

BOSS life skills training Lesson Plan

Outdoor Recreation: Surfing

PREREQUISITS: STRONG SWIMMING ABILITY

The purpose of these trips is to improve the overall welfare and morale of single service members, connect them to the community in which they are stationed through emphasis on natural history and environment, to instruct on the importance of water-safety, open water rescue, and safe exposure to open-ocean.

Service members will help in the process of loading equipment, properly fitting for wetsuits, cleaning equipment, and safely exploring avenues of outdoor recreation and extracurricular exercise in the region.

MWR Recreation Specialist will instruct on open-water safety guidelines with emphasis on reading the tide and terrain, observing, avoiding, and counter-acting the effects of rip-current with refresher on CPR, non-verbal distress and safety signals, and open-water rescue. Rec-Spec will also commentate on local history, flora, fauna, and ecology of the Monterey Bay Marine Sanctuary adjacent to the Presidio of Monterey army garrison on which service-members are stationed.

Service members will help in the process of loading, washing, and caring for equipment and exposure suits.

ITINERARY:

YOU MUST MEET PRIOR TO THE DEPARTURE DAY IN ORDER TO BE SIZED AND FITTED FOR WETSUIT!!! THERE WILL BE NO WETSUIT FITTINGS AFTER 1600 THE DAY OF THE EVENT!!!

Meet at ODR for paperwork/ loading equipment **1700**

Departure from ODR NLT **1730**

Activity from **1800-1930**

Estimated Arrival back to POM **2000**

YOU WILL NEED TO BRING:

- Bring a towel and change of clothes. There are no restrooms on the beach so be prepared to change-out under a towel or in a tent.
- sun protection (sunscreen, hat, sun glasses)
- drinking water (1-2 liters)

WHAT TO EXPECT:

We will be departing POM Outdoor Recreation (Bldg. 228) and transporting to a local beach in either Pacific Grove, Pebble Beach, Seaside, or Monterey.

You will be accompanied by an Outdoor Recreation specialist experienced in the sport and trained in aquatic rescue/ first aid.

All participants will be required to wear exposure suits (wetsuits) to be fitted **NLT 1600** the day of the event ***or any day preceding the event.***

Surfing is a difficult sport to master. Be prepared for surging waves, and exposure to open ocean. **Your surfboard is your flotation device, so strong swimming ability is a requirement.**

You will receive “on the beach” and “in the water” supervision and we will be in the water for about 1 hour.

Every participant will need to be an active participant in the safe handling of the equipment and each other’s personal safety. **Potential hazards should be voiced immediately.**