

Course Guide: BSA Level 1 Surf Coach

Course Overview

General Goal

- To qualify candidates to deliver safe, successful surf lessons from the beginner through to the improver stages of surfing. These lessons can be for children or adults in a group or a one on one situation.

Final Goals

At the end of the course, successful candidates will be able to:

- Define goals and objectives of a surf lesson.
- Plan the organisational needs of a lesson.

Specific Goals

- Demonstrate a comprehensive understanding of beach safety and methods to maximise beach user safety.
- Describe and demonstrate the fundamental surf skills to be introduced to the novice surfer through to the Improver surfer.
- Identify the four main adult learning styles.
- Understand and demonstrate coaching delivery styles to all learner types.
- Understand the role of a coach when coaching children.
- Demonstrate a personal surfing ability at the required level.

Attitude

- Demonstrate a positive, professional attitude towards surf coaching
- Demonstrate respectful behaviour towards the other candidates and coaching staff.
- Demonstrate self-confidence that will create success in surf coaching.

Content

During the course the following subjects will be discussed:

- Principles of coaching
- Learner centred coaching
- Factors that affect performance
- Giving feedback / Managing differentiation
- Safety
- Novice surfing skills
- Coaching children

Evaluation Process and Qualification Process

1. Surfing Assessment.
2. Coaching Assessment.
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3. Presentation of a current Lifeguard Certificate from SLSA or RLSS or other approved equivalent.
▼
4. Presentation of Coaching Experience Logbook.

Each candidate's performance is assessed throughout the course however a final assessment is made on the last day. This assessment takes the following format:

There is a **Coaching assessment** and a **Surfing assessment**. Candidates must be successful in both sections to gain '**Trained Status**'. If only one section of the course is passed then that section will not have to be repeated. However to gain '**Trained Status**' the candidate would have to retake the remaining part of the course on the last day of another level 1 course within 3 years.

In addition to this;

- The **course workbook** of each candidate must be completed.
- The **personal attitude** and **professional approach** of each candidate will be assessed throughout the course. A high level of participation, enthusiasm and professionalism is expected from all candidates at all times.

During the course if conditions are unsuitable for either a surf or coaching assessment then assessments must be re scheduled for another time.

Surfing Assessment

The surfing assessment is split into two sections, **demonstrations** and **free surfing**. The candidate will be marked on each of following criteria and will be given a mark of either '**below standard**', '**at standard**' or '**above standard**'. In order to be successful the candidate must be '**at standard**' or '**above standard**' in all areas.

Demonstrations

- Prone on beach
- Prone in water
- Pop ups on beach
- Pop ups in water
- Paddling
- White water riding
- Board control

Free Surfing

- Positioning/Paddling out
- Wave selection
- Trimming
- Bottom turn
- Kick out
- Etiquette

Coaching Assessment

The Coaching assessment is split into three categories, **Customer service**, **Learner centred coaching** and **Surf technique**. The candidate will be marked on each of following criteria and will be given a mark of either '**below standard**', '**at standard**' or '**above standard**'. In order to be successful the candidate must be '**at standard**' or '**above standard**' in all areas. Each candidate will be expected to coach a group of their peers or real students.

Customer Service

- Communication
- Pace of lesson
- Safety
- Organisation
- Enthusiasm

Learner Centred Coaching

- Adapted to conditions
- Adapted to student needs
- Adapted to skill level

Surfing Technique

- Teaching based on skills
- Skill drill matching
- Accurate assessment
- Accurate demonstrations

Additional Requirements

On completion of this course a candidate will receive '**Trained Status**' but will not obtain the full accreditation until he/she has satisfied the following criteria:

- Presentation of a current NARS or RLSS Beach lifeguard award, and/or a NARS Surf Life Saving for Surf Coach Award and/or equivalent
- Course fees to be paid in full.
- Presentation of coaching experience log book confirming 20 hours of coaching experience with an appropriate surf school. This can be

completed with Harlyn Surf School www.harlynsurfschool.co.uk by prior arrangement.