



**Welcome Packet  
Orange County**

**Surf & Turf Therapy  
31441 Avenida De La Vista  
San Juan Capistrano, CA 92675**

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Volunteer Department Ex. 1**



## Welcome

Dear Future Riders, Surfers, Family & Friends,

Welcome to Surf & Turf Therapy. We are very happy to have you onboard and look forward to working with you. We are a non-profit organization 501(c)(3) providing medically (physical, occupational and speech therapy) and recreationally based opportunities for people of all abilities in two unique therapeutic environments- in the surf and at the barn!

This welcome packet provides additional information regarding Surf & Turf Therapy rules, regulations, and other useful information. Please read through it and ask us any questions you might have.

The Surf & Turf team looks forward to working with you!

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## **MISSION**

Surf and Turf Therapy is an organization committed to bettering lives through non-traditional therapeutic activities.

## **VISION**

Surf and Turf Therapy will set the standard for integrated therapy services by providing clinical excellence and personalized care, while making alternative therapies proven and reputable therapeutic forms.

Surf and Turf Therapy provides therapy services targeting traditional, functional goals using non-traditional approaches including surfing, horseback riding, and community-based activities. These unique approaches offer unparalleled opportunities to address deficits in strength, stability, body awareness, coordination, safety awareness, tone management, flexibility, attention, and sensory integration. The focus of treatment is to improve daily life skills, such as walking, postural alignment, talking, and writing, rather than simply teaching individuals how to surf or ride.

Family and friends are invited to join in treatment sessions, with therapy emphasizing functional, fun, and inclusion-based treatment approaches. We invite and encourage the siblings of our patients to join in as part of the therapy session.

## History

Surf and Turf Therapy was founded in 2018 by physical therapist and hippotherapy clinical specialist, Dr. Jillian Stewart, PT, DPT, HPCS. The program began with one horse, Biscuit, tack on loan from the Stewart family, a couple of donated life vests and some of Jillian's surf boards. What started as a passion project that helped 6 patients quickly turned into a full-time program serving 28 individuals each week by the end of 2019, 45 individuals each week in 2020, and then a record 85 services per week during the summer of 2021.

Thanks to the generosity of Rancho Sierra Vista Equestrian Center, the turf program was able to move into its own private barn space in August of 2019. Throughout the first three years, Surf and Turf added three full time therapy horses in addition to Biscuit; May, Emma, and Tomahawk, as well as numerous part time horses, with Bella and Paddy remaining consistent, part time members of the herd. Additionally, our volunteer team grew from three to over 100 individuals, and about half a dozen amazing therapists supported the program on an as needed basis both in the surf and on the turf throughout our first three years.

In 2020 the sibling support program grew, which included hiring a surf instructor and a riding instructor to help support neurotypical siblings of children with special needs. In 2021, thanks to the generosity of a community member, Surf & Turf was able to acquire a van, which allowed the surf program to double in size and support more individuals throughout the summer. On the turf side, we welcomed our first private therapeutic riding participant with instructor Danielle Cupps. Our therapist team also grew, with Dr. Allyson Blackstone, PT, DPT joining as our second full-time physical therapist. In 2022, Dr. Jaime Little, PT, DPT, joined our team to begin serving patients in our second location in San Diego.

We also started providing free caregiver support nights for our special needs families while working with Sandy Feet Initiative and partnered with another local non-profit, Unidos South OC, to provide children from low-income communities with their first exposure to horses.

# SURF & TURF THERAPY

## Our Services

01



**\*Initial Evaluation: \$200\***

*Required for placement in any program, other than sibling support*

02



**\*PT/OT/Speech - Hippotherapy: \$135\***

**Private Therapeutic Riding: \$82**

**Sibling Support: \$55**

03



**\*PT/OT/Speech - Surf Therapy \$154\***

**Sibling Support: \$60**

04



**\*PT/OT/Speech - Community Based \$135\***

**\*Conducted by medical professional\***

[www.surfandturftherapy.org](http://www.surfandturftherapy.org)

## **What is Hippotherapy?**

From the Greek word *hippos* meaning *horse*; Hippotherapy is a therapeutic intervention that uses evidence-based practice and clinical reasoning in the purposeful application of equine movement during physical, occupational and speech therapy treatments. The movement of the horse mimics the three dimensional movements of the human pelvis during walking. Applying different combinations of patterns, speeds, and riding positions under the direction of a licensed medical professional can create unique opportunities for complex motor learning.

