





## Credentials of our support team

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To ensure the safety of the para-surfer, as well as all other surfers in the water, the support team must have certain credentials. It is important to note that all sessions at Lost Shore are lifeguarded and, if the lifeguard team deems a surfer and their support team to be a risk to themselves or others they may be asked to leave the pool.







## Prone Assist Surfers

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Most prone assist surfers will need a minimum of one catcher in their support team. Due to the size of the pool and the nature of the waves, the area where a surfer may come off the wave is large. As a result, the prone assist surfer must be comfortable floating in the water whilst being hit by waves. If needed, they should bring their own buoyancy aides. These factors may mean that have two catchers is preferable for the prone assist surfer.

### **Pusher requirements:**

- Must be an experienced pusher of para surfers and an advanced surfer.
- Must be physically fit, as the pusher is responsible for paddling the surfer out using swim fins and pushing them into waves.
- Desired, but not essential, ISA Level 1 Surf Instructor and/or ISA Adaptive Surf Instructor certified.
- Must sign Lost Shore Surf Resort waiver.
- Must wear coloured rashvest in the water.

### **Catcher/s requirements:**

- Must be confident in reading the waves and physically fit to be able to move quickly to catch the surfer (particularly if they've wiped out).
- Must sign Lost Shore Surf Resort waiver.
- Must wear coloured rashvest in the water.



# Visually Impaired Surfers

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## Spotter requirements:

- Must be an experienced spotter of para surfers and an advanced surfer.
- Must be confident in reading the waves and communicating clearly to the visually impaired surfer.
- Desired, but not essential, ISA Level 1 Surf Instructor and/or ISA Adaptive Surf Instructor certified.
- Must sign Lost Shore Surf Resort waiver.
- Must wear coloured rashvest in the water.





# BOOKING

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## Which session to book?

For surfer's first time surfing Lost Shore, we strongly recommend booking in for one of our intermediate wave settings (Cruiser, Cruiser+ or Turns). Surfing at a Wavegarden Cove will feel quite different from surfing in the ocean and the role of the pusher/catcher/spotter will likewise feel different.

## Booking process

If the surfer requires support in the water from a pusher or spotter, this booking should be made via the [adaptive surfing page](#). This will book in a second place for the pusher/catcher for free. Please note this free space is only needed for para-surfers who require either a pusher or spotter. All surfers and their support teams must check-in at the reception desk.

Para-surfers who surf independently should book in for their session via [Lost Shore's booking page](#). Whilst para-surfers who require a support team, but are not travelling with one, should contact [Inclusive Surfing Scotland](#).







