

5 Star Surf Leader Syllabus

Aim

Attainment of this award indicates that the candidate has attained a high level of performance, personal skill and group management in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of other paddlers in remote or advanced surf.

Following assessment British Canoeing 5 Star Leaders must have in place civil liability insurance (included in comprehensive Home Nation membership), knowledge of Child Protection guidelines and good practice including checks where necessary and maintain evidence of currency.

Advanced Surf Definition

Area: Reefs, points, offshore breaks and sandy beaches, which may have significant hazards (e.g. rocks, strong rips, etc.) and may be remote and/or have difficult access.

Character: Waves may be powerful, steep, pitching, fast, hollow and heavy.

Height: Up to, and above double overhead when seated in a kayak in the trough of the wave (or head high, and above for a stand up surfer).

(Extracted from Terms of Reference).

Training and Assessment Courses

To achieve British Canoeing 5 Star Surf Leader candidates are required to attend British Canoeing 5 Star Surf Leader Training, and Advanced Surf Safety and Rescue Training. These courses involve at least 3 days of formal training in personal skills, leadership, and safety and rescue. Training is valid for 3 years, during this time, and upon completion of the assessment prerequisites, candidates can then put themselves forward for assessment. Assessments are normally run over 2 days, including 2 evening exercises.

It is also strongly recommended that further training be undertaken based on the candidate's action plan in different areas and a variety of environmental conditions.

Related British Canoeing Policies

See 'Reasonable Adjustments for Paddlesports Awards and Coaching' for details about how providers can make adjustments for paddlers with specific disabilities

See 'British Canoeing Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a British Canoeing Star Award

Accredited Prior Learning (APL)

See 'APL Guidance Notes' for details of how to apply for accredited prior learning. APL is mainly used to allow individuals access to a British Canoeing qualification where they do not hold the specific prerequisite for that award, but have equitable prior learning.

APL may be appropriate for candidates with relevant and extensive paddling and leadership experience who wish to request exemption from the requirement to hold the relevant British Canoeing 4 Star Leader Award or British Canoeing Level 3 Coach before being able to access British Canoeing 5 Star Leader Training.

Useful Information

Please refer to the British Canoeing 5 Star Surf Leader Training and Assessment Notes and the British Canoeing Star Award Guidance Notes for further information.

Training Prerequisites

- British Canoeing 4 Star Surf Leader or British Canoeing Level 3 Surf Coach (see note above regarding APL).

Assessment Prerequisites

- Home Nation British Canoeing 5 Star Surf Leadership Registration (LR)
- Valid (within 3 years) British Canoeing recognised 2 day first aid award
- Previous experience: The candidate must provide documentary evidence of approximately 40 advanced days in a range of surf locations. These must show experience of different break and wave types. Such experience must have been gained normally over a minimum of 3 years' surfing paddling, the surfing experience showing a bias towards exposed or more challenging surf environments. Candidates should also have appropriate experience in management, safety and rescue, prior to assessment
- British Canoeing 5 Star Surf Leader Training (within last 3 years)
- British Canoeing Advanced Surf Safety and Rescue Training
- Candidates must be 18 or over at the time of assessment

Craft

The candidate may present themselves in any craft in which they are able to complete the syllabus.

Equipment

Candidates should have personal and group equipment appropriate for the remit of the award and relevant to the assessment environment.

Trainer and Assessor

British Canoeing 5 Star Surf Leader Provider.

Assessment Venue

A British Canoeing 5 Star Surf Leader must be capable of riding in advanced surf. They should be fully conversant with reefs, points and heavy waves. At this level it is important for candidates to be able to accurately assess the surf in terms of its suitability to paddle on and therefore no upper limit of

size should be set. The assessment will access at least 1 surf venue that is not a simple beach break, this may be a point, reef or a break requiring a short coastal journey.

If during assessment conditions are not suitable the process may be postponed.

Technical Syllabus

The candidate is required to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying, launching and landing
- A.2 Control
- A.3 Paddle out
- A.4 Take off
- A.5 Turning
- A.6 Variety, pace and attack
- A.7 Timing, height and the shoulder
- A.8 Roll in advanced surf conditions

Part B – Rescue Skills

- B.1 Deep-water rescues
- B.2 Beach landings
- B.3 Water based repairs and first aid
- B.4 Rescue management

Part C – Safety, Leadership & Group Skills

- C.1 Safety awareness and risk management
- C.2 Group control and communication
- C.3 Group safety equipment
- C.4 Appropriate leadership strategies, judgment and decision-making
- C.5 Demonstrate the capability to manage a range of incidents
- C.6 Provide guidance through top tips and handy hints

Part D – Theory

- D.1 Advanced surf forecasting
- D.2 Wave theory
- D.3 Etiquette
- D.4 Wellbeing, health and first aid
- D.5 Equipment and design
- D.6 General knowledge