Hippotherapy as a therapeutic method can engage sensory, neuromotor, and cognitive systems to promote functional outcomes. Individuals with a range of diagnoses can participate and benefit, including but not limited to autism, Down syndrome, Angelman syndrome, cerebral palsy, stroke, spinal cord injury, and other rare diagnoses. Rather than focusing on development of riding skills, as in therapeutic or adaptive riding, hippotherapy uses tools in conjunction with an intervention plan designed to address the treatment needs and functional goals of each patient.

Improvements can be seen in motor coordination, strength, tone, and sensory processing. Using equine movement as a therapeutic tool has also been shown to improve ambulation, verbalization, and the use of fine motor skills for activities of daily living (ADLs) and attention to tasks.

<https://www.americanhippotherapyassociation.org/what-is-hippotherapy>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5175116/>

## **What is Therapeutic Riding?**

According to PATH (Professional Association of Therapeutic Horsemanship International), Therapeutic Riding is “an equine-assisted activity for the purpose of contributing positively to the cognitive, physical, emotional, and social well-being of individuals with special needs.” At Surf and Turf Therapy, we only offer private therapeutic riding sessions, to work safely and effectively with the specific needs of each client. These are with a qualified instructor, but they are NOT a medical professional. This program is for independent riders looking to improve their riding skills, vs clients seeking therapy. Individuals are screened prior to involvement in the therapeutic riding program for safety and to ensure this is the best fit for the individual.

<https://www.pathintl.org/resources-education/resources/eaat/198-learn-about-therapeutic-riding>

# WHAT TO EXPECT

For Hippotherapy session

## THINGS YOU NEED TO KNOW

**1**

### SUBMIT ALL FORMS BEFORE FIRST APPT

- Medical history
- Emergency Contacts, Billing information, Signed Waivers
- Please give FULL AVAILABILITY and keep us updated on changes when on waitlist



**2**

### WE BOOK YOUR APPT

- We will contact you to schedule
- Therapist reviews forms
- If screening needed, we will call you
- Request accommodation in 1st call (parking, financial aid, superbills)

**3**

### GETTING TO THE BARN

- Arrive a few minutes early - 5MPH speed limit STRICTLY ENFORCED
- Map location attached - we are tricky to find
- Please wait on benches outside



**4**

### THE SESSION

- 45 minutes in length, 1 weekly appt
- Mixed with riding and ground activities, (first visit is more grounded)
- Therapists/instructors will provide seating locations

**5**

### ATTIRE

- Helmet required, unless determined medical exception by therapist
- Closed toed shoes
- Dress for the weather of the day



**6**

### RULES

- Family/guests viewing as directed (no walking along track or in arena)
- Medical exceptions possible
- Communicate with kindness and professionalism

**7**

### PLEASE NOTE:

**IF YOU/YOUR CHILD IS RIDING OFF-LEAD/WITHOUT A SIDEWALKER  
IT IS A NOT A MATTER OF IF BUT WHEN THEY WILL FALL. WE LOVE HELPING PEOPLE  
PROGRESS BUT THIS IS A GREATER RISK WITH GREATER INDEPENDENCE**



