

Central Coast Patrolled Beaches

for a list of local board rider clubs go to www.surfingaustralia.com



Proudly supported locally by: SURF SCHOOLS



Terry McDermott Surf Coaching
Soldiers Beach
Phone: Sandra English 02 4399 2865
www.surfcoaching.com.au



Gosford City Surf School
Terrigal and Umina
Phone: Nick Leslie 0418 308675 or 02 43 258 123
www.gosford.nsw.gov.au/leisure_centres/penl



Central Coast Surf School
Avoca, Terrigal, Umina
Phone: Kelly Smith 0417 673 277
www.centralcoastsurfschool.com.au



BJ's Surf School
76A Ocean Parade, The Entrance
Phone: Brett Jones 0404 475 144 or 02 4332 0377
www.bjsurf.com.au

SURF SHOPS



- Channel Surf Co. – THE ENTRANCE
- Gardner Surf Boards – NORAVILLE
- Wizstix – LONG JETTY

Beachin Surf
262 Main Rd Toukley
Phone: 02 4396 5159 www.beachinsurf.com.au



East Gosford Surf Shop
54 York St East Gosford
Phone: 02 4324 8942 www.egss.speedfind.com.au



The Surfshop
Fountain Plaza Erina and Lisarow Plaza, Lisarow
Phone: 02 4365 1397 www.thesurfshop.com.au

PROUDLY ENDORSED BY:



NSW Sport & Recreation
For more details Ph: 13 13 02
www.dsr.nsw.gov.au



The Australian Professional Ocean Lifeguard Association Incorporated
4/120 The Entrance Rd THE ENTRANCE NSW 2261
Phone: 0408 855 267 www.apola.asn.au



NSW Sporting Injuries Committee
Level 4 92-100 Donnison Street
Phone: 02 4321 5392 www.sportinginjuries.nsw.gov.au



Surfing Australia
Casuarina Beach Phone: 02 6674 9888 www.surfingaustralia.com



Central Coast Surf Life Saving
PO Box 5029 TUGGERAH 2259
Phone: 02 4353 0299 www.slsc.com.au



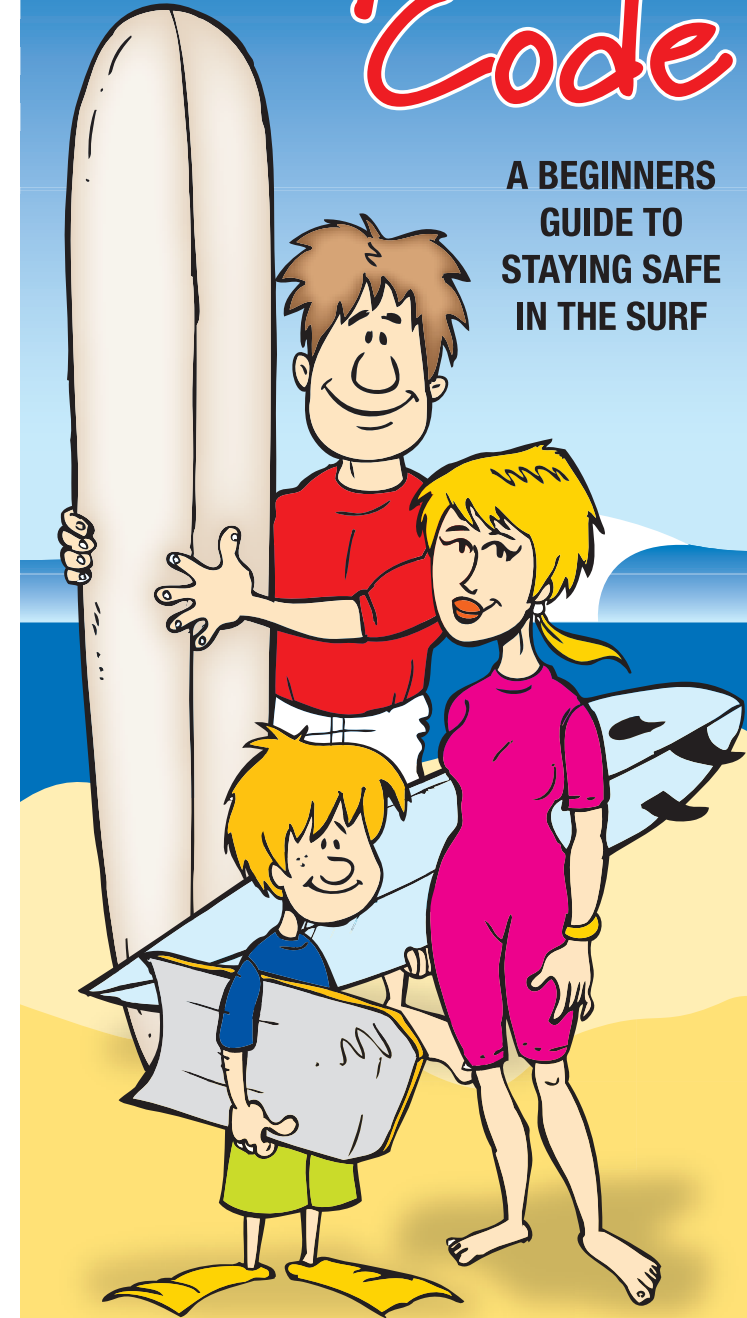
Wyong Shire Council
16 Hely St WYONG NSW 2259
Phone: 02 4350 5555 www.wyong.nsw.gov.au



