



Migration 2 Surf – a free surf safety course for adult migrants



MIGRATION2SURF



Frequently Asked Questions

1. [What is Migration 2 Surf program?](#)
2. [What I will learn in the Migration 2 Surf program?](#)
3. [Why Migration 2 Surf?](#)
4. [How can Migration 2 Surf benefit me?](#)
5. [Who is organising the Migration 2 Surf program?](#)
6. [Who should join the Migration 2 Surf program?](#)
7. [Are swimming skills a pre requisite to join the Migration 2 Surf program?](#)
8. [I've never been to the beach; can I still enrol in the Migration 2 Surf program?](#)
9. [Can I just do the theory session of the Migration 2 Surf program?](#)
10. [How safe are the Migration 2 Surf practical session in the ocean?](#)
11. [How do I register for the Migration 2 Surf program?](#)
12. [What do I need to bring or have to join the Migration 2 Surf program?](#)
13. [Will I get a certificate at the completion of the Migration 2 surf program?](#)



Frequently Asked Questions

1. What is Migration 2 Surf program?

‘Migration 2 surf’ as the name suggests, is a program built to assist migrants and other Australians to successfully build a relationship with the sea and surf in a safe and informed way.

The program aims to provide basic safety information about the sea, the surf and the waves. The course also has a practical session that involves a one-on-one session with a surf life saver to help participants get comfortable in the water and develop self confidence.

[Move to the top](#)

2. What I will learn in the Migration 2 Surf program?

In this program you will learn:

- What’s a rip and how to identify it.
- How waves behave and what to be wary of.
- Where to swim to be safe.
- How to safely get in and out of the water.
- The best ways to enjoy the beach.
- The different types of beaches.
- Where to get information?
- What to do in case of an emergency?
- What “Swim between the flags” actually means?
- Plus your own questions and dilemmas will be answered.

[Move to the top](#)

3. Why Migration 2 Surf?

Unlike many Australians, who are born and brought up near the sea, migrants may have had little or no exposure to the sea and surf. Thus they may not have the necessary skills and knowledge about the safety aspects of the sea and surf. This can result in unnecessary risks being taken or little or no real contact with the sea because of low confidence.



The aim of the program is to improve surf and sea safety and provide the participants with the necessary knowledge to help bridge the gap and develop self confidence. It helps participants build a respectful relationship with the sea and enjoy the Australian beaches confidently.

[Move to the top](#)

4. How can Migration 2 Surf benefit me?

The Migration 2 Surf Program will provide you with the necessary knowledge about the sea and help you overcome any fear, so that you can enjoy the Australian beaches respectfully and responsibly.

The theory session gives you basic knowledge about the sea and the surf. While the practical one on one session with the surf life savers, helps implement the theoretical knowledge and gain self confidence in the water. The program also provides you information on how to react in case of emergencies and helps develop skill that ensure your safety in the water. This will help you enjoy the Australian beaches confidently.

[Move to the top](#)

5. Who is organising the Migration 2 Surf program?

The Coogee Surf Life Saving Club in the Eastern suburbs of Sydney NSW is supporting this course and it is organised by the volunteers from the Club.

Please visit www.coogeesurfclub.com.au for more information about the beach and the club.

[Move to the top](#)

6. Who should join the Migration 2 Surf program?

The program is for anyone, with little or no exposure to the sea and surf, and who would like more knowledge about the safety aspects of the sea and surf. This program is designed for people who lack confidence to enjoy the sea, but are willing to overcome the barriers and gain skills and knowledge to develop a relationship with the sea and the surf.

[Move to the top](#)



7. Are swimming skills a pre requisite to join the Migration 2 Surf program?

The answer is no.

No prior swimming experience is required, as this program is not to test your swimming abilities, but an information sharing program. Moreover you will be given a personal surf life saver who will guide you through the practical session, at your own pace.

[Move to the top](#)

8. I've never been to the beach; can I still enrol in the Migration 2 Surf program?

No prior experience of any beach is required. The theory session will cover the knowledge about the beaches and things to look out for and the practical session will cover the rest.

[Move to the top](#)

9. Can I just do the theory session of the Migration 2 Surf program?

If you think you are not ready for the practical session as yet, we might enrol you into the theory session only. However, preference will be given to the participants who are really keen to get into the water and start enjoying the Australian beaches.

[Move to the top](#)

10. How safe are the Migration 2 Surf practical session in the ocean?

Safety is our priority. Your personal life saver will talk to you about your experiences and concerns and will go at your own pace throughout the session. This will help ease you into the water and help overcome any fears you have of the sea.

[Move to the top](#)



11. How do I register for the Migration 2 Surf program?

The Migration 2 Surf program is being held on Sunday, 22 Nov 2009 from 9.00 am to 1.00 pm at the Coogee Surf Club on Coogee Beach, NSW.

To register, send in your name and contact details with date of birth to migration2surf@gmail.com. As seats are limited, the seats will be allocated on a first-come-first-served basis and you will be notified via email regarding your enrolment.

[Move to the top](#)

12. What do I need to bring or have to join the Migration 2 Surf program?

Nothing... literally!! Though, you must be at least 18 year old.

Just come to the club on the course day 15 minutes prior to start the time with your swim suit, a bath towel, some warm clothes, and a lot of enthusiasm and energy, we'll guide you through the entire process.

[Move to the top](#)

13. Will I get a certificate at the completion of the Migration 2 surf program?

All participants who successfully complete both the theory and practical sessions will receive a certificate of completion from Coogee Surf Life Saving Club. Participants who do only one session of the course will not be awarded certificates.

[Move to the top](#)