## CONTRAINDICATIONS FOR HIPPO THERAPY / THERAPEUTIC RIDING

- Active mental health disorders that would be unsafe (fire setting, suicidal, animal abuse, violent behavior, etc.)
- Acute herniated disc with or without nerve root compression
- Chiari II malformation with neurologic symptoms
- Atlantoaxial instability (AAI) – a displacement of the C1 vertebra in relation to the C2 vertebra as seen on x-ray or computed tomography of significant amount (generally agreed to be greater than 4 mm for a child) with or without neurologic signs as assessed by a qualified physician; this condition is seen with diagnoses which have ligamentous laxity such as Down syndrome or juvenile rheumatoid arthritis
- Coxa arthrosis – degeneration of the hip joint; the femoral head is flattened and functions like a hinge joint versus a ball and socket joint. Sitting on the horse puts extreme stress on the joint
- Grand mal seizures – uncontrolled by medications
- Hemophilia with a recent history of bleeding episodes
- Indwelling urethral catheters
- Medical conditions during acute exacerbations (rheumatoid arthritis, herniated nucleus polyposis, multiple sclerosis, diabetes, etc.)
- Open wounds over a weight-bearing surface
- Pathologic fractures without successful treatment of the underlying pathology (e.g. severe osteoporosis, osteogenesis imperfecta, bone tumor, etc.)
- Tethered cord with symptoms
- Unstable spine or joints including unstable internal hardware

## PLEASE NOTE

**Riders in our program have a maximum weight of 150 lbs, but this may be lower depending on patient balance, weight distribution and behaviors.** (ie bouncing on horse's back, or sitting with body weight through one side). The safety of participants and staff, as well as the safety and comfort of our therapy horses is a top priority. If horses with higher weight limits are not available / fully booked, we may be unable to accommodate mounted activities but are happy to offer ground work and therapeutic driving activities.

## **What is Community Integration Therapy?**

For our community integration, or park, program, we offer physical, occupational, or speech therapy at a local park. Here we can work on functional play, turn-taking and other peer-peer interactions, safety awareness, and caregiver education. Previous clients and parents have enjoyed the functional setting and learning how to help their child grow stronger when taking park trips with the family.

Our private sessions are one-on-one with a licensed physical, occupational, or speech therapist. We also offer semi-private sessions with age and/or ability matched peers with one therapist supervising and volunteers for each child depending on need.

Price: \$135 for private therapy session.

Length: 45 minutes

Often, our park program runs at local parks to allow for continued practice of skills outside of therapy sessions. We have also completed sessions at local rock climbing facilities, trampoline parks, and are open to completing sessions where it will be most beneficial for you / your child!

## **What is Surf Therapy?**

Surf therapy is defined by the International Surf Therapy Organization as a method of intervention that combines surf instruction / surfing and structured individual or group activities to promote psychological, physical and psychosocial well-being. Licensed medical professionals, including physical and occupational therapists, as well as speech and language pathologists with specialized training and knowledge of the ocean are among the professionals who utilize this tool to target traditional, functional therapy goals. Though a younger treatment tool, surf therapy is already gaining support of efficacy in various research studies, with evidence continuing to grow to support the use of this method.

Individuals with a range of diagnoses can participate and benefit, including but not limited to autism, Down syndrome, Angelman syndrome, cerebral palsy, stroke, spinal cord injury, and other rare diagnoses. Rather than focusing on development of surfing skills (though this is often an outcome), surf therapy uses tools in conjunction with an intervention plan designed to meet functional goals of each patient by addressing deficits in strength, balance, flexibility, coordination, regulation, language, and more.  
<https://intlsurftherapy.org/>

## **What is Therapeutic Surfing?**

Therapeutic Surfing is “surfing instruction for the purpose of contributing positively to the cognitive, physical, emotional, and social well-being of individuals with special needs.” This is with a qualified instructor, but they are NOT a medical professional. This program is for independent surfers looking to improve their independence, vs clients seeking therapy. Individuals are screened prior to involvement in the therapeutic surfing program for safety and to ensure this is the best fit for the individual.

### **Attire & Wetsuit Loan Policy**

At the initial evaluation, arrival in a swimsuit and swim diaper (if needed) is recommended to allow sizing for a wetsuit. Application of sunscreen is recommended prior to all sessions. We will assist in putting on booties and a life vest (PFD) as needed. You are welcome to use your own equipment if desired.

