

YORKE PENINSULA SURFING HOTSPOTS



RHINO HEAD	Generally regarded as only a 'last resort' wave. It is an average quality left hand reef break, up to about 1 to 2 metres. Best on medium to high tide.
BABY CHINAMANS	Average quality left hand reef breakup to 2 metres. Suitable for beginners. Fairly slow wave which works best on north westerly winds on low to medium tides.
CHINAMANS	A hollow, very powerful left hand reef break of excellent quality, complete with hair-raising take off and a sharp, shallow ledge. Experienced riders only. Best at low to medium tide in north or light north westerly winds with a 1 to 3 metre swell. Chinamans has an excellent vantage point on the cliff top for both spectators and the keen photographer.
ETHEL WRECK	Summer break only. Fickle but can get very good. Usually a powerful right-hander up to 2 metres. Best on a low to medium tide and north easterly winds. Be cautious when scrambling down the cliff face.
WEST CAPE	A left and occasional right hand beach break up to 2 metres. Best on north or north west winds and low to medium tide.
PONDALOWIE BAY	Good quality combination of beach and reef break. A fast hollow left up to 1 metre and a long walled right up to 3 metres. Best on south east to easterly winds and low to medium tide. A very consistent wave in summer due to the prevailing offshore winds. Pondalowie is the most popular surfing spot in the Innes National Park, particularly in the summer months.
RICHARDS	About 250m north of the main break at Pondalowie. This too is a good quality beach/reef combination right-hander that breaks up to 1.5 metres. Richards is worth checking out only when the left is working at Pondalowie. Best on east and north east wind and low to medium tide.
TRESPASSERS	Is located outside the National Park and can be reached via the Corny Point Road. A very good quality right-hand reef break up to 3 metres. Trespassers is very powerful with a take-off similar to Chinamans. It is for experienced riders only. Best on an easterly and low to medium tide. It can work on a high tide if the swell is big.
BABY LIZARDS	Can get good but generally is an average quality, short right hand reef break up to 2 metres. Easterly winds and a medium to high tide.
ROCK POOLS	Another fickle powerful right hand reef break up to 3 metres and bigger. Can get very good under the right conditions. Best on north to north west winds on any tide.
SALMON HOLE	A very good quality right hand semi point break up to 2 metres. Long, hollow and fast. Best on north westerly winds and low to medium tide. Be wary of the suck rock.
DALY HEADS	An average to good quality left and occasional right hand reef break to to 4 metres. Best on south east to easterly winds on any tide.
SPITS	Average quality left hand semi point break up to 2 metres. Has a vicious rip at times. Best on south west to south east winds.

LEARN TO SURF

NEPTUNES SURF COACHING: Caters for private sessions, group sessions with friends and family or advance training for those seeking to improve their skills. Surf camps and school groups can also be tailored to suit. Bookings are essential – contact 0432 207 201, email neptunes.surf.coaching@gmail.com or visit www.neptunessurfcoaching.com

YORKES JUNIOR SURF CLUB: Aim to encourage and support young local kids and families to discover surfing. Qualified surf coaches and parents help juniors build surf safety and surf skills from beginner levels to more advanced levels. Meet on the last Sunday of each month. Contact Brian 'Squizzy' Taylor on 8854 4143 or email yorkesjuniorsc@me.com

**** SAFETY FIRST ****

*Remember to slip, slop, slap, seek and slide
and remain hydrated*

Visitors participating in activities near the coast or in the water should be aware of unstable cliffs, rips, slippery rocks, submerged objects and changing conditions. Beaches on Yorke Peninsula do not have flags or life savers. Always take notice of the safety signs on beaches and respect the potentially dangerous nature of these areas. Seek advice from locals and experienced surfers.

