LEARN TO SURF IN EL SALVADOR

Learning to surf is quite simply one of the best things you can do in life. We are fortunate to have some of El Salvador’s best surf instructors at our disposal to help you through those first stages.

From your surf and travel pros at www.astadventures.com
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1. A typical day of Surf Lessons with AST Surf School.
2. Surf Training Program
SURF LESSONS

Here at AST El Salvador we have many different courses to choose from, Private and group Training. We also offer Learn To Surf packages, that includes: accommodations, airport transfers, surf lessons, surf transfers, meals, and all the amenities needed to help to push a beginner surfer to the next level.

The Surf School operates year round; we know where in El Salvador is perfect for beginners or intermediate surfers who want improve their surfing skills.
*This is just a sample… we can customize our schedule to meet your needs.

6:00 am  Coffee/ A fresh El Salvadorian coffee before the first surf session.

7:00 am  Classes start right on the beach! Warm up, stretch muscles, some exercise, theory, practice on the sand… to the water!!!

7:30 am  Surf Lessons starts! If first day some theory will be imparted on our facility or at the beach.

9:00 am  We finish our first sessions and we’ll go to enjoy a hearty and healthy breakfast prepared by our chef

11:00 am Nap, relax, or hang out by the pool
Classes start right on the beach! Warm up, stretch muscles, some exercise, theory, practice on the sand… to the water!!!

12:00 Lunch and break.

15:30 Lessons continue, either right front the hotel or in the spots with the best conditions for you.

17:00 Warm up, stretch muscles, some exercise, practice on the sand… to the water!!

17:00 Lessons end, it’s up to you stay more time in the water to practice what you have learned.

18:00 Back to the hotel.

**Scheduled depends on tides.**
SURF SCHOOL PROGRAM

During a Surf Camp Training with AST in El Salvador
Beginners will learnt all about the amazing sport and lifestyle of Surfing.
KNOWLEDGE OF SURFING

• Surfing history & Tradition
• Ocean environment
• Surfing Equipment
• Surfing Etiquette and rules

Basic Surfing Rules:
• Before paddling out/ Check the line up
• Not paddle out if overcrowded
• Always paddle out around the break
• Always paddle towards the white water
• Never Drop in

To avoid:
• Dropping in
• Snaking

Localism/ Tolerance and Respect.
Nobody owns the ocean
Roles as environmental ambassadors

SAFETY

Personal and surfing equipment

Surf and Weather conditions
• Weather patterns
• Tides
• Types of waves
  • Spilling wave
  • Plunging wave
• Parts of the wave
• Rips and sweeps
  • When caught in a rip don’t panic/ paddle across the rip on a diagonal angle
  • Sweeps: the body of water moves across the beach

Marine creatures
• Bluebottles
• Stingrays
• Blue ringed octopus
• Oysters and barnacles

Selecting a safe venue
• Safe Surfing Zone/ according the surfers level

EQUIPMENT FOR BEGINNERS

• Surfboards
• Fins
• Soft foam rails

Boards for intermediate surfers
• Rounded square, Saquash tail, Rounded Pin, Swallow, Square, Rounded tail

Parts of the surfboard: nose, Rocker, Rails, Tail, Deck, Bottom, Legrope

Wetsuits
We don’t need wetsuit in El Salvador.
Steamer, Sprinsuit, long john, wetsuit top
Legrop, Surfboard wax, Deck grip, Storage

Warm up and stretch
• Indicate Surf Conditions
• Carrying board correctly
• Clear Feedback

OUR SURF TRAINING PROGRAM INCLUDES:
DEFINITION OF SURFING LEVEL

• Beginner/ To paddle properly, catch waves in prone position
  • Performance/ too much to do and improve
• Intermediate/ Take off, bottom turn, Cutback
• Advanced stage/ Skills of taking off and catching challenging waves

Core Skills

• Carrying the board
• Entering the surf zone
• Paddling the board
• Catching white water waves in the prone position
• Standing and riding white waters
• Traversing right and left
• Dismount

Standing up/ Errors

• Legs too far apart
• Legs too close together
• Legs too straight, knees not bent
• Feet not across the stringer
• Front foot pointing forward to one side of the stringer
• Standing too far back
• Standing too forward

Standing and riding white water waves (prone to feet)

• Lying on board
• Paddling strongly
• Looking over shoulder
• Push up (arch back) on tail lift
• Jump to feet
• Correct stance and feet placement
• Practice on the beach
• Traversing Right and Left and right
• Dismounting the board

INTERMEDIATE STAGE SKILLS

• Wave negotiation
• Duck Diving
• Surf Awareness
• Basic Surfing Manoeuvres
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