Should you want to purchase your own, we recommend Jack's Garage in Dana Point. They will be happy to help fit the correct wetsuit. Surf and Turf will also loan a wetsuit to participants in our weekly program, provided enough equipment if it is available. If you have been loaned a wetsuit please have patients arrive with a wetsuit on. If you need assistance donning the wetsuit this will be a part of the treatment time. The wetsuit must be returned when stopping therapy or taking an extended break. **If it is not returned within 15 days a \$200 charge will be incurred to allow for replacement.** To care for wetsuits please rinse with fresh water (PLEASE DO NOT USE ANY SOAP) and flip inside out to dry for 12-24 hours, then flip right side out. This allows everything to dry and avoids musty smells.

# WHAT TO EXPECT

For surf session

## THINGS YOU NEED TO KNOW

**1**

### SUBMIT ALL FORMS BEFORE FIRST APPT

- Medical history
- Emergency Contacts, Billing information, Signed Waivers
- Please give FULL AVAILABILITY and keep us updated on changes when on waitlist



**2**

### WE BOOK YOUR APPT

- We will contact you to schedule
- Therapist reviews forms
- If screening needed, we will call you
- Request accommodation in 1st call (car transfer assist, financial aid, superbills)

**3**

### GETTING TO THE BEACH

- Arrive a few minutes early
- Map location attached
- Park in city lot, not state lot. It is closer.
- Assistance scheduled during therapy time (ie transfer to/from car, wetsuit donning)

**4**

### THE SESSION

- 50 minutes in length, 1 weekly appt
- Mixed with land and water activities, (first appt is generally more land-based)
- Activities with motor development

**5**

### ATTIRE

- Arrive in swimsuit to size wetsuit, or personal wetsuit if you have one
- Wetsuit loan program available, be sure height / weight is correct on intake forms for correct fit
- Apply sunscreen prior & bring water shoes if you have them



**6**

### REMINDERS

- Please be considerate if you arrive early. Staff & volunteers need a break between surfers for water, sunscreen, rest, etc. We will start at your scheduled time
- Rinse wetsuit with fresh water
- Communicate with kindness and professionalism

**7**

**RETURN LOANER WETSUITS WITHIN 15 DAYS WHEN STOPPING CARE OR TAKING EXTENDED BREAK.**

**IF NOT RETURNED WITHIN 15 DAYS, \$200 WILL BE CHARGED TO YOUR ACCOUNT.**

## CONTRAINDICATIONS FOR SURF THERAPY

- Poor head and neck control
- Bowel incontinence with diarrhea and no stool program
- Poorly controlled seizures
- Open wounds unable to be covered with bio-occlusive dressing
- Orders for NPO (nothing by mouth)
- Active mental health disorders that would be unsafe (fire setting, suicidal, hallucinations, violent behavior, etc.)
- Chiari II malformation with neurologic symptoms
- Atlantoaxial instability (AAI)
- Medical conditions during acute exacerbations (RA, MS, hemophilia etc.)
- Pathologic fractures without successful treatment of the underlying pathology
- Tethered cord with symptoms
- Unstable spine or joints including unstable internal fixation
- Behaviors which impact safety for therapist, patient, volunteers and others in the water (such as refusal to stay on surfboard, hitting, biting, etc.)

### PLEASE NOTE: Surfing weight limits and types of assistance

These are general standards, but each patient will be assessed on a case-by-case basis with safety for patient, therapist and volunteers as the priority.

**Tandem - 100lbs:** With therapist and patient on one surfboard together. Therapist / instructor will be physically paddling into waves and assisting in transitions as appropriate. Patients can require up to 75% assistance. Weight limit may lessen with dependent individuals (>75% assistance).

**Body dragging - 125 lbs:** With therapist kicking behind board to assist patient to catch waves. The therapist can remain with the patient on the board and provide less than 50% assistance.

**Modified Independent - 150lbs:** The patient will be on a surfboard independently. Therapist or volunteers will assist to catch the wave and return safely to the line-up.

