

WSA SUP Foundation Coach

Essential Information

Duration: 2 Days training + 1 day assessment

Price: £280

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



Pre-Requisites: WSA Rescue, 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 Water (small lakes, sheltered bays, no flow rivers, canals)

Assessment Criteria: Coaching session, personal ability and Workbook

The Foundation Coach course will provide you with the skills and knowledge to safely introduce Stand Up Paddle Boarding to beginners wishing to try and develop their SUP skills in a sheltered water environment. You will be educated in various byelaws and legislation that govern paddle sports in your area / country.

You will learn essential safety information; gain knowledge of equipment, group management and the coaching skills to effectively get students paddling. Additional knowledge will include fault finding and correction with a good understanding of technique.

You will leave the course being able to plan sessions and confidently deliver them working within the structure of a school or centre.

Those students who do not meet the desired standard will if appropriate be offered assistant coach status allowing persons to develop under other qualified coaches as well as assisting in centres and schools. Reassessment can be applied for.