

## Stand Up Paddleboard (SUP) Discipline Support Module Summary

This document provides a summary of the British Canoeing Stand Up Paddleboard (SUP) Discipline Support Module for course organisers and candidates.

### Overview

The British Canoeing SUP Discipline Specific Support Module is designed to assist (aspirant) coaches and leaders who want to gain more knowledge about the specialist discipline of SUP. The course introduces and explains the basic techniques and strategies for working with SUPs. The course is a mix of theory and practical activity to ensure everyone has time to try things out. The module seeks to support the continuing process of good practice on the water, with the syllabi written to focus on people who are working with beginners.

### Audience

The module is aimed at coaches and leaders (or aspiring coaches/leaders) who are interested in developing their SUP knowledge.

### Course Length

6-hours

### Module Aims:

- Provide a background to the various disciplines within SUP.
- Introduce different types of equipment including the issues of equipment design, size and modification to suit all individual requirements.
- Introduce and develop the coaches/leaders knowledge of SUP specific techniques and tactics
- Support the coach or leader apply coaching/leadership skills when working with SUPs
- Explore some SUP safety and rescue specifics

### After the Course

After completing the module candidates receive a certificate of attendance from their Home Nation.