
	<p>SWIMMING</p> <p>BODY SURFING</p>	 <p>Bracknell Forest Council</p>
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DESCRIPTION:

Riding a wave without the assistance of any buoyant device such as a surfboard or bodyboard. Bodysurfers typically equip themselves only with a pair of specialized swimfins.

This is regarded as a high risk activity. Any person wishing to take a group body surfing must make direct application to Bracknell Forest Council.

QUALIFICATIONS:

An appropriate qualification in body surfing of the Academy of Surfing Instructors, sea swimming rescue and first aid.

STAFFING RATIO:

1 / 5 with a minimum of 2

PROTECTIVE EQUIPMENT:

Buoyancy aid as necessary, head protection, wet suit if necessary, protective clothing as necessary.

HAZARDS:

- Sea conditions
- Hypothermia
- Drowning
- Body boards

GUIDANCE:

This is regarded as a high risk activity. Any person wishing to take a group body surfing must make direct application to Bracknell Forest Council.

OTHER INFORMATION:

Surfing Great Britain: <http://surfinggb.com/tag/academy-of-surfing-instructors/>

British Swimming: <http://www.swimming.org/britishswimming/>