

**THE RESPONSIBLE SURFER
GUIDE**

WHAT'S A KOOK*?

FIRST AND FOREMOST A KOOK IS AN IRRESPONSIBLE SURFER WHO HAS A NEGATIVE IMPACT ON OUR WELL-BEING, THAT OF THE PLANET AND EVEN OUR STATE OF MIND!

*KOOK IS SLANG FOR A SURFER WITH AN INFLATED SENSE OF THEIR OWN SURFING ABILITIES, HAS LIMITED EXPERIENCE, DOESN'T UNDERSTAND THE SURF ETHIC, AND AFFECTS THE ENJOYMENT OF SURFERS IN THE WATER

1. BEHAVIOUR

EX : THINKS HE'S SURFING ALONE OR IN A CONTEST

2. TRANSPORTATION

EX: DRIVES TO THE BEACH ALONE IN A NON-FUEL EFFICIENT CAR

3. WASTE

EX: DRINKS WATER FROM A PLASTIC BOTTLE

4. COSMETICS

EX: USES TOXIC COSMETICS BEFORE GOING INTO THE WATER

5. FOOD

EX: WASTEFUL FOOD PRACTICES

6. EQUIPMENT

EX: DOESN'T LOOK AFTER EQUIPMENT

HOW DO I BECOME A RESPONSIBLE SURFER?

1. BEHAVIOUR



2. TRANSPORTATION



6. EQUIPMENT



5. FOOD



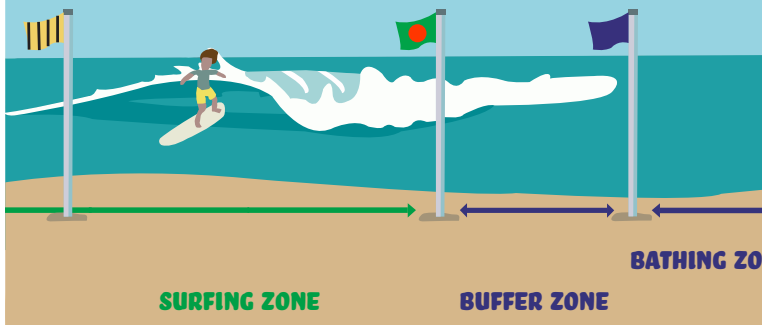
4. COSMETICS



3. WASTE

12 PAGES OF TIPS ON HOW NOT TO BE A KOOK

1. BEHAVIOUR



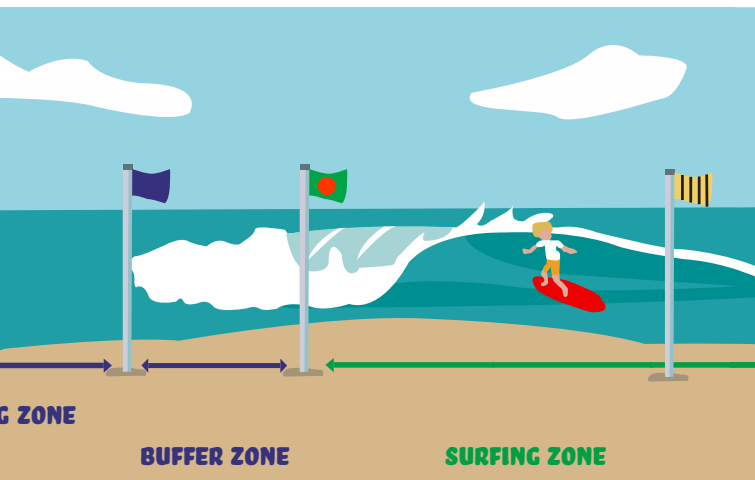
I SURF RESPONSIBLY WHEN I...

