

# Surf Survival: The Surfer Health Handbook - Your Essential Guide to Staying Safe and Healthy While Surfing



## 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



## By Dr. Craig Thomas

Surfing is a great way to get exercise, enjoy the outdoors, and have some fun. But it's important to remember that surfing can also be dangerous. That's why it's important to be prepared for anything that can happen while you're in the water.

Surf Survival: The Surfer Health Handbook is the ultimate guide to staying safe and healthy while surfing. Written by Dr. Craig Thomas, a world-renowned surf medicine expert, this book covers everything from basic first aid to advanced medical interventions.

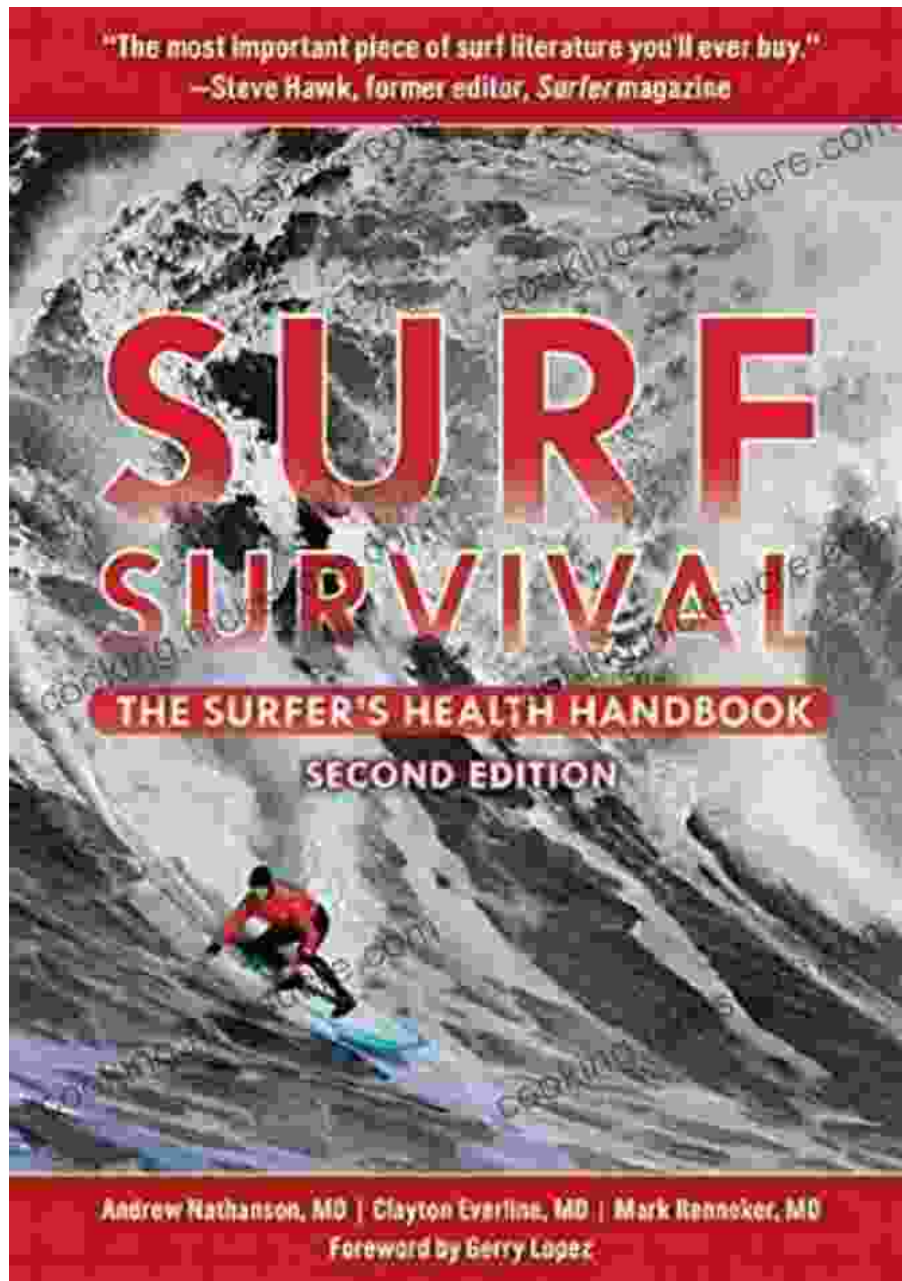
In this book, you'll learn how to:

- Identify and treat common surfing injuries, such as cuts, bruises, and sprains
- Perform CPR and other life-saving techniques
- Deal with marine life hazards, such as jellyfish stings and shark bites
- Prevent and treat surfing-related illnesses, such as sunburns and hypothermia

Surf Survival: The Surfer Health Handbook is a must-read for any surfer who wants to stay safe in the water. It's a comprehensive guide that covers everything you need to know about surfing medicine. With this book, you'll be prepared for anything that can happen while you're surfing.

### **Order Your Copy Today!**

Surf Survival: The Surfer Health Handbook is available now from all major book retailers. Order your copy today and start learning how to stay safe and healthy while surfing.



## About the Author

Dr. Craig Thomas is a world-renowned surf medicine expert. He is the founder and director of the Surf Medicine Research Institute, and he has published over 100 articles on surf medicine. Dr. Thomas is also a certified lifeguard and a former professional surfer.

## Praise for Surf Survival: The Surfer Health Handbook

"Surf Survival is the definitive guide to surfing medicine. It's a must-read for any surfer who wants to stay safe in the water." - Laird Hamilton, big wave surfer

"Dr. Thomas has written the most comprehensive and up-to-date book on surf medicine available. It's a valuable resource for surfers of all levels." - Kelly Slater, 11-time world surfing champion

"Surf Survival is a must-have for any surfer's library. It's a wealth of information that can help you stay safe and healthy while surfing." - Surfer Magazine



### 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





## **Golf Scrimmages: Realistic Practice Games Under Pressure**

Golf scrimmages are a great way to practice your game in a realistic and competitive environment. They can help you improve your skills, learn how to...



## **Ahsoka Tano: The Force-Wielding Togruta Who Shaped the Star Wars Galaxy**

Ahsoka Tano is one of the most popular and beloved characters in the Star Wars universe. First introduced in the animated film Star Wars: The Clone Wars, Ahsoka...