



My Ocean Heroes Surf Day



When I Arrive

- I will see tents, flags and friendly volunteers.
- I will check in at the desk and get a wristband.
- I can take my time.



Before surfing

- I will be fitted with a life vest (and wetsuit if I'd like).
- I will meet my surfers in gold and white rash vests.
- I can ask questions.
- We will pick a board and I can practice on the sand.



In the water

- My surfer always stays with me.
- I use a big, safe surfboard.
- I can lie down, sit or stand.
- I can stop or take a break anytime.



After surfing

- I will receive a certificate.
- I will take off my life vest and wetsuit.
- I can get warm and dry in the shade.



Please Remember...



Things to bring

Swim



Swimmers



Towel

Sun safety



Sunscreen



Hat

Snacks



Water
bottle



Snacks

Sensory



Comfort
Items



Warm
clothes



You are welcome here.

You can go at your own pace.

We are here to support you.