



## L1 Stand up Paddle boarding Instructor Training

### General

All BSUPA SUP Instructor Training Courses (ITC's) are run in conjunction with the British Stand Up Paddle boarding Association (BSUPA) in BSUPA recognised schools and are open to all paddle boarders of a suitable standard of riding proficiency/ experience (see paddle test).

The aim of the BSUPA Level 1 ITC is to produce skilled, competent, enthusiastic and professional paddle boarding instructors. The emphasis on the course is around safety, communication skills, professional attitude and conduct as an ambassador for SUP and the BSUPA.

The BSUPA Ready to Ride ITC is a very comprehensive Instructor course which includes the BSUPA teaching scheme and career path and details on working in the UK and overseas.

The BSUPA syllabus forms the core of the course along with practical assessments on water, candidate led presentations, trainer delivered theory lectures and a theory test paper to identify candidate knowledge.

### Enrolment requirements

Paddling proficiency. You MUST be able to paddle competently in a range of conditions, and navigate/ demonstrate and execute effective paddle stroke, basic and advanced turns. Tow and rescue unconscious casualty. Paddle 400 meters in 3 mins and 45 secs (see paddle test document).

- Current BSUPA membership.
- A valid First Aid qualification – min one day attended certified course.

The BSUPA can put you in touch with providers regarding the first aid training which will usually be done preceding the start date of the ITC.

### Course Duration

The course is delivered over 2 days. Often the course will have an evening session on the first day.

### Course Costs

The BSUPA Level 1 ITC - £250 per person

Inc Course materials and Manuals

N.B you must be a member of BSUPA to attend any BSUPA ITC