



2020/2021 Roxy Davis Foundation Plan

Motivation

In 2019 the Roxy Davis Foundation was launched, an NPO that aims to affect meaningful change in people's lives by improving their mental and physical well-being through ocean-based therapy programmes. **Passion, Purpose, Possibility** and **People** are at the core of the Roxy Davis Foundation. The Foundation sustainably focuses on understanding, broadening, connecting, educating and sharing evidence-based best practice principles through delivering ongoing life changing ocean-based experiences with the intended outcome of enhancing both people's physical and mental well-being.

We are passionate about making the ocean accessible to all South Africans

For those who:

- can afford it and for those who can't
- are able bodied and those who have a temporary or permanent physical or intellectual disability
- are suffering or being challenged with mental health problems, cancer, terminal illness, PTSD, depression eating & anxiety disorders

Everyone is welcome

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Goals

12 Adaptive Surf Clinics

12 Adaptive Surf Clinics for specific groups e.g. Down Syndrome

30 Mini Surf Therapy Clinics

**10 School League Sessions consisting of 30 teams
(including 10 Grassroot teams)**

10 Accredited School League Judges

1 Annual School League Finale

70 New Volunteers trained on Adaptive Surfing Theory & Practical

20 Accredited First Aid Surf Coaches

20 Adaptive Surfing Head Volunteers

225 Recycling and Environmental Education Mini events

20 Accredited SSA Surf Coaches

5 Accredited Swim Coaches

5 Youth Leaders

150 Adaptive Surfers (currently 114)

350 Volunteers (currently 245)

1st year Masters in Surfing Therapy

Accessibility building enhancements

The 7 pillars of the Roxy Davis Foundation

Surf Therapy plan



30 Mini Surf Therapy Clinics

Accessibility building enhancements

Surf Therapy - delivering a method of intervention that combines surf instruction/surfing and structured individual and/or group activities to promote psychological, physical and psychosocial wellbeing for individuals with a cognitive, physical or intellectual disability.

Surf Therapy uses the therapeutic properties of the ocean and surfing to increase the physical and mental rehabilitation process - creating lasting and impactful change in an individual's life. The Roxy Davis Foundation aims to introduce this intervention here in South Africa after much success in France and the UK <https://www.bbc.co.uk/news/av/uk-48141728/surf-therapy-for-children-in-the-uk>. Veterans use surf therapy to recover from post-traumatic stress. See full article here: <http://www.resurfacethemovie.com/>

In an effort to include all who would benefit from Adaptive Surfing and Surf Therapy, anyone who needs additional help in the water will be offered the opportunity to surf. This includes the elderly and those living with terminal illnesses.



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20 Adaptive Surfing Head Volunteers

Accessibility building enhancements

Adaptive Surfing aims to show people living with disabilities (anyone living with temporary or permanent physical and/or mental disabilities including Intellectual Disabilities - no exclusions) that surfing is a possibility and to make it possible.

Paralysis, cerebral palsy, blindness, and amputations are just some of the many physical challenges that are overcome to share the stoke of simply catching waves (and invariably trying to ride them better).

Adaptive Surfing was introduced to the disabled community of South Africa for the first time in 2011; as a sport, it has been rapidly growing & the Roxy Davis Foundation in collaboration with their partners aim to drive this growth both locally and nationally. Adaptive surfing, now a part of the Olympics and Paralympics Games further allows adaptive athletes to compete* against and alongside abled bodied athletes, as it should be.

Talented adaptive students will be offered the opportunity to develop their competitive skills through the Foundation, upon qualifying they can enter local, national and international Adaptive Surfing competitions.

Noluthando, a surfer that came through our programme won the gold medal at the 2019 Adaptive SA Champs and has been selected to represent South Africa at the World Champs in California in March 2020. This is the first time a black female adaptive surfer will be representing our country! Noluthando won the Silver Medal in 2020.

*Currently the ISA (International Surfing Association) limits the competitive divisions to 7 physical disabilities and excludes mental disabilities. We have made the decision not to limit the disability and welcome anyone who would like the opportunity of learning to surf.

We hope that one day the ISA will be more inclusive and include all categories of differently-abled surfers.

For every Adaptive Surfer, 4-10 volunteers are required to coach and support the surfer through the process. In 2019 we adapted to 48 different 'abilities'.