**Assisted independent / Adaptive Coaching:** No specific weight limit but may be limited due to size equipment available. This option is for those looking to progress surfing skills under supervision of a non-medical professional. The participant will be independent on the surfboard and must be able to swim independently in the ocean and follow directions to return to staff in the line.

## Billing & Insurance Information

### Superbills Part 1

- Email: [info@surfandturftherapy.org](mailto:info@surfandturftherapy.org) request superbill  
\*\*Must be done in writing\*\*
- We cannot back-date super bills (superbills created from request onward)
- Superbills located in your personal Dropbox folder



### Superbills Part 2

- Please email us immediately, to complete set-up ASAP
- Superbills are provided for previous month of services paid. (ie Jan is ready in Mar)
- Allows for development time and invoices to be paid (unpaid invoices CAN NOT receive a superbill, this would be fraud)



### Billing

- Due on Receipt
- 10% late fee if unpaid after 30 days
- 1% discount for autopay enrollment
- Not contracted with Regional Center but can use Self Determination funds



### Financial Aid

- Yearly application necessary
- Based on need and available resources
- Covers up to 100% of cost
- MUST include most recent tax return



### Autopay

- 1% discount when enrolled in autopay
- Payment information kept safe and secure
- Autopay ensures timely production of superbills



### Please note

- QuickBooks invoices are NOT superbills
- Insurance will deny claims submitted using QuickBooks Invoice
- Depending on insurance, you can get reimbursement for services with our medical staff
- Therapeutic surfing & riding are NOT eligible for reimbursement



# CANCELLATION POLICY



## Be Timely

- Email us for advanced appointment changes
  - vacation, conflicting appointments, etc.
- **info@surfandturftherapy.org**
- 24+ hour notice to avoid fee
- Make-up appts are possible, not guaranteed



## To Cancel

- Call for same day / emergency cancellations
- **949-312-7227 - CALL**
- Texts are NOT accepted for scheduling
- No call / No show = \$75 fee

## Weather Cancellations



1. **No News= Good News!**
2. We email you, if a location change is needed due to weather
3. If it is <2 hour prior to appt : We will call/ text you with changes



## Your Responsibilities

- Do not attend if you are sick or ill
- No reservations for extended leave
- Only calls and emails accepted for cancels



## Program Dismissal

**Missing 3 consecutive appointments or  
Greater than 20% cancellation rate=  
Dismissal from programs**

\*Medical exemptions will be considered



- Phone: 949-312-7227
- Email: [info@surfandturftherapy.org](mailto:info@surfandturftherapy.org)
- Website: [www.surfandturftherapy.org](http://www.surfandturftherapy.org)
- Social: @surfandturftherapy



# Ranch Rules

**1**

**Speed limit is 5 MPH**  
**\*\* Safety risk**



**2**

**Horses and Pedestrians**  
**have right of way**



**3**

**No running, roughhousing,**  
**playing on mounting ramp,**  
**screaming or shouting**  
**\*\*Safety risk**



**4**

**No walking on race track**  
**\*\*Safety risk**



**5**

**No dogs allowed without**  
**prior approval**  
**\*\*Safety Risk**



**Failure to comply with rules**

**May result in ban from ranch and program dismissal**

# Directions



**Rancho Sierra Vista Equestrian Center**  
31441 Avenida De La Vista  
San Juan Capistrano, CA 92675



- Do not arrive at:**
- Blue ridge farms
  - Sycamore Trials
  - Shea Center

We're so excited to have you join us for your Surf and Turf Sessions. Listed below is a step by step guide how to get to the barn and beach!

