

# Surf Survival: The Essential Health Handbook for Surfers

Surfing is an amazing sport that can provide countless hours of fun and excitement. However, it is important to be aware of the potential risks involved in surfing, and to take steps to protect yourself from injury and illness.



## Surf Survival: The Surfer's Health Handbook

by Clayton Everline

★★★★☆ 4.7 out of 5

Language : English  
File size : 37414 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 493 pages



Surf Survival is the ultimate health guide for surfers, covering everything from preventing injuries to treating common ailments. Written by a team of experienced surfers and medical professionals, this book is a must-have for anyone who wants to stay safe and healthy in the water.

## Preventing Injuries

The best way to prevent surfing injuries is to be aware of the risks and to take precautions to avoid them. Some of the most common surfing injuries include:

\* Cuts and abrasions \* Sprains and strains \* Broken bones \* Head injuries \*  
Drowning

To prevent these injuries, it is important to:

\* Wear a wetsuit and helmet when surfing. \* Be aware of your surroundings and avoid surfing in dangerous conditions. \* Warm up before surfing and stretch after surfing. \* Listen to your body and take breaks when you need them.

## **Treating Common Ailments**

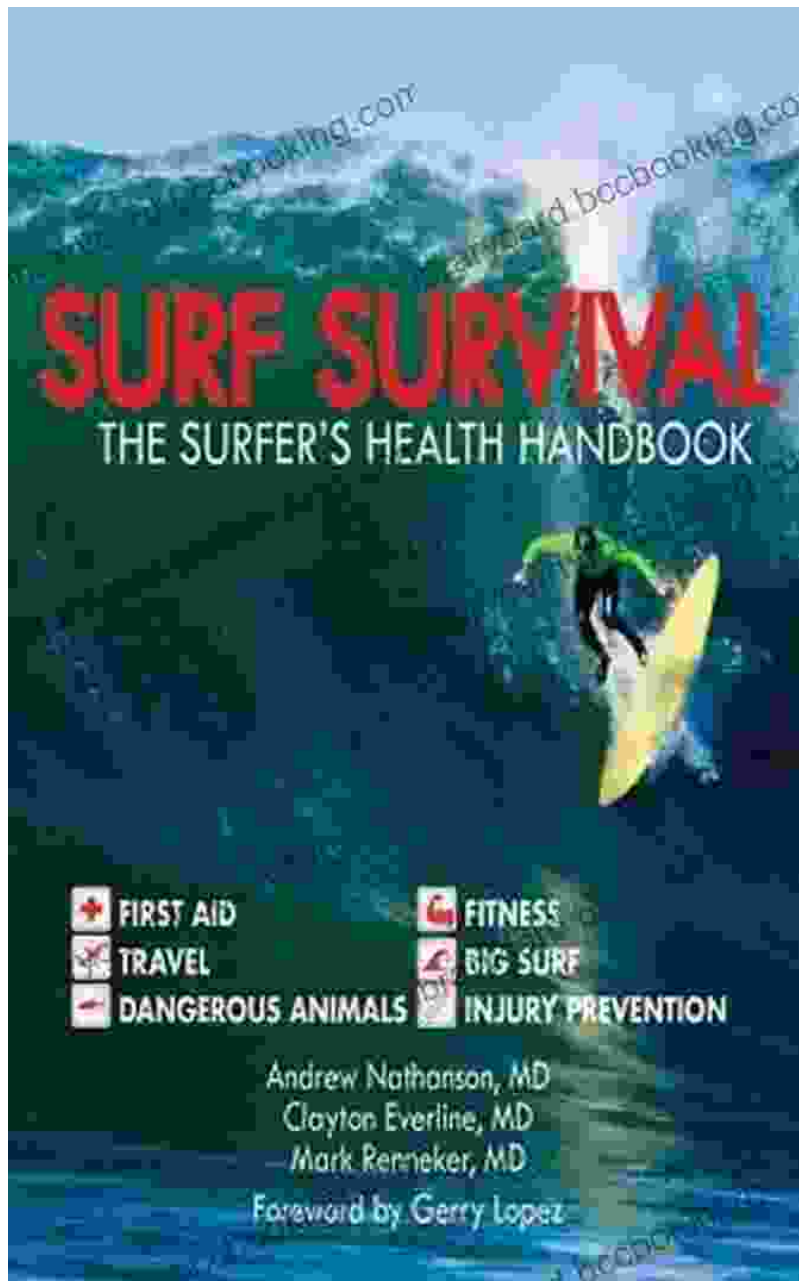
In addition to preventing injuries, it is also important to be able to treat common ailments that can occur while surfing. Some of the most common ailments include:

\* Sunburn \* Dehydration \* Hypothermia \* Heat exhaustion \* Ear infections

To treat these ailments, it is important to:

\* Stay hydrated by drinking plenty of water. \* Apply sunscreen to protect your skin from the sun. \* Wear a wetsuit to protect your body from the cold. \* Take breaks in the shade to cool down. \* See a doctor if you have an ear infection.

Surf Survival is the essential health guide for surfers. By following the advice in this book, you can help to prevent injuries and illnesses, and stay safe and healthy in the water.



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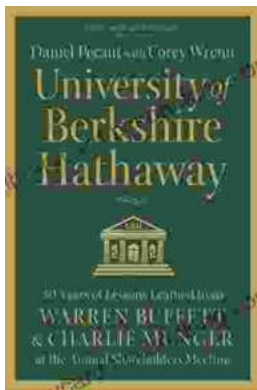
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