

**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



3. WASTE



5. FOOD

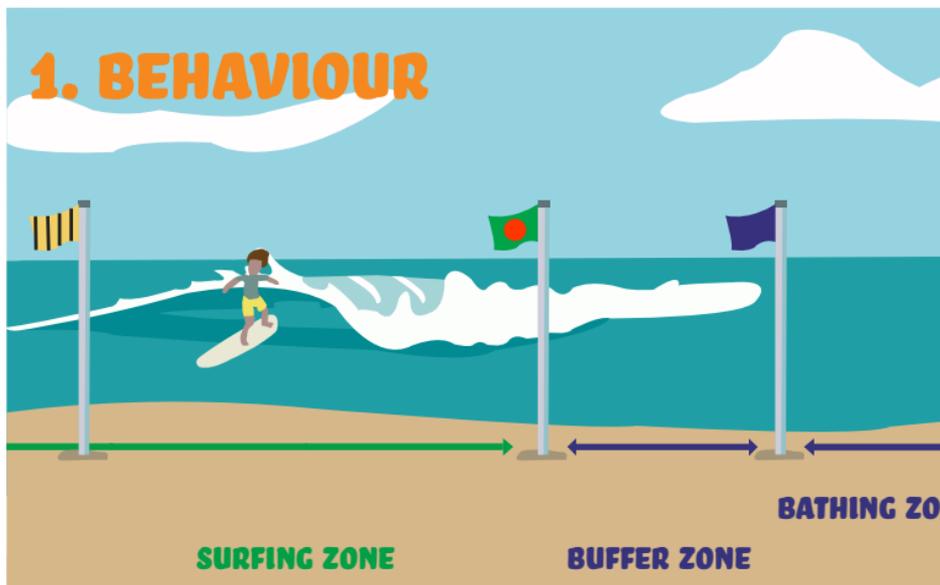


4. COSMETICS



12 PAGES OF TIPS ON HOW NOT TO BE A KOOK

1. BEHAVIOUR



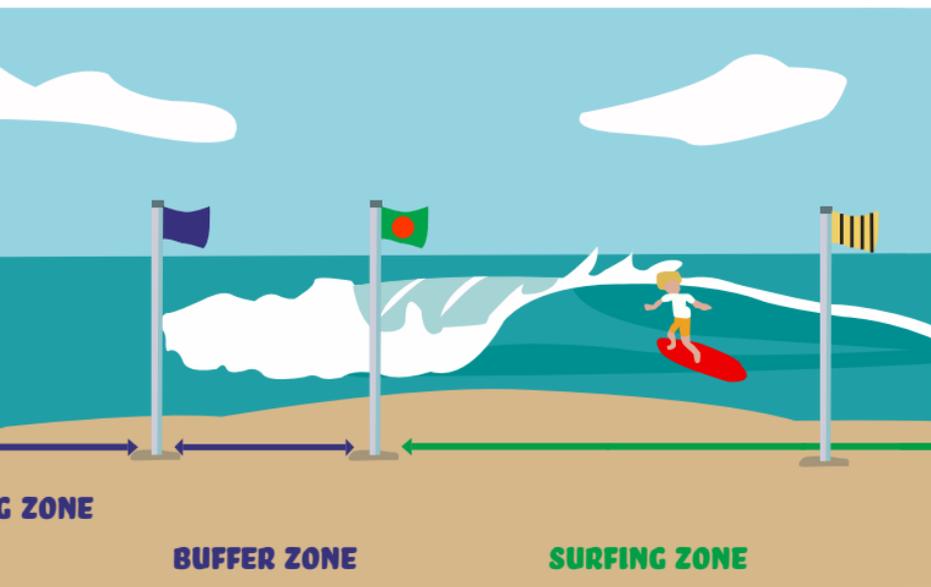
I SURF RESPONSIBLY WHEN I...

...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!