Contact our staff for mobility or behavioral concerns requiring accessible parking - [info@surfandturftherapy.org](mailto:info@surfandturftherapy.org)



# Barn Directions



- There are 2 gates for this property, and some direction apps will take you to the locked gate.
- We recommend using Devil Mountain Nursery

○ **31461 Avenida De La Vista,  
San Juan Capistrano, CA 92675**

- Follow street Camino Capistrano until La Zanja
- Turn **RIGHT** on La Zanja

# Barn Directions



- Follow street La Zanja until Avenida de la Vista
- Turn **LEFT** on Avenida de la Vista

# Barn Directions



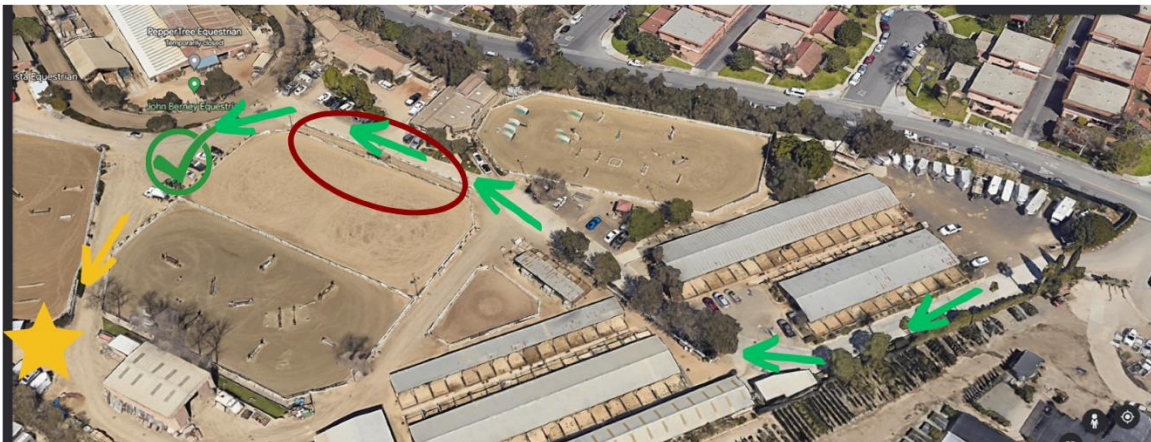
- Follow street Avenida de la Vista
- Turn **RIGHT** into the shared entrance of Devil Mountain Nursery and Rancho Sierra Vista, **STAY TO THE RIGHT**

# Barn Directions



- Stay to the **RIGHT** and enter the ranch
- Follow the road through

# Barn Directions



- Keep following the road through
- Go **PAST** the American Flags on your left hand side (Circled in red)
- Park in the green check mark area
- Walk up the hill to the small barn on your right (Starred)

# Surf Directions



- Beach location: Doheny Boneyards
  - Park Lantern, Dana Point, CA 92629, NOT Doheny State Beach parking
- Drive down Dana Point Harbor Drive, toward the harbor
- Do NOT enter Doheny State Beach, continue straight
- Turn **LEFT** on Puerto Place

# Surf Directions



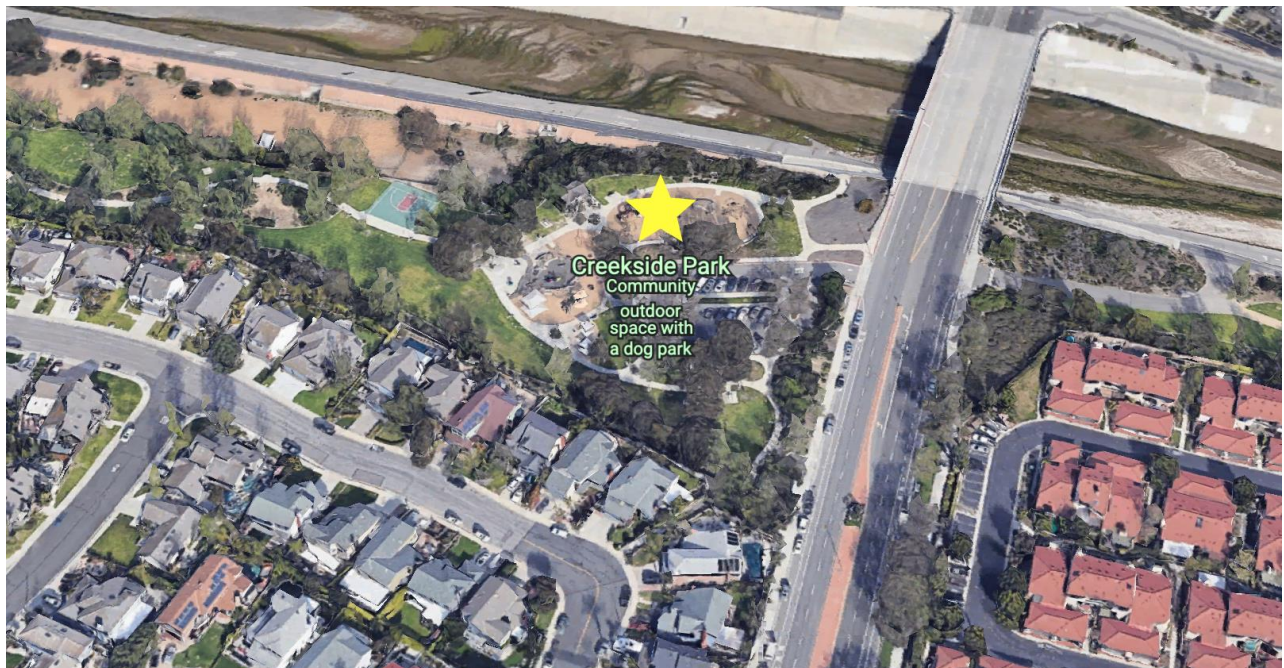
- Drive down Puerto Place
- Turn **LEFT** into parking lot (\$1/hr pay or free with disabled parking)
- We will meet you on the grass (Starred)