Training and Education plan



10 School League Judges

70 New Volunteers trained on Adaptive Surfing Theory & Practical

20 Accredited First Aid Surf Coaches

20 Adaptive Surfing Head Volunteers

20 Accredited SSA Surf Coaches

5 Accredited Swim Coaches

5 Youth Leaders

The Foundation aims to double the number of *qualified* South African Surf Coaches, South African Adaptive Surf Coaches, First Aiders, Head Volunteers and Salt Water Swim Coaches - all who are required to carry out successful Adaptive Surfing and Surf Therapy activities - the training element equates to 700+ hours of development and +-35 part-time surf coaching positions.

Through the Surf Therapy Clinics and online/ in classroom training programme we provide knowledge building opportunities for disability inclusion, awareness, inclusiveness and increased acceptance for both able bodied participants and those with a disability.

Foundation building for inclusive surfing at grassroots level plan



**10 School League Sessions consisting of 30 teams
(including 10 Grassroot teams)**

10 School League Judges

1 Annual School League Finale

In 2018 we ran a soft launch of the Western Cape Inter School Surf League, focusing on organic growth accepting schools by word of mouth. An overwhelming response in 2019 resulted in an average of 24 teams (17 Junior and 10

Senior) participating per event in the 10-event series. 5 teams are from our local townships Capricorn Park, Marine Primary, Ukhanyo Primary, Waves4Change and Ocean View Primary. In 2020 we aim to double the local township participation; this will require partnerships with local transport services to bring the children to the beach. To keep the league growing and competitive additional qualified Surf Judges will be trained and developed too.

Mentorship and leadership of young South Africans' plan



We have a fantastic opportunity to mentor individuals on a one-on-one level through the Roxy Davis Foundation. The focus will be on upskilling individuals in areas they would need the most to take on the world of 'work' while contributing to positive societal change. Learning about business, the working environment, building skills for future employment and leadership abilities.

The Roxy Davis foundation aims to build a sustainable internship programme encapsulating both leadership development and life skills mentorship:

- Serving - meaningful contribution to society by carrying forward the objectives of the Foundation
- Learning and Practice - complete an intensive programme of intellectual growth underpinned by hands on leadership development
- Opportunity, Success and Significance -connecting with opportunities to fulfil their potential and continue on a path of transformative societal impact

Environmental Conservation and Awareness plan



225 Recycling and Environmental Education Mini events

Environmental Conservation and Awareness underpins every event and objective of the Roxy Davis Foundation. Creating *awareness* and *taking action* with every person who comes into contact with the Foundation will create Ambassadors for change. These Ambassadors who will not only make a difference today but every day and for the future generations of ocean users.

Currently we are collecting research data [SAEON](#) using [SmartFin](#) - a surfboard fin that tracks inshore data as you surf. Currently it tracks water temperature, GPS location and speed. The Shark Spotters have shown interest in using the data gathered in False Bay to monitor in-shore water temperatures in relation to shark activity.

Current discussions are underway to work collaboratively with [WESSA](#) (Wildlife & Environment Society of South Africa), [Beach Co-op](#) and the [City of Cape Town Parks and Recreation](#)



1 Master's Degree - Evidence-based Outcomes of Surfing Interventions

In 2020 Roxy Davis representing the Roxy Davis Foundation enrolled in a Master's programme at UCT. The Foundation actively conducts high impact research on the effectiveness of surf therapy. This research contributes to the global community of surf therapy in helping to develop industry standards and ethics. In addition, this supports international Surf Therapy practitioners and researchers. An outcome is to develop a tool kit for replicability.

MASTER'S DEGREE: Surf Therapy

PROJECT TITLE: HOW CHILDREN WITH DISABILITIES IN THE WESTERN CAPE EXPERIENCE PARTICIPATING IN A SURF THERAPY PROGRAMME

PURPOSE AND SIGNIFICANCE OF THE STUDY

This study will contribute to understanding the physical, psychological, social and emotional effects of Surf Therapy for children with a disability. The research will contribute to the global base of knowledge and benefits of Surf Therapy.

1. RESEARCH QUESTIONS

1. What are the experiences of participation in a surf therapy programme for children with disabilities in the Western Cape?
2. What are, if any, the areas of most significant change in the lives of the children participating in a surf therapy programme

2. RESEARCH AIM

To explore the experiences of participation in a surf therapy programme for children with disabilities in the Western Cape.

3. RESEARCH OBJECTIVES

- a. Conduct interviews with children with a disability to identify the effects of participating in a Surf Therapy Program.
- b. Conduct interviews with parents/guardians and practitioners to identify the areas of most significant change in the lives of the children participating.

[Davis Roxy MPhil in Disability...HREC Submission 10.09.2020](#)

End