...RESPECT RIGHT OF WAY PRIORITIES

- 1 WAVE, 1 SURFER
- THE SURFER ON THE INSIDE HAS PRIORITY
- DON'T LET GO OF YOUR BOARD
- PADDLE AROUND THE PEAK

...I RESPECT THE SUPERVISED BATHING ZONES

- SURFING BETWEEN THE BLUE SUPERVISED ZONE IS FORBIDDEN
- THE BUFFER ZONE IS RESERVED FOR BODYBOARDERS WITHOUT FINS
- OUTSIDE THOSE ZONES, I CAN SURF WHILE RESPECTING OTHER SURFERS



...I SURF AT MY LEVEL

-I'M AWARE OF MY SURFING ABILITIES AND I ADAPT ACCORDING TO THE CONDITIONS

BE LIKE US AND RESPECT THE OTHERS!

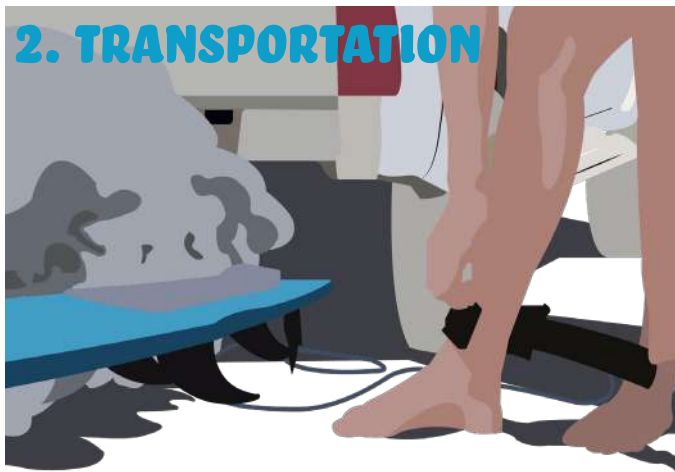


JUSTIN BSECRET

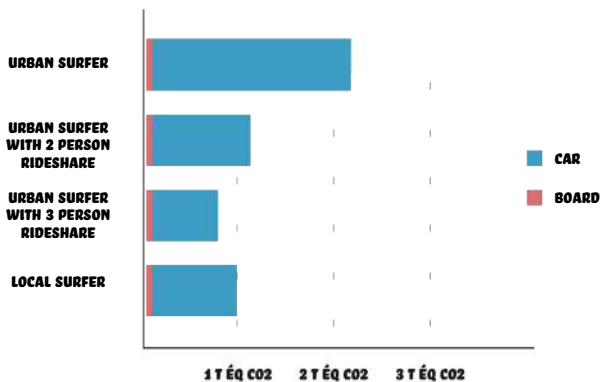


CORNELIUS ACCOH

2. TRANSPORTATION



SURF SESSION CARBON FOOTPRINT



THE CAR IS THE BIGGEST ENVIRONMENTAL IMPACT FOR A SURFER

I'M A RESPONSIBLE SURFER...



...I CHECK THE CONDITIONS

- WEATHER, TIDE, SWELL
- WAVE FORECASTS AND WEBCAMS MEAN I DON'T HAVE TO DRIVE TO CHECK THE SURF

...I RIDESHARE !

- IT'S MORE ECONOMICAL
- IT'S MORE ENVIRONMENTALLY FRIENDLY
- IT'S MORE FUN TOGETHER



....I PLANT TREES

- TO OFFSET MY CARBON EMISSIONS



BE LIKE US AND USE GREEN TRANSPORTATION

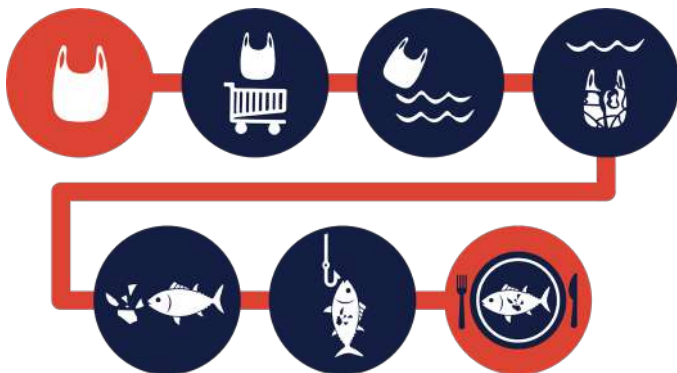


LOST IN THE SWELL

3. WASTE



**ALL THE WASTE PRODUCTS THAT FINISH UP IN THE OCEAN
WILL DO SO FOR A LONG TIME. DON'T FORGET THAT WE ARE
THE END OF THE FOOD CHAIN !**



I'M RESPONSIBLE...

