



The ABC Lesson

Section A Introductions

1	Personal Introduction	
2	Equipment Issue	
3	General Beach Safety	**
4	Format of Lesson	
5	Carrying Board	
6	Action of Leaving Group (Head Count)	**
7	Recall & other Signals (Buddy System)	**

Section B Prone Surfing

	* Warm Up	**
8	Instruction Semi Circle	
9	Parts of Board (Leash)	**
10	Entry into Sea - Correct Method - Depth	**
11	Catching Wave - Prone Position	
12	Correct Hand & Body Position (Trim)	
13	Stopping Board	**
14	Action On Wipeout	**
15	Recap of Signals	**
16	Action On leaving Group	
17	In water demonstration by Instructor	**
18	Student in water supervised practice	

Section C Standing

19	Catching Wave - Introduce Paddling- timing & technique	
20	Pop/ Jump up techniques (whole & part demos & practice), Alternative methods ie knees	
21	Repetition - Fault Correction, Feedback	
22	Leash Foot	
23	Control of Board	**
24	Action on Wipeout	**
25	Reinforce Recall & Signals	**
26	Action on Leaving Group	**
27	In water demonstration by instructor	
28	Student in water supervised practice	**
29	Cool Down	**
30	Conclusion of lesson/ de brief	

**** Indicates Main Safety Points**

*** A Warm Up session must be included prior to the group beginning any strenuous activity. The exact timing for this will depend upon the lesson structure used for the session**