

WSA SUP Safety and Rescue

Essential Information

Duration: 1 Day

Price: £100

Age: Minimum age 16
(16-17 year olds gain
assistant instructor
qualification)



Pre-Requisites: First Aid, or recognised lifeguarding qualification. Member of WSA.

Ability: Paddle effectively in light winds upwind, across wind and downwind; use two types of turns effectively (see WSA video).

Remit: Sheltered / Open Water.

Assessment Criteria:
Practical.

The SUP Safety and Rescue course allows a full understanding and practical application of safety considerations and rescue techniques that accompany any coach.

The course includes, towing, incident management, drowning, board rescues and in water rescues. In addition knowledge will be gained in effective communication, equipment and recognition of other services such as lifeguards.