## ON THE DAY

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### Briefing

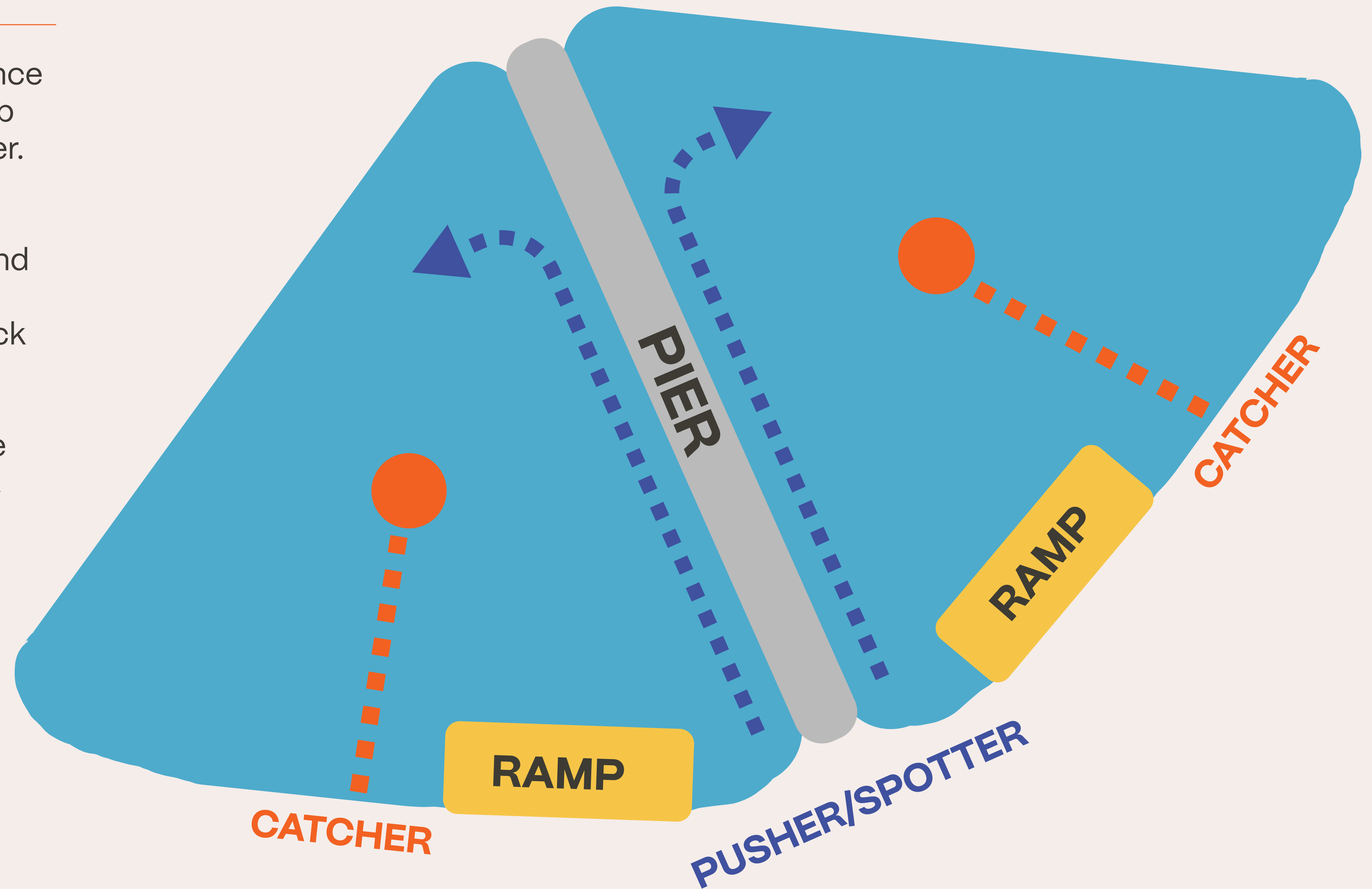
Surfers and their support team should be ready 15 minutes before the session for the briefing. During the briefing one of the coaches/lifeguards will explain to all participants how the session will run, which number to catch the wave from and go over important safety information.

Surfers/support teams please speak to the coach/lifeguard in advance of the session and explain that there is a support team in the water. This will then allow the coach/lifeguard to inform all other participants and ensure that the wave behind the adaptive surfer is left for the pusher/spotter to ride.



# PADDLE OUT

Surfers should only paddle out once they've been given the thumbs up by the lifeguard on the central pier. Surfers, pushers and spotters should paddle out by the central pier, where the water is deeper, and the current here will help you get quickly out to the 'reef' at the back of the Cove. Catchers should not enter the pool in the same place, instead they should wade into the water from the middle of the bay.





# CATCHING WAVES

Each wave setting at Lost Shore has a corresponding number on the wall – the lifeguard/coach will let you know during the briefing. This will be reiterated by the lifeguard/host during the session, and this information is also on the screen on the machine during the session. Surfers should position themselves on this number around 1 metre from the wall.





## Prone Assist Surfers

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The prone assist surfer will be moved into position by the pusher who will use swim fins to help propel them. As the wave comes, the pusher should kick hard and push the prone surfer at a slight angle onto the wave. The prone surfer will ride across the face of the wave towards the catcher on the inside.

The pusher will catch the wave behind and bodysurf in toward the bay where the catcher will hopefully have caught the surfer. If the surfer wiped out early, the pusher should kick off the wave to assist them. Catchers should ensure the position themselves close to the end of the rideable wave.

Catchers should stop the surfer riding the whole way into the bay. Additionally, catchers must ensure that their positioning doesn't impede other surfers in the water.

## Visually Impaired Surfers

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Surfers with visual impairments may need support from their spotter to position themselves in the correct place, to angle their board appropriately and to know how much to paddle. Once the surfer has caught the wave, the spotter should paddle and catch the wave behind. Once the visually impaired surfer has completed their wave, the spotter can support them to paddle back out to the reef.

Please note, the emphasis for the spotters surfing the wave behind is not on performance surfing, instead it is to ensure the safety of the visually impaired surfer. If the surfer has wiped out, it is suggested that the spotter safely dismount to help the visually impaired surfer navigate the whitewater and then assist them to get back out to the lineup. As such, it is recommended that the spotter surf a softtop surfboard where possible.



# Get in touch

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lostshore.com  
inclusivesurfingscotland.com



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