Gosford City Council
49 Mann St, GOSFORD NSW 2250
Phone: 02 4325 8222 www.gosford.nsw.gov.au

The Surfer's Code

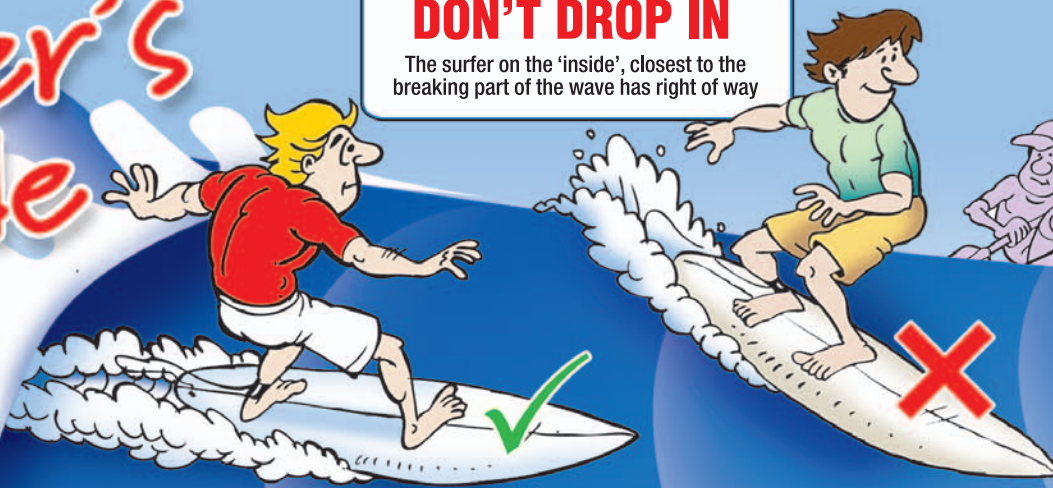
A BEGINNERS
GUIDE TO
STAYING SAFE
IN THE SURF



The Surfer's Code

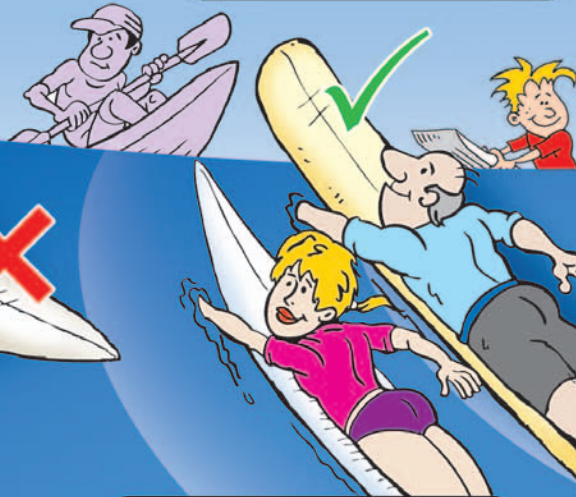
DON'T DROP IN

The surfer on the 'inside', closest to the breaking part of the wave has right of way



PADDLE WIDE

When paddling out, stay wide of the break, away from other surfers



DON'T THROW YOUR BOARD

Whenever safely possible try to hang onto your board. Learn to 'duck-dive' to get under waves. If you must discard your board make sure no-one is behind you or nearby



COMMUNICATE

When catching a wave let others near you know which way you're going



Respect everyone's right to enjoy the surf



Tips for Staying Safe in the Surf

- 1 **Check the Conditions.** Choose your spot carefully. Obey all signs and flags. If you are unsure of surf conditions, ask a lifeguard.
- 2 **Check your gear.** Board in good condition with safety leash or leg rope attached. Wetsuit, fins etc suitable for conditions. Slip, slop, slap.
- 3 **Never surf alone.** Surf with a mate and always let others know where and how long you will be.
- 4 **Surf within your ability.** Know your limits. Reassess conditions as they change. If you do get into trouble, raise your hand and call out for assistance.
- 5 **Follow the Surfer's Code.** Respect everyone's right to enjoy the surf. Follow the code for a safe and enjoyable surf!

OBEY THE SIGNS AND ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS



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