

4 Star Leader Award Surf - Syllabus

Aim:

Successful performance at this level indicates that the candidate has sufficient personal skills and the ability to manage a group of Surf paddlers and to judge the conditions and the standard of the group and make appropriate decisions. The emphasis is on the application of skills in a surf environment, requiring the paddler to perform appropriate and effective manoeuvres in moderate surf.

The 4 Star Leader Surf Paddler is assessed managing a group of paddlers with a ratio of 1 to 4 in moderate surf environments.

The 4 Star Leader Award is a leadership award and not a coaching award. It is not suitable for introducing beginners to the sport.

Following assessment 4 Star Leaders must have in place 3rd Party Liability cover (included in comprehensive Home Nation membership), knowledge of Child Protection guidelines and good practice including checks where necessary and maintain evidence of currency.

Training Prerequisites:

- Be able to paddle to the standard of either new 3 Star Surf or 'old' 4 Star Surf award

Assessment Prerequisites:

- Previous experience;
 - A minimum of 20 sessions in moderate surf conditions
 - Above sessions to include 3 different breaks and be from at least two different geographical areas i.e. the south west and the north east
 - Experience of managing paddlers in a surf environment
- Recognised First aid award (minimum 8hrs training including CPR) within the last 3 years
- Relevant Leadership Training - 4 Star Leader Surf training OR 'old' in-date trainee Level 3 Surf status within the last 3 years
- Home Nation Registration (LR Form)
- Aged 16 years or above. Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18.

Craft:

Candidates can present themselves for assessment in any suitable craft; however they should be aware that elements of the syllabus are difficult to complete in boats with more general design characteristics.

Venue:

Moderate Water – Four Star surf paddlers should be competent to operate in up to 3 feet of surf (double overhead while seated in a kayak in the trough of a wave) on varied beach breaks offering differing wave profiles. Not normally including reefs or pitching waves.

Durations:

Training: 2 days

Assessment: 2 days

Staffing:

For details of staffing requirements and ratios, please refer to the latest version of the BCU Staffing Requirements and Ratios document, available from the BCU or Home Nation websites. Training and Assessment may only be conducted by those qualified and registered to do so. For details of registering as a 4 Star Leader Surf Provider, refer to the BCU document 'Becoming a 4 Star Provider'

Administration:

Refer to the latest version of the BCU Star Award Guidance Notes for details on the administration of pre and post course paperwork for both candidates and trainers/assessors. Staff should also refer to the current version of the Trainer / Assessor notes.

4 Star Surf Leader - Technical Syllabus:

Part A – Personal Paddling Skills:

- A.1 Paddle out
- A.2 Take Off
- A.3 Carving bottom turns
- A.4 Top turns
- A.5 Diagonal runs of varying heights
- A.6 Carved exit from the wave

Part B – Rescue Skills:

- B.1 Deep-water rescue
- B.2 Towing
- B.3 Swimming
- B.4 Rolling
- B.5 Shepherding
- B.6 Carries

Part C – Safety, Leadership and Group Skills:

- C.1 Risk Management
- C.2 Group control and communication

Part D – Theory:

- D.1 Surf specific rescue equipment
- D.2 Tides and bathymetry
- D.3 Etiquette
- D.4 Planning, Group Awareness and the Safety Framework