

# SURFING LEVELS

## Beginner

Surfing area: White Waves and Green Waves, both under one metre.

### Level 1

#### basic equipment

- Choose a board that suits your size and skill level (length, volume, material).
- Equip yourself properly with a well-fitting wetsuit and a functional leash.
- Learn how to carry and handle your board safely for yourself and others.

#### The environnement

- Identify the surfing area suitable for beginners and understand how to read the water conditions (waves, currents, sandbanks, swell).
- Be familiar with beach signage and regulations to ensure safe enjoyment.

#### First Impressions

- Pass the foam, adopt the correct lying position and develop an effective stroke.
- Performing your first take-offs and finding your balance standing on the board.

### Level 2

#### Natural Environment

- Become familiar with the natural environment: learn how to reach the open sea while controlling your board, return without it by bodysurfing, and understand the dynamics of the water.

#### Influencing factors

- Understanding influencing factors: wave formation, swell and wind direction, tidal cycles, and spot topography.

#### Pass the Bar

- Learn how to navigate through foam effectively, let go of your board or dive under larger waves.

#### Wave catching

- Spot a suitable wave, manage your paddle timing and take off towards the open area.

## Intermediate

Surfing area: Green Waves at a line-up of around one metre!

### Level 3

#### Comportements

- Mastering the rules and behaviours: knowing the priorities, not getting in the way of surfers in action, and controlling your board in all situations.

#### Placement

- Learn how to position yourself: identify the line-up, use the currents to return to the open sea and position yourself intelligently among the other surfers.

#### Spot & Matos

- Analyse the spot and equipment: recognise the types of waves (beach break, reef, point break) and adapt your board accordingly.

#### Rame & Take Off

- Optimise your paddle and timing: differentiate between your placement paddle and take-off paddle, adjust your take-off and follow the wave across.

### Level 4

#### Powerful Conditions

- Apply the rules in more powerful conditions: manage priorities, recognise your limits and ensure your safety without a board.

#### Reading the Swell

- Position yourself effectively: know how to read the depth and spot drifts so you can reposition yourself in the right area.

#### Take Off Rapide

- Improve your technique: master take-off and direction in a single movement, learn your first "duck dives" depending on your board.

#### Trajectories

- Explore supports and trajectories: position yourself frontside or backside, pick up speed and follow the wave on its clear part.

## Advanced

Surfing area: Independence on the spot, it's up to you to progress!

### Level 5

#### Security +

- Ensuring your own safety and that of others: knowing how to identify someone in difficulty, bring them to safety and anticipate risks.

#### Forecast & Surf

- Read and interpret surf forecasts: analyse swell, wind and tides, and choose the right spot based on the conditions.

#### Line-up Respect !

- Respect the etiquette at the line-up: stay in the correct position, interact respectfully and adopt a friendly attitude.

#### 1st Manoeuvres

- Getting into the manoeuvre: generating speed, performing your first bottom turns, smooth carving and perfecting the duck dive.

### Level 6

#### Security +++

- Ensure active safety: be able to rescue a surfer or swimmer and know the procedures and emergency numbers.

#### Conditions & More

- Adapt to all types of conditions: surf different spots and waves, regardless of size or power.

#### Manoeuvres +++

- Stabilise technical fundamentals: flowters, carvings, cut-backs and re-entries become fluid and controlled.

#### Environnement +++

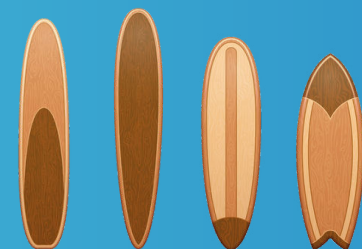
- Develop advanced reading of the water: anticipate sections, adjust your trajectory and exploit the wave to its full length.
- Identify hazardous or accident-prone areas and anticipate risky behaviour.



We start with a large foam board: very stable, easy to paddle and perfect for learning to stand up and keep your balance.



Mini-Malibu – First steps  
We move on to a smaller foam board or a mini-malibu: easier to handle, it allows for better control of direction and improves technique.



Hybrides (Fish, Egg) – Progression technique  
Ensuite viennent les planches hybrides : fish, egg... Elles offrent une bonne flottabilité et une grande maniabilité, idéales pour commencer les vraies manoeuvres et les premiers virages efficaces



Shortboard & performance  
Advanced level  
With a good level, you can move on to high-performance fish or shortboards: fast, agile, perfect for performing big manoeuvres and getting 100% out of the wave.