

FREQUENTLY ASKED QUESTIONS (FAQ)

Q: What's the price?

A: **£ 275** NARS Beach Lifeguard Award / Surf Coach Lifesaver
(Including the First Aid Appointed Persons Certificate)
£ 250 for the Level I Surf Instructor Award

Q: Where are the courses held?

A: All our courses are conducted at **Harlyn Bay**, on the North Cornish Coast, three miles from Padstow and 5 mins drive from Treyarnon Youth hostel.

Q: Do you provide accommodation?

A: Yes, local discounted accommodation can be arranged with Treyarnon Youth Hostel and B&B providers. This is not included in the course fees. Please book well in advance especially for the hostel.

Q: How long do the NARS Beach Lifeguard Award / NARS Surf Coach Lifesaver take to complete?

A: The course is conducted over six days Mon- Sat with an examination on sixth day by independent Surf Lifesaving Association (SLSA) Examiners.

Q: How long does the Level I Surf Instructor Award take to complete?

A: The course is held over 3 days. Each candidate is assessed throughout the 3 day course with a final assessment on the 3rd day. **Candidates must complete 15hrs work experience with a surf school before receiving final accreditation.**

Q: How long are the awards valid?

A: The NARS qualifications are valid for three years. After this time the exam must be repeated. The Surf Coach Awards are valid for three years. After this time a **Level 2 course or a one day Professional Development Session** must be attended.

Q: Can I work abroad with these qualifications?

A: All awards are internationally recognised but you will still have to conform to each country's own qualification specifications.

Q: How old do I have to be?

A: You must be at 16 to complete the NARS beach Lifeguard Award/ Surf Coach Lifesaver and the Level 1 Surf Instructor Award. Candidates who are 16 taking the Level 1 Surf Instructor award will receive an “Assistant Level 1 Instructor” qualification. They will be able to work as surf instructors as long as they are supervised at all times by a fully qualified Level 1 (or above) instructor. When reaching age 18 they can upgrade to the full Level 1 status by submitting proof of age and proof they hold a current recognised lifesaving qualification.

Q: What is the difference between the NARS Beach Lifeguard Award and NARS Surf Coach Lifesaver Award?

A: The NARS Beach Lifeguard Award requires you to **swim 400m (16 lengths)** in a 25 metre swimming pool in **under 7 minutes 30 Seconds**. The award then qualifies you to work as Beach Lifeguard. The NARS Surf Coach Lifesaver Award requires you to **swim 400m (16 lengths) in under 9 minutes 30 seconds**. **With this qualification you will be able to work** as a Surf Instructor when combined with the Level I Surf Instructor Award. **You will not be able to work as a Beach Lifeguard unless you hold the NARS Beach Lifeguard qualification.**

Q: What fitness test is required for the Level I Surf Instructor Award? Do I have to be a good surfer?

A: There is no fitness test for the Level 1 Surf Instructor Award. However, you must be a competent surfer and be able to turn and manoeuvre a surf board going both left and right.

Q: Where do the courses operate from?

A: The courses are split into water work and dry work. The water work takes place at Harlyn Bay, nr Padstow, Cornwall and the dry work operates from our classroom facility nearby. The pool swims are conducted at Wadebridge Sports Centre.

Q: How do the courses operate?

A: The NARS Beach Lifeguard/ Surf Coach Lifesaver Awards run alongside each other and each day is split into water work (rescues) and dry work

(first aid training) Successful completion of both awards will also lead to candidates obtaining the First Aid Appointed Persons Certificate. The Level I Instructor is split into teaching practice on the beach and class room study.

Q: How many people will be on the course?

A: All NARS courses have a maximum of 16 candidates per course. All Surf Instructor course have a maximum of 10 candidates to 1 trainer to ensure high levels of teaching standards.

Q: What equipment do I need?

A: You will need a good wetsuit (winter wetsuit, boots and gloves required for April courses, hire can be arranged locally), notebook, pen, swim wear, goggles, warm clothing and sun block.

Q: Do you provide lunch?

A: No, lunch is not included but there is a range of food outlets nearby. **If you book a full board package with Treyarnon Youth Hostel you will be provided with a packed lunch.**

Q: Do I need previous sea/ surfing experience?

A: For the NARS Beach Lifeguard/ Surf Coach Lifesaver Awards previous ocean experience is desirable but not essential. For the Level I Surf Instructor Award competent surfing skills/ocean knowledge is essential.

Q: Is there a written exam?

A: No, but there is written course work on all courses.

Q: Who validates the awards?

A: The Surf Lifesaving Association of Great Britain (SLSA) validates the NARS Beach Lifeguard/ Surf Coach Lifesaver Awards, including the First Aid Appointed Persons qualification. Certificates are issued by the SLS GB. The Surf Coach Federation validates the Level I Surf Instructor Award and issues the certificates.