – 12:00pm

OR 12:00pm – 2:30pm (Terms 4 and 1)

LOCATION: Cave Rock, Scarborough Beach

COST \$26.50 plus GST per student

INCLUDES: One water session focusing on basic surfing skills and ocean safety awareness. Perfect for large classes, we can split the group into a morning and lunchtime session, ready to catch the bus back to school by 2.30pm.

EXCLUSIVE TO STUDENTS IN YEARS 5 TO 13: This special two-hour water session highlights ocean water safety, introducing students to the fundamentals of surfing and essential beach safety practices, including rip identification and recognising safe beach conditions for both surfing and swimming.

Beach games available for students who are not in the water.

PARTICIPANTS WILL:

- Experience the exhilaration and joy of surfing while learning a new physical skill.
- Engage in the moment within an outdoor classroom setting.
- Have fun with peers, learning, laughing and growing together.
- Cultivate inner confidence to navigate the challenges of the modern world.

COMPONENTS OF ALL-DAY AND HALF-DAY SURF SESSIONS:

- Dangers and risk management discussion
- Ocean awareness and water safety instruction on the beach
- Stretching and movement warm-up

BASIC SURFING SKILLS:

- Identifying the shore break
- Paddling and sitting on the board
- Wave selection and paddling for a wave
- Popping up to feet
- Riding a wave
- Surf etiquette

ADDITIONAL FOR AN ALL-DAY SURF SESSION:

- **Board Rescue:** Practical partner exercises on rescue techniques and recognising dangers during a rescue.

INSTRUCTOR TO STUDENT RATIO:

All activities are conducted with a maximum ratio of 1 surf instructor to 8 participants. All participants are required to wear branded rash vests for easy identification.

SESSION GOALS:

- Provide an overview of beach-specific ocean water safety
- Teach basic ocean rescue techniques (full day only)
- Develop surf skills including paddling, catching, standing, and riding waves
- Ensure fun and bolster student confidence

EQUIPMENT PROVIDED:

- Soft top surfboards (variety to suit all ages and abilities)
- Long steamer wetsuits
- Sunblock
- Bodyboards available
- BBQ available

DOCUMENTATION:

As a Surfing New Zealand affiliated surf school, we supply the required Health and Safety documentation, including RAM and EAP for Christchurch beaches. Please email us to request these documents.

PROGRAM OPTIONS:

WAVE WARRIOR

Option to assess NZQA Achievement Credits

OPTION 1: Cost: \$ 154 plus GST per student (\$106 = 4 weekly sessions plus \$48 = full day)

OPTION 2: Weekly surf lessons in Terms 1 and 4, either after school or co-curricular as part of PE - \$25.50 plus GST per lesson, per student.

DURATION: OPTION 1 - Weekly lessons over 4 weeks, culminating in an all-day surfing session in week 5. Final lesson and assessment 9:30 AM - 2:30 PM.

LOCATION: Cave Rock, Scarborough Beach

OPTION 1: WEEKLY PLUS 1 DAY - Designed to get students proficiently riding waves over a 5-week period. Assessment includes managing the board in water, performing an Eskimo roll, popping up, riding waves, and executing maneuvers.

OPTION 2: WEEKLY - Choose how many weekly sessions your students would like to attend over terms 1 and 4. The more sessions the students participate, the more confident and higher their skill level. Students will become proficient over the course of the term and practice surf skills each week with our qualified instructors

EXCLUSIVE TO STUDENTS IN YEARS 9 TO 13

Includes a SNZ Wave Warrior booklet to track students progress.

COMPONENTS OF WAVE WARRIORS

- Dangers and risk management discussion
- Ocean awareness and water safety instruction on the beach
- Stretching and movement warm-up

SURFING SKILLS

- Identifying the shore break
- Paddling and sitting on the board
- Wave selection and paddling for a wave - progressing to out the back
- Popping up to feet - progressing to pro pop
- Riding a wave - progression to maneuvers
- Surf etiquette - how to handle yourself in a crowd

BOARD RESCUE: Practical partner exercises on rescue techniques and recognising dangers during a rescue.

INSTRUCTOR TO STUDENT RATIO:

All activities are conducted with a maximum ratio of 1 surf instructor to 8 participants. 1 Surf instructor to 5 students when “out the back”. All participants are required to wear branded rash vests for easy identification.

SESSION GOALS:

- Provide an overview of Christchurch beach-specific ocean water safety
- Teach basic ocean rescue techniques
- Develop surf skills including paddling, catching, standing, and riding waves
- Progress to “surfing out the back” and multiple surf maneuvers on the critical part of the wave
- Ensure fun and bolster student confidence

EQUIPMENT PROVIDED:

- Soft top surfboards (variety to suit all ages and abilities including high performance)
- Long steamer wetsuits
- Sunblock

REQUIRED DOCUMENTS:

Stoked Surf School provides RAM and EAP for Christchurch beaches, ensuring all participants' safety.



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