## Getting to Us

### Park Map

#### Getting to the park:

Creekside Park is located adjacent to San Juan Creek, at 25753 Stonehill Dr. Dana Point, CA 92629. This park is a small park. You will be able to easily spot your assigned therapist in or near the parking lot.



## Common Terms at Surf and Turf Therapy

### Turf Terms

#### Horse tack- any accessory worn by a horse or used with a horse

- **Bell Boot** - A protective boot sometimes worn by horses, designed to protect their hooves and lower legs. Bell Boots also help keep their shoes on.
- **Bit** - A piece of equipment (normally metal) that is placed in a horse's mouth to give the rider control of the horse. There are a number of different kinds of bits and one of the most popular is a snaffle bit.
- **Bridle** - Headgear consisting of buckled straps, including a crown piece, cheek pieces, throatlatch, browband, and noseband, used to control a horse. A bit and reins are separate pieces that are a part of the bridle.
- **Girth** - A band fastened around a horse's belly that's used to secure a saddle.
- **Halter** - A head collar that fastens around the horse's head and nose for leading or tethering it.
- **Horse Blanket** - A covering designed to fit the horse to keep them warm and dry.
- **Horse Boots** - A protective boot or wrap some horses wear to prevent trauma to their lower leg or hoof.
- **Rein** - A long, narrow strap generally used in pairs attached to a horse's bit and used to guide a horse when riding.
- **Saddle** - A rider's seat, typically made from leather, that is fastened on a horse's back.
- **Shoe** - A piece of steel, aluminum, or plastic that is nailed or glued to a horse's hooves to protect them from injury.
- **Stirrup** - A loop-shaped device with a flat base attached to both sides of a horse's saddle and used to support a rider's foot. These are also sometimes referred to as stirrup irons.

#### Equestrian gear - gear worn by the rider

- **Boots** - Boots can either be tall or short. Tall boots come in two styles: field boots, with a laced enclosure at the front, and dress boots, which are more formal and often used for competition. Short boots, or paddock boots, are used for casual riding.
- **Breeches** - Athletically inspired pants a person wears when riding a horse.
- **Helmet** - Essential safety gear to protect the head. Helmets are specifically designed for horse riding, with other helmets (biking, skating, etc.) typically not providing appropriate protection in case of a fall from a horse.

