



University  
of San Diego

## EXPERIENTIAL LEARNING & ADVENTURE CENTER

UC 136, 619-260-4709, [www.sandiego.edu/explore](http://www.sandiego.edu/explore)

# SURF INSTRUCTION DAY

### **DESCRIPTION:**

This introductory surf day is for adventure seekers who want to try something new and have had little to no surf training! The day begins along California's pristine coastline with basic surf instruction by our trained student guides. We will be surfing on 9' long boards to allow you quicker success!

### **BRIEF ITINERARY:**

Meet at the Experiential Education & Adventure Center (previously known as Outdoor Programs) in UC 136, 8 a.m., Saturday, November 14. We plan to return to USD by 2 p.m.

### **COST:**

\$30 for USD ID cardholders (students, faculty, staff, alumni)

\$40 for the general public

### **INCLUDES:**

We provide surfboard rental, wetsuit, transportation guides, instruction/coaching.

### **FOOD:**

Please bring 1-2 filled water bottles. You will be using a lot of calories so it is recommended that participants bring their own snacks/lunch.

### **EQUIPMENT & CLOTHING:**

Participants are responsible for bringing their own bathing suits (board shorts for males, one or two-piece for females) to wear underneath wetsuits, which we will provide. Please come with your bathing suit already on so we can begin surf instruction immediately after arriving at the beach. It is recommended that participants bring extra clothes for after surfing, a towel, & sunscreen. If you would like to wear a wetsuit, please make your wetsuit reservation in UC 136 prior to the trip so we can ensure your size is available.

### **RISKS & HAZARDS:**

There are a variety of risks and hazards associated with adventuring outdoors. General risks are listed on our liability waiver. Specific risks/hazards for this outing include: open ocean water hazards, cold water temperatures, collision with other surfers & surf equipment..

### **RULES OF CONDUCT & SAFETY POLICIES:**

**DRUGS AND ALCOHOL ARE PROHIBITED AT ANY TIME DURING THE TRIP.** We drive to & from the trip site together and stay together during the trip. Please respect and follow the safety instructions of the trip guides.



**PHYSICAL ABILITY/PREREQUISITES:** Participants must be strong, confident swimmers and comfortable in cool to cold water. You will need to paddle your surfboard against the waves. No surf experience is necessary. All skill levels are welcome. Be prepared for a physically challenging workout.

**GROUP EXPERIENCE:**

Plan on being a contributing member of a group. We share the work (i.e. loading and unloading equipment, etc) equally as one group. If you are the independent type who prefers to do things alone this trip may not meet your needs or desires.