...I CUT DOWN ON THE TRASH I PRODUCE AT THE SOURCE: THE BEST PIECE OF TRASH IS THE ONE THAT ISN'T THERE!

- I AVOID PACKAGED GOODS (BULK PURCHASES)
- I BRING MY WATER BOTTLE
- I DON'T USE SINGLE-USE PLASTICS



...I CHOOSE RECYCLABLE AND RECYCLED MATERIALS

- I SORT MY WASTE FOR RECYCLING!



...I AVOID WASTEFUL PRACTICES

- I ONLY BUY AS MUCH AS I NEED
- I DONATE MY OLD CLOTHES
- I BUY SECONDHAND



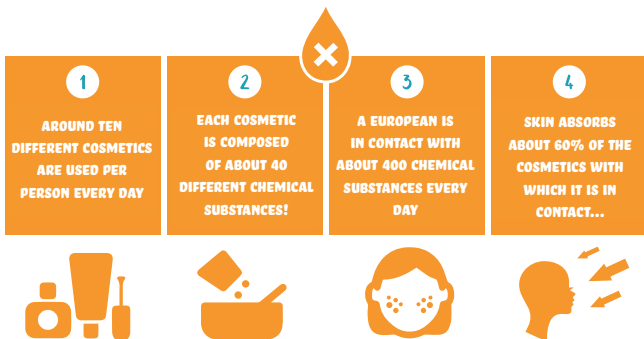
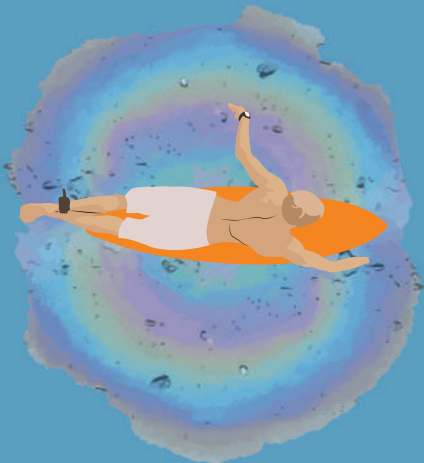
DO LIKE WE DO, PICK UP A PIECE OF TRASH WHEN YOU'RE AT THE BEACH: 1 SESSION = 1 PIECE OF TRASH



ZOÉ GROSPIRON

STÉPHANE IRALOUR

4. COSMETICS



THE 40% REMAINING ARE FLUSHED INTO THE DOMESTIC WATER CYCLE AND FINISH UP IN THE OCEAN....

I AM RESPONSIBLE...

...I WEAR A RASHGUARD OR A T-SHIRT

- IT'S THE BEST SUN PROTECTION
- IT REDUCES THE NEED FOR SUNSCREEN



...I MAKE MY OWN COSMETICS

- I CHOOSE NATURAL INGREDIENTS THAT ARE ALSO GOOD FOR MY HEALTH
- I FIND LOTS OF ON-LINE TUTORIALS

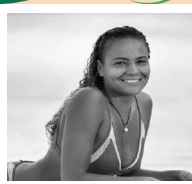
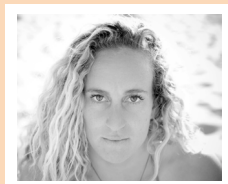


