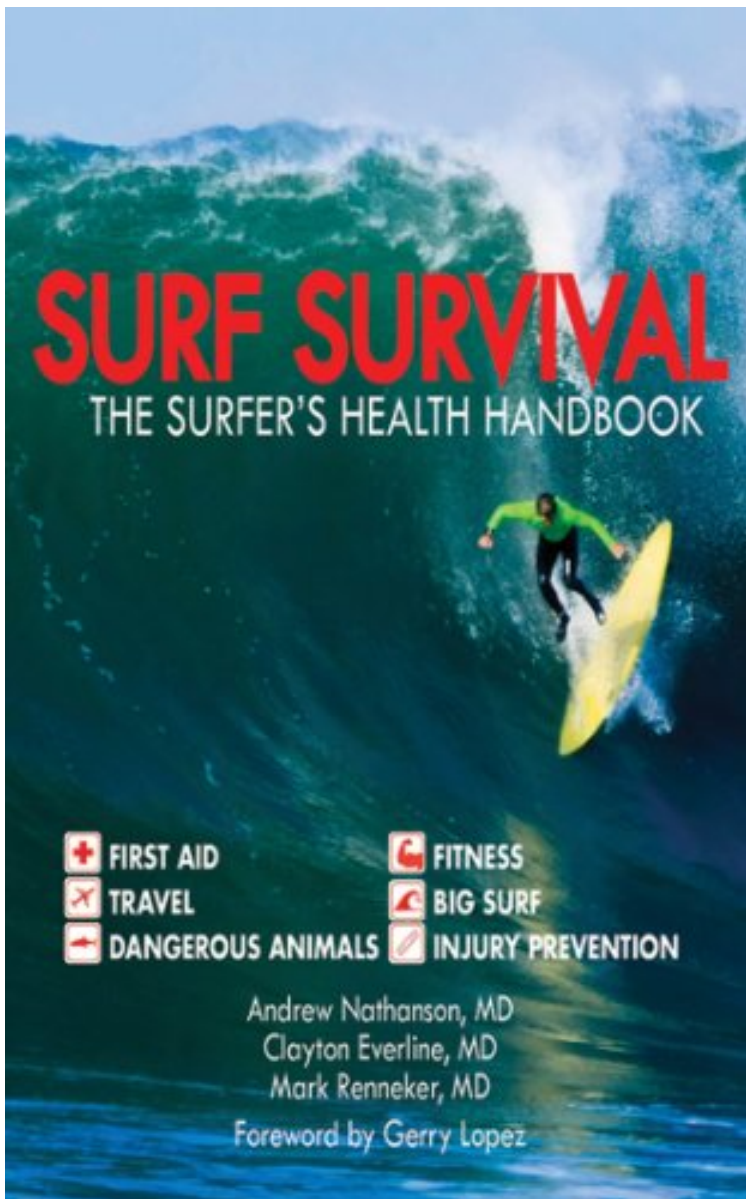


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Surf Survival: The Surfer's Health Handbook



Par Andrew Nathanson, Clayton Everline, Mark Renneker
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Description :

Prsentation de l'diteurWhether youre a novice or an expert, Surf Survival is the handbook every surfer must have in his or her backpack, car, and beach house. With a slick waterproof cover and a handy travel-size format, Surf Survival explains everything from what to do about a jellyfish sting to what to eat for maximum energy out on the water. Also included are lists of common surfing hazards by region and wave science warm-ups, as well as detailed checklists of what to have on hand in case of an emergency. Be prepared for anything, whether youre surfing a crowded beach in California or a remote island in Indonesia. Written and compiled by three expert surfers and sports medicine doctors, this full-color guide is a handy must-have

reference tool for every surfer.