



STAND UP PADDLE INSTRUCTOR (ENCLOSED FLAT WATER) LEVEL 1

Aim:

Foundation certificate to plan, conduct and assess an instructional stand up paddle boarding session in enclosed flat water locations defined as: inland waterways and bodies of water including creeks, rivers, lakes, lagoons, estuaries, canals that are no wider than 1 km, with no swell or breaking waves.

Career Outcomes:

- Stand Up Paddle Instructor within the SUP and outdoor recreation industry.
- Industry job roles that require SUP knowledge (e.g. sales rep, retail).

Topics covered:

- Understand the role of the SUP instructor
- Identify communication skills in the flat water environment
- Identify and manage SUP risks and hazards
- Identify emergency processes and response
- Develop a lesson plan for enclosed flat waters
- Demonstrate enclosed flat water instructor techniques
- Implement minimal environmental impact strategies
- Assess clients
- Evaluate own training



Qualification issued:

- ✓ ASI Stand Up Paddle Instructor (Enclosed Flat Water) Level 1 Certificate

Pre-requisites:

Before you enrol, you must be able to: paddle safely and effectively in enclosed flat water locations including performing step back, pivot & side stroke turns.

Other requirements:

Hold current water rescue (flat water or surf) & senior first aid certificates.

These certificates can be provided within 12 months of completing the course and we will then issue your qualification.

What we provide:

- Level 1 SUP Instructor Training Manual
- Assessment & Competency Record Book
- Minimum of 12 months membership

Duration:

Workshop course
2 days 9am to 4pm



Setting the world standard in surfing education

Academy of Surfing Instructors (ASI UK) Co.No.0722579

SUP UK Office: 7 Wittering Rd, Sandy Point, Hayling Island, Hants, PO119SP England UK

Ph:+44 7859296741 or +44 7859 294188 Email: uk@academyofsurfing.com www.academyofsurfing.com



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Workshop Course Information

What you will need to do:

1. At workshop:

- ✓ complete written assessments
- ✓ demonstrate practical SUP skill e.g. paddle safely and effectively in an enclosed flat water location: entry and exit into water; stand on the board; correct paddling technique; changing direction; paddle on knees; wiping out safely; SUP manoeuvres (step back pivot turn, side-turn, stopping)
- ✓ demonstrate lesson delivery

2. Provide a copy of your current certificate/s for:

- ✓ Water Rescue and first aid certificates
*Senior first aid (e.g. Red Cross);
Flat Water Rescue, (eg. Royal Lifesaving). Surf rescue (e.g. Surf Lifesaving Bronze)*
Or
Combined surf rescue & aid (e.g. Surf Life Saving GB Surf Coach Lifesaver Award)

3. Practical experience:

- ✓ obtain a letter from: (1) an approved SUP school stating you have assisted in delivering at least 10 hours of SUP instruction in enclosed flat water locations, or (2) an ASI SUP Trainer stating you have the required competency.

Bring to the workshop:

Water clothing and SUP board for demonstrating skill in the water.

Renewal - ASI Certificate & Membership

Valid for 12 months. Renewal is due 30 June each year (however your initial qualification will be issued for a minimum of 12 months and renewal is due the next 30 June after the initial 12 months).

- complete ASI renewal form
- provide a letter from an approved SUP school or ASI SUP Trainer stating you have delivered 25 hours SUP instruction in the past year.
- provide current copies of water rescue & senior first aid certificates.
- pay combined renewal and membership fee: £55

Bonus: only one renewal fee for multiple ASI instructor qualifications (e.g. surfing, stand up paddle, bodyboarding).



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