

Basic Surf Kayak Reference

Safety

- Know the venue hazards
- Know where the rips are
- Be aware of your immediate circle of danger
- Wear a life jacket; have boat toggles
- Dress for the swim
- Never be between your boat & the beach
- Swim – hold on to boat & paddle
- Watch your position vs other users
- Capsize if collision is eminent
- Protect your shoulders

Swimming In

- Hold onto boat & paddle
 - In a rip, swim parallel to waves to exit rip
1. Lay on top of boat and paddle with arms & kick
 2. Hold boat by cockpit horizontally in front & kick
 3. Swim using paddle (if do not have boat)

Paddling Out

- Good forward stroke
- Lift knee & sweep; then stroke on other side
- Stab the wave (⚠ watch face); then stroke
- Use the rips / space between waves

1. Diagonal Run

Travel along the wave face



- Rotate upper body toward wave face
- Edge into wave
- Trim forward for speed
- Paddle on wave face

- Move up or down wave face:
 - * Edge control – more or less edge
 - * Stern Rudder – pry or draw

Wave Anatomy



- **Types:** Spilling, Plunging, Surging, Collapsing
- **Breaks:** Beach, Point, Reef

Take Off



Position

- Close to wave peak/pocket
- Before wave breaks

Angle



- Angle
- Straight (⚠ bury bow)

Speed

- Rapid, power stroke
- Wave speed

Trim

- Upper body forward
- Maintain speed

Common Capsize Causes

- Drop beach edge
- Bury bow or stern
- Pitch backwards (paddle out)
- Curled under wave lip

Rolling in the Surf

- Don't panic
- Wait for the wave to pass / release you
- Use the wave

On-Wave Maneuvers



BASIC ELEMENTS

Rotation

- Pre-rotate upper body
- Look direction want to go

Edge & Extension

- Lift opposite knee to edge boat into wave
- J-Lean & extend upper body toward wave

Support

- Wave side planing paddle brace

Trim

- Upper body forward

On-Wave Maneuvers

CORE MANUEVERS

2. Bottom Turn

Convert motion from down wave to up wave



- Pre-rotate upper body toward turn direction
- Edge into turn

- Keep side of boat out of water – lose speed
- Stay trimmed forward and lean over water
- Support with planing paddle

3. Top Turn

Convert motion from up wave to down wave



- Need speed up the face
- Pre-rotate upper body to new direction as riding up the face

- As approach lip, flatten hull and transition edges
- Stay trimmed forward and lean over water
- Support with planing paddle

Note: It is easy to miss the turn and come off the wave if you do not pre-rotate early

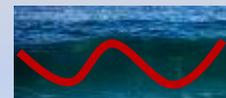
Surf Etiquette

Surfer in Red never has Right-Of-Way. Go Green and have fun.

1. Paddler closest to the breaking wave has possession.
2. Green is surfing, Red may not drop in.
3. Green is already surfing, so Red has a late take-off and may not surf.
4. Again Red is inside Green, but Green is already surfing so Red is out of luck.
5. Red is attempting a soup take-off but Green has caught the wave on the face and has right of way.
6. Green is coming back to the wave face and is not caught in the soup. Red may not surf.
7. Red has lost forward momentum and is caught in the soup. Green may take possession.
8. When Red wipes out Green may surf.
9. Both boats may surf from one peak if they go in opposite directions and their paths don't cross.
10. Red is attempting to take off behind the peak. Green may go if Red can't make the section. Careful judgment is needed, Red might be good enough to make the wave.
11. Green has sole possession and may take off behind the peak.
12. Neither surfer has right of way in a collision situation.
13. Green has right of way but may not hit Red. Under contest rules Red may be called for interference if he impedes Green's progress.

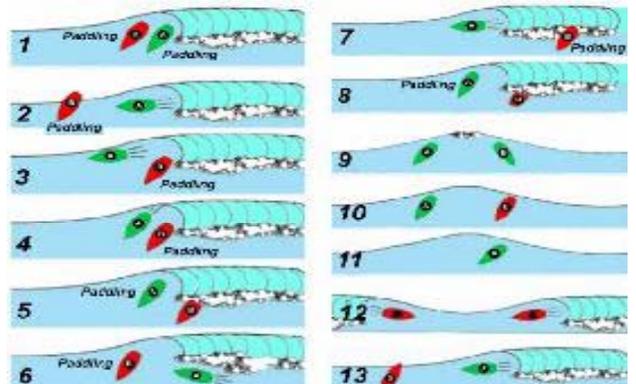
4. Linked Turns

Putting bottom and top turns together in series



- Need speed
- Turn enough to stay in the wave pocket

- Upper body pre-rotation is critical
- While in a turn, start to flatten hull to allow boat to straighten before edging hard to new direction (prevents edge dropping)



Surfer photos: Roxie Dufour

Wave photos: Surftravelcompany.com

Surf Etiquette: Santa Cruz Surf Kayak Competition Rules