



STAND UP PADDLE INSTRUCTOR (EXPOSED WATERS) LEVEL 2

Aim:

Plan, conduct and assess an instructional stand up paddle boarding session in exposed water locations defined as: protected coastal beaches and bays and harbours with shore break no more than 1 ½ feet, swell size up to 2ft and the absence of 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 shoreline topography, wind and tidal flows on participation
- Identify and manage exposed water SUP hazards
- Identify emergency processes and response
- Develop a lesson plan for exposed water locations
- Identify suitable SUP equipment
- Demonstrate exposed water instruction techniques
- Implement minimal environmental impact strategies



Qualification issued:

- ✓ ASI Stand Up Paddle Instructor (Exposed Waters) Level 2 Certificate

Pre-requisites:

Before you enrol, you must:

- Be able to paddle safely and effectively in exposed water locations, swell size of 2ft.
- Hold ASI Level 1 Stand Up Paddle Instructor (Enclosed Flat Waters) certificate.

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

Duration:

Workshop course
1 day. 9am to 4pm



Setting the world standard in surfing education

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

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Workshop Course Information

What you will need to do:

1. At workshop:

- ✓ complete written assessments
- ✓ swim 200 metres, without stopping, in exposed waters location.
- ✓ demonstrate SUP skill e.g. paddle safely and effectively in an exposed water location with swell size of 2 ft: entry and exit into water negotiating 1 ½ foot shore-break; controlling the board in choppy waters, using the waters movements to best advantage, demonstrate a variety of differing paddle steering skills (step back pivot turn, side-turn, stopping), changing direction effectively, safe wipe-out.
- ✓ 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 exposed 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.

- 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 surf rescue & senior first aid certificates.
- pay combined renewal and membership fee: £55 (GBP)

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



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