



13 York Rd, Surfer's Corner, Muizenberg, Cape Town

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Surf School - Standard Operating Procedures

Our Surf School is run from our beachfront location on Surfer's Corner, Muizenberg. We provide beginner and intermediate surfing lessons to people who book directly with us via our websites and partners, we do not accept walk-in bookings.

We use accredited SSA1 or ISA1 instructors to lead our lessons, with a maximum of 6 learners to 1 instructor. All beginners start on soft-tops, before moving onto hard minimal or longboards.

All instructors are trained in First Aid, we have a first-aid kit onsite.

We provide changing facilities, showers and valuables lock-up.

Our school operates lessons 7-days-a-week at 9am daily. A typical 90 minute class includes;

- Correctly-fitted wetsuit and appropriate surfboard
- an explanation of Shark Spotters flag protocol
- (beach) 15 minute beach warm-up
- (beach) 15 minute paddling, popping up & wave-riding basics
- (water) surf instruction for 60 minutes
- Surfers are afforded an additional 60 minute free-surf with the instructor on his own board (if required) to practice further

Our school has public liability insurance, and all surf students complete an indemnity form prior to the lesson.