...I CHOOSE ALL-NATURAL PRODUCTS WITHOUT ADDED CHEMICALS

- ALOE VERA FOR AFTER SUN CARE OR CALENDULA OIL



BE LIKE US AND USE ECO-CERTIFIED COSMETICS

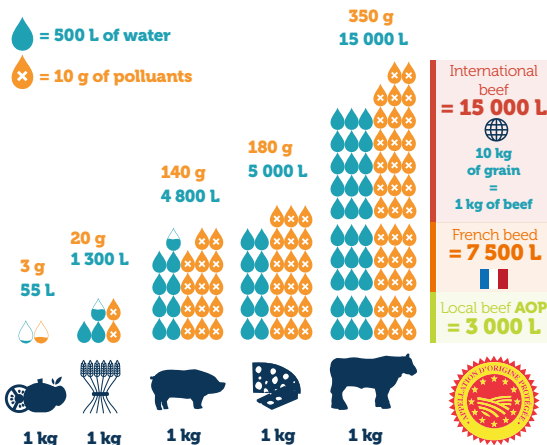


JUSTINE DUPONT, ALICE LEMOIGNE, EDOUARD DELPERO

5. FOOD



FOOD PRODUCTION IS THE BIGGEST IMPACT ON WATER RESOURCES



I AM RESPONSIBLE...

...I EAT LESS MEAT

-I MAKE QUALITY A PRIORITY OVER QUANTITY



...I EAT ORGANIC

**-WITHOUT PESTICIDES OR CHEMICAL FERTILIZERS
IS BETTER FOR THE OCEAN AND MY HEALTH**



...I EAT LOCAL AND IN SEASON

-LESS TRANSPORTATION AND THEREFORE LESS POLLUTION



BE LIKE US, AND TRUST LOCAL FOOD PRODUCERS!

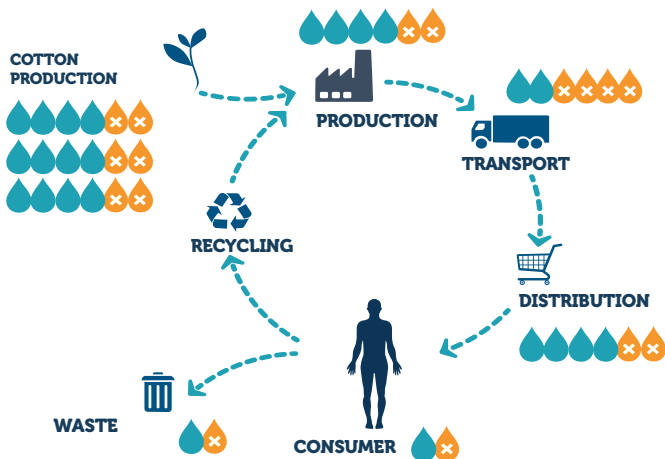


JUSTINE MAUVIN, VINCENT DUVIGNAC, ANTOINE DELPERO

6. EQUIPMENT



THE TEXTILE INDUSTRY IS THE 2ND MOST POLLUTING IN THE WORLD



I AM RESPONSIBLE...

...I BUY USED OR I RENT

**-IT'S BETTER THAN BUYING NEW, BUY & SELL GROUPS
ON FACEBOOK OR SIMILAR APPS EXIST**



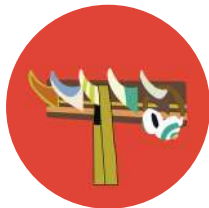
...I TAKE CARE OF MY GEAR

**-IF IT'S BROKEN I REPAIR IT
-I CHOOSE TO GET IT REPAIRED LOCALLY**

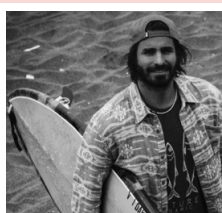


...I THINK ABOUT MY GEAR END OF LIFE: RECYCLING OR UPCYCLING

**-I TRANSFORM A BROKEN BOARD INTO A TABLE AND
MY OLD WETSUITS INTO INSULATED BAGS**



BE LIKE US AND CHOOSE BRANDS WITH PROVEN SUSTAINABILITY CREDENTIALS



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