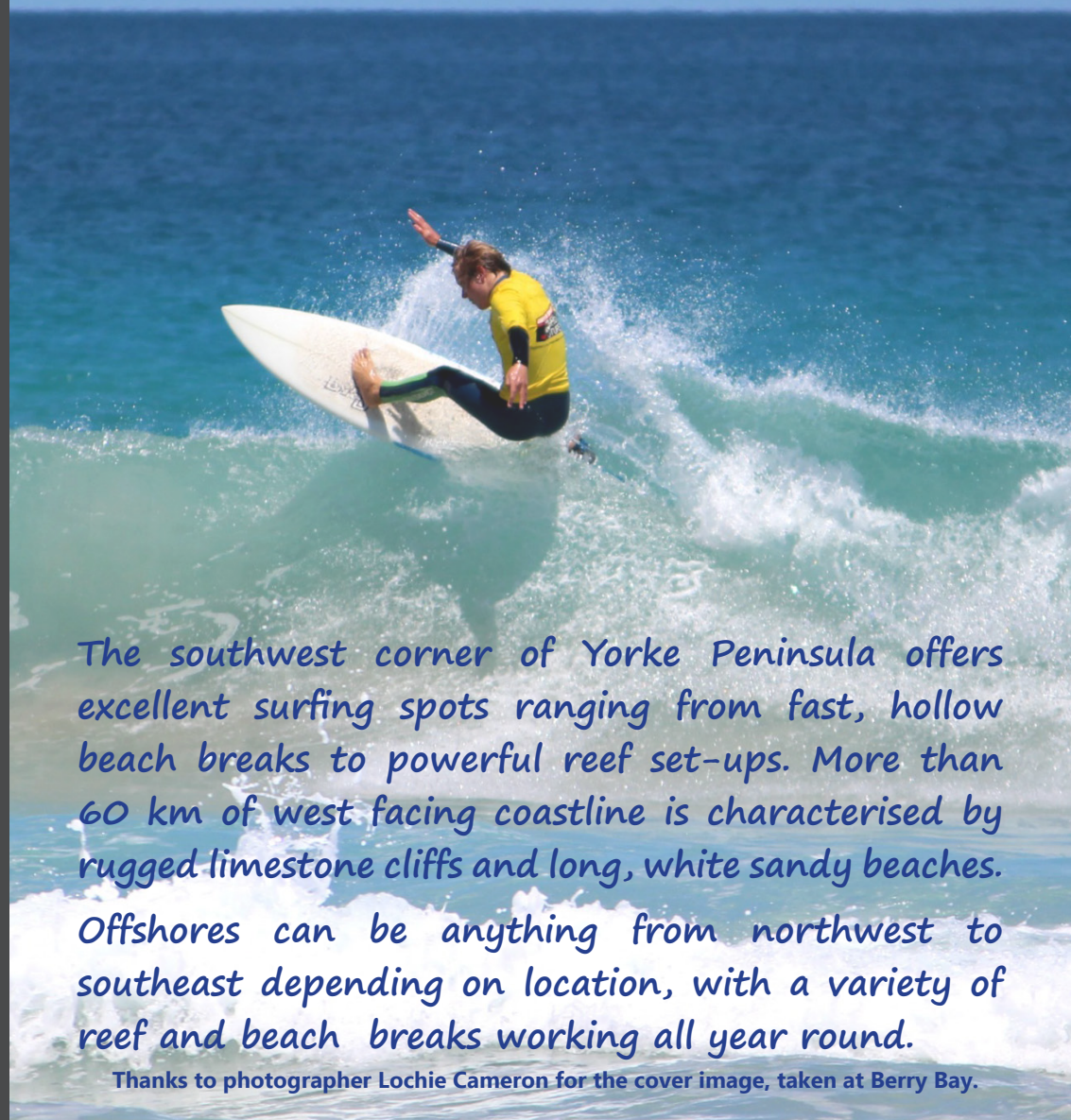
Be vigilant with small children and swimmers, as even the tamest conditions can be dangerous for the unwary. Never allow children to swim or surf unsupervised. Most incidents involving young children at the beach occur because their parents' attention is somewhere else. The best way to supervise your child is to actively interact and engage with them.

Rips are the number one hazard on Australian beaches. Many people think it's just tourists and poor swimmers who get caught in rip currents. In fact, young men aged 15-39 years are most likely to die in rips. The majority of drownings occur after swimmers begin to panic and attempt to swim against the current directly back to the shoreline. This leaves them exhausted and unable to stay afloat. Rip currents have also been responsible for claiming the lives of non-swimmers, who were dragged from shallow and waist-deep water into deeper surf.

How to spot a rip current - Rips are complex, can quickly change shape and location, and at times are difficult to see. The things to look for are deeper, dark-coloured water; fewer breaking waves; a rippled surface surrounded by smooth waters; and anything floating out to sea or foamy, discoloured, or sandy water flowing out beyond the waves. Rips don't always show all of these signs at once.

How to survive a rip current - Stay calm and consider your options. Raise an arm to seek help. Try floating with the current, it may bring you back to shore. Swim parallel to the shore or towards breaking waves and use them to help you in. Reassess your situation. If what you're doing isn't working, try one of the other options until you're rescued or return to shore.

Surfing on Yorke Peninsula



The southwest corner of Yorke Peninsula offers excellent surfing spots ranging from fast, hollow beach breaks to powerful reef set-ups. More than 60 km of west facing coastline is characterised by rugged limestone cliffs and long, white sandy beaches. Offshores can be anything from northwest to southeast depending on location, with a variety of reef and beach breaks working all year round.

Thanks to photographer Lochie Cameron for the cover image, taken at Berry Bay.