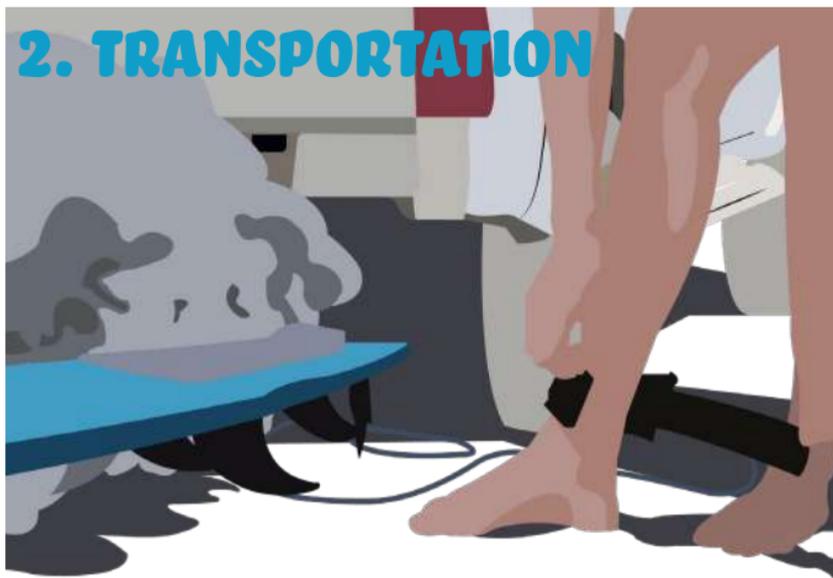


JUSTIN BSECRET

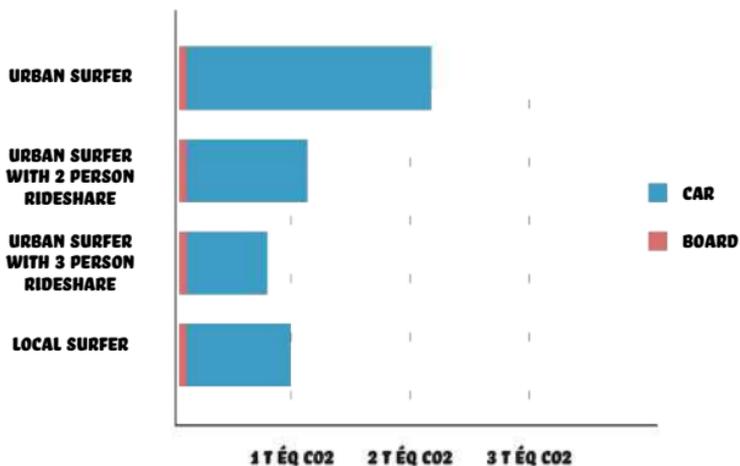


CORNELIUS ACCOH

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

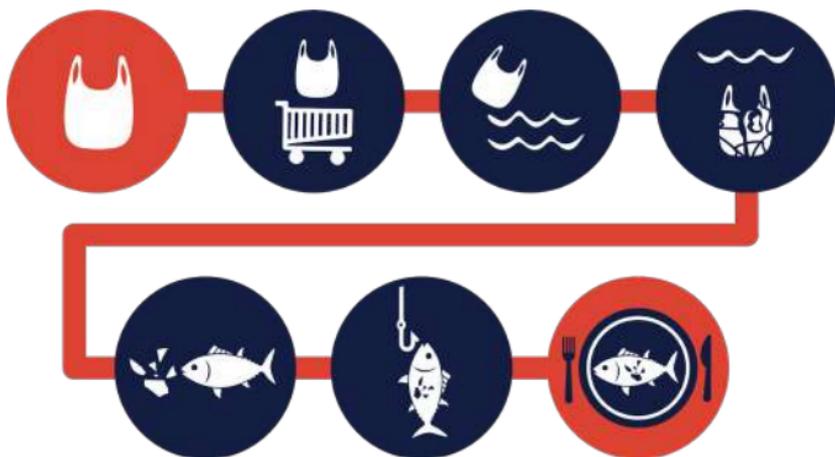


LOST IN THE SWELL

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!

