

FAQs for Triple Plank Prep Camp

1. How do I register?

How to register:

1. Go to <https://tofino.ca/our-community/recreation/>
 - a. Click 'Register for Recreation Programs' (yellow button in the middle of the page)
2. You will be directed to tofinorecreation.perfectmind.com
 - a. Click on 'Signup' above the sign-in box
3. Fill out the signup information
 - a. *please create parent/adult account first, then create any child accounts with the portal
 - b. After submitting your signup form, you will receive an email with a temporary password from communication@xplorrecreation.com
 - c. Check your junk folder if you do not receive it at first – please add communication@xplorrecreation.com as a trusted sender
 - d. Contact recreation@tofino.ca if you do not receive it for additional password reset and support – please include the name on the profile
4. Profile has been created
 - a. Click 'Add Family Member' to add a child linked to a parent/guardian profile
5. To register, go to 'BookMe', then 'Program Registration' from the drop-down menu
6. Find the program page and look for 'Camps', and select 'Spring Break Camps'
7. You will see 'Triple Plank Prep Camp Surf & Skate Spring Break Camp'
 - a. Registration will open on Tuesday, February 19, at 4 PM PST

2. What is this camp about?

Camp Philosophy

The core values of Triple Plank Prep Camp are reinforced throughout the entire program:

- Encouragement and support over results
- Fun, friendship, and shared experiences first
- Respect for the ocean, environment, and each other
- Building confidence on boards, in the ocean, and with peers

Competition preparation is approached in a positive, low-pressure way that prioritizes confidence, creativity, and enjoyment.

3. What will each day look like?

Daily Camp Timeline

Each camp day follows the same balanced structure to support progression while keeping the pace relaxed and enjoyable.

9:30am – 11:30am | Skate Session (2 hours)

📍 Tofino Skate Park

(In the event of rain, skate sessions move indoors to Wickaninnish School.)

Each morning begins with a coached skate session focused on fun, creativity, and encouragement. Participants identify their strongest tricks and work on putting together clean, confident skate lines within a set time, preparing for competition-style runs in a supportive and low-pressure environment with tips, encouragement, and coaching from CSA coaches.

11:30am – 12:15pm | Lunch, rest, hang out (45 mins)

📍 Village Green

- Reset and refuel
- Hang out, talk skate and surf

12:15pm – 12:45pm | Transition Time (30 mins)

30-minute buffer allows participants to:

- Travel to the beach
- Get geared up for the surf session

12:45pm – 3:00pm | Surf Session (2 hours 15 mins)

📍 Cox Bay, Maltby Rd carpark

Afternoon surf sessions focus on reading conditions, wave selection, and building confidence in the water. Participants and coaches review surf conditions together, talk about wave selection, and visualize what maneuvers the waves are calling for before heading into the water. Sessions are supported with coaching and encouragement to help each participant progress at their own pace. We will film the surf sessions, and video review will take place for the last 30 minutes of the session.

Day-by-Day Focus

Day 1: Foundation & Perspective

Day one places a strong emphasis on mindset and values. The program begins with a group discussion around gratitude and perspective, recognizing how fortunate we are to surf and skate with our friends. Participants are encouraged to prioritize fun, encouragement, and supporting one another over winning, a message that carries through the entire camp.

The rest of the day follows the standard skate, lunch, and surf schedule, with a focus on introduction, confidence, and creativity.

Days 2 & 3: Progression & Preparation

Days two and three follow the same daily structure, with increased focus on refinement. Skate sessions focus on:

- Having fun
- Refining individual tricks
- Putting together confident skate lines for the comp

Surf sessions focus on:

- Dialling in maneuvers
- Improving wave selection and flow
- Focusing on completing waves

Throughout both days, encouragement, effort, and enjoyment remain the priority.