## Terms for a Horse's Physique

- **Cannons** - A horse's lower legs from the knee to the ankle. Similar to a human shin bone.
- **Coffin Bone** -This is the bone located inside the hoof.
- **Coronet** -The part of a horse's leg immediately above the hoof.
- **Croup** -The topline of a horse's hindquarters.
- **Fetlock** - The joint above the pastern, this functions like an ankle.
- **Forefoot** -A horse's front foot.
- **Hindquarters** - The back end of a horse, including the buttocks, upper rear legs, dock of the tail, hips, and the croup.
- **Hocks**-This joint is the bony protrusion consisting of eight bones at the top of the cannon bone on the hind leg. This joint functions similarly as a human knee on the horse's back leg.
- **Hoof** -The hard part of a horse's foot, it is made up of several components each with its own function. The hoof itself has little to no nerves on the exterior, similar to your fingernail, only much much thicker. The hoof protects the coffin bone.
- **Mane** - The hair that grows from a horse's neck.
- **Withers** - The ridge between the shoulder blades.

## Additional Horse Terms

- **Canter** -A gait with three beats, between a gallop and a trot.
- **Equestrian** - A person who owns, rides, or shows horses, or participates in horse-related activities.
- **Farrier** - A person who trims and shoes a horse's hooves.
- **Gait** - The movement and speed of a horse.
- **Gallop** - A fast gait with four beats where all four of the horse's hooves are off the ground at a time.
- **Hand** – A common unit of measurement for horses. One hand is four inches.
- **Mount** - Getting on a horse



## Common Terms at Surf and Turf Therapy

### Surf Terms

- **Bailing** - Jumping off your board/abandoning the wave
- **Barrel** - The curve/tube of the wave
- **Break** - When the swell of the water turns peaks and starts falling, often turning into white water.
- **Carve** - A sharp turn on the face of a wave
- **Choppy**- When the wind causes the surface of the water to be rough, waves are often bumpy
- **Clean wave** - A smooth wave
- **Closeout** - When a wave breaks all at once instead of from one side to the other
- **Cutting Off** - Similar to driving, this is when one surfer catches a wave in front of another surfer who had the right of way
- **Double-up** - When two waves are too close together, often one large wave followed by a smaller wave. These waves are harder to catch as they are bumpier and have less cohesive speed.
- **Drop** - The first part of a wave when the surfer is going downhill.
- **Drop-In** - Can be used in place of cutting off, or to describe a surfer who is traveling down the face of the wave.
- **Goofy footed** - One who surfs with their right foot forward.
- **Grom** - A young and inexperienced surfer.
- **Inside** - The place between the shore and where the waves are breaking.
- **Kook** - An inexperienced surfer
- **Line up** - The order in which surfers wait for the next wave, taking turns. This is how surfers know who is next up on the wave.
- **Lip** - The topmost part of the wave before it breaks.
- **Longboard** - A surfboard that is 8 feet long or longer.
- **Lull** - The space between sets of waves that is calmer and more flat.
- **Messy** - Waves that do not come in predictable sets, but instead have irregular timing, size, and power.
- **Offshore** - Winds that blow from the shore out to sea.
- **Onshore** - The opposite, when wind blows from the sea to the shore.
- **Outside** – beyond where the wave breaks
- **Overhead** - Waves taller than the height of an average surfer.
- **Party wave** - When multiple surfers are on the same wave.
- **Peak** - Highest point of a wave that breaks. The point between a “right” and a “left”.

- **Pearl** - When the nose of the surfboard goes under the wave. Often causes the surfer to tumble into the water.
- **Pop up** - Transitioning from prone to standing on the surfboard.
- **Pumping** - When there are good waves.
- **Regular footed** - One who surfers with the left foot forward.
- **Right** - A wave that breaks on the right side of the surfer.
- **Riptide** - Turbulent water that can easily drag one out to sea. It is important to swim parallel to the shore if you get caught in a riptide, rather than trying to swim in against it.
- **Set** - When multiple repetitions of waves are approaching.
- **Shoulder** - The part of a breaking wave that has not broken yet.
- **Swell** - Another word for waves or surfable waves.
- **Take off** - To catch a wave.
- **White water** - Usually after the wave breaks, when the water looks white and foamy.
- **Wipeout** - Falling off a wave.