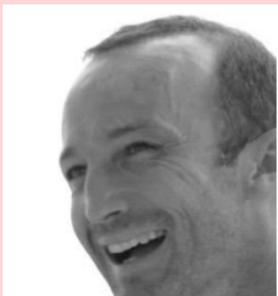


...I AVOID WASTEFUL PRACTICES

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



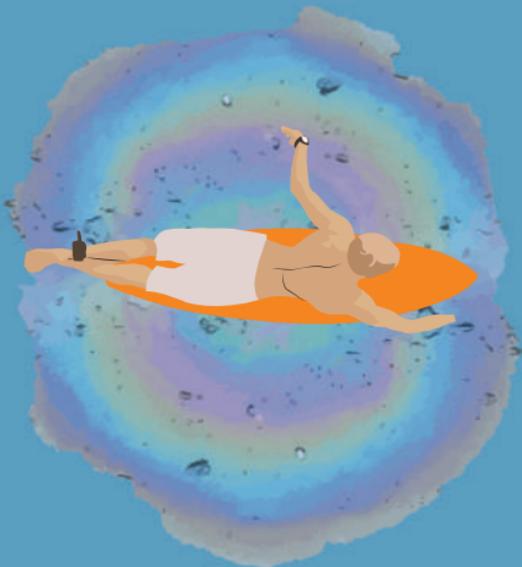
DO LIKE WE DO, PICK UP A PIECE OF TRASH WHEN YOU'RE AT THE BEACH: 1 SESSION = 1 PIECE OF TRASH



ZOÉ GROSPERON

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

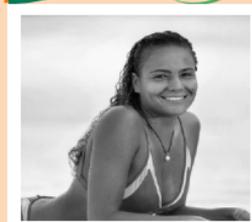


...I CHOOSE ALL-NATURAL PRODUCTS WITHOUT ADDED CHEMICALS

- ALOE VERA FOR AFTER SUN CARE OR CALENDULA OIL



BE LIKE US AND USE ECO-CERTIFIED COSMETICS

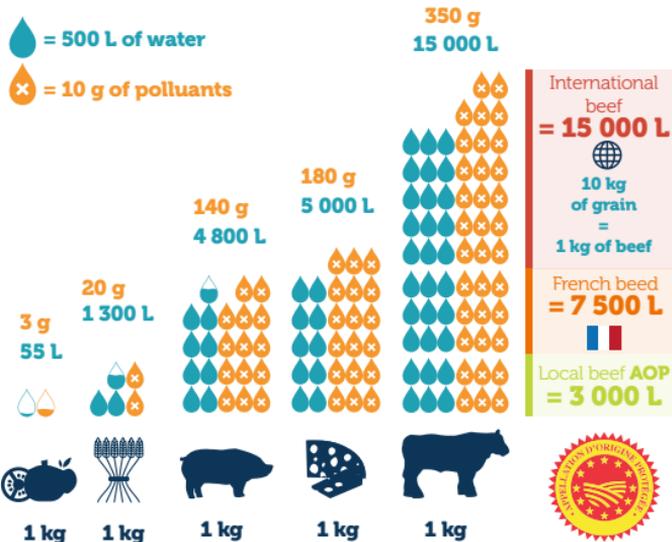


JUSTINE DUPONT, ALICE LEMOIGNE, EDOUARD DELPERO

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!

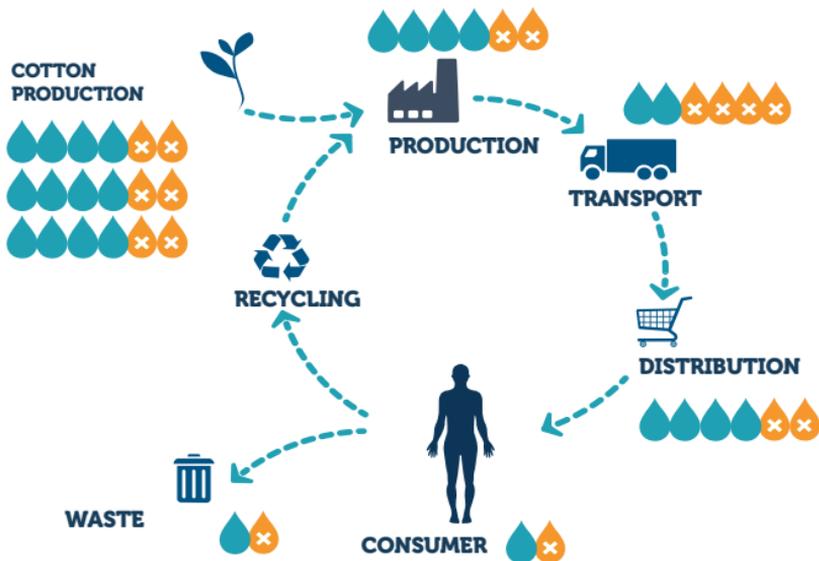


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6. EQUIPMENT



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

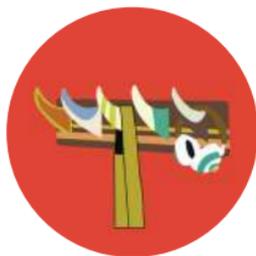
-IF IT'S BROKEN I REPAIR IT

-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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