

Guideline For Surfing/Body Boarding/Paddle Boarding

– Water Based Adventure Tourism Activities

For Registration with Sri Lanka Tourism Development Authority

1. INTRODUCTION

The act of surfing has been taking place over many thousands of years with Peru and Polynesia being the birthplace of the sport. With the introduction of the leash in the early 70's surfing became more popular. The leash is a device that attaches the surfer to the board so that when falling off the board the board is not lost.

Surfing is act been propelled by an ocean generated wave. It includes the disciplines of Short Boarding, Long Boarding, Body boarding, Knee Boarding and, Paddle Boarding.

Surfing demands body balance and degree of physical fitness.

The most popular form of surfing is wave riding either in the white water or broken wave or riding across the unbroken wave.

It is a highly weather and tide condition dependent sport where the waves that can be ridden will change very often.

Many people learn to surf by person in "Surf Schools/Institute" and "Surf Camps" where learners can practice or experienced surfers can improve their skills.

All tourists' destinations there are hire outlets providing surfboards of various types.

2. BASIC OPERATING PROCEDURES / GUIDELINES

2.1.OPERATION

All operation must be conducted within strict adherence to Internal Surfing Association (ISA) regulation and guidelines

- a) All surfing equipment should check for sea worthiness.
- b) Medical condition and swimming ability of the participant should be evaluated.
- c) Weather and wave conditions should be monitored.
- d) Indemnity forms must be signed by the participant.
- e) Orientation must be conducted which includes Emergency communication and identification of emergency, Recall and general signals etc.

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2.2.INSPECTION AND MAINTENANCE PROCEDURE

All equipment used must be checked on a daily basis.

- a) All communication devices must be checked and tested on a daily basis
- b) First Aid kits should provide with adequate stock of basic medicine.
- c) Leashes must be checked on daily basis.
- d) Surfboards including fins and wax coats must be checked daily for any damage that may cause injury to the participant.

3. MANDATORY EQUIPMENT

3.1.

- a) All basic lessons must be conducted on "Soft Boards" as standard.
- b) Intermediate lessons may be conducted on fiberglass boards. An "intermediate" is classed as a surfer can paddle out through the breaking waves.
- c) All boards must be fitted with a surf leash of the correct length of the board supplied with tethering and Velcro to the board in good condition.
- d) Fiberglass and soft boards must be fitted with the correct fins for the size of the board.
- e) Fiberglass boards must have their decks coated with wax that provides the correct amount of traction
- f) Vest must be worn by the Instructor / Guide at all times with a distinct color difference from the clients.
- g) A fully stocked first Aid kit must be available at the venue at all times.
- h) A "Rescue Surfboard" of standard soft or fiberglass board not less than 8ft in length must be placed on the beach operation center at all times.
- i) Equipment is of high quality and maintained accordingly to produce a quality and safe experience for participant.

3.2. REQUIRED DOCUMENTS/APPROVAL

The Surf institute or Surf Camp Operator must maintain the following minimum documentation.

- a) Copies of identification documents, emergency contact details or all participants.

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- b) Risk Assessment Document, Emergency Action Plan (EAP) and Normal Operation Procedure (NOP).
- c) Surf schools / Camp/ Institutes or Operator must be a branch registered and recognized by a National Association.

4. SAFETY & RISK MANAGEMENT

All instructors must have an in-depth knowledge of the Risk Assessment document and how it relates to the Normal Operation Procedure (NOP) and Emergency Action Plan (EAP).

4.1. EMERGENCY AND RESCUES

- a) Location of the Emergency Action Plan (EAP) is made clear to all participants and instructors on a daily basis. This should clearly indicate the procedure in the event of emergency evacuation.
- b) Evacuation procedures and routes are clear explained in the venue analysis briefing.

5. GENERAL INFORMATION

5.1. INSTRUCTORS/GUIDES

- a) All instructors should hold a valid ISA Level -1 accompanied by valid ILS Surf Lifeguard award or International Surfing Association (ISM/International Life Saving Association (ILS) Aquatic Safety Award as minimum requirement award.
- b) All instructors / guides and any employee involved in the activity must have an in depth knowledge of all Emergency Action Plans, Normal Operating Procedures and Risk Assessments.

5.2. MEDICAL CONCERNS

- a) All instructors / guides should have a full awareness of the content of each client's Booking Form
- b) The instructor must ensure that the client is medically and physically able to take part in the activity
- c) Booking Forms and Indemnity forms must be signed by the clients that they " Will adhere to all safety guidelines and physically capable of taking part in the activity and will ensure the safety of themselves and others at all times "
- d) No pregnant women or any person who the instructor deems to be a danger to themselves or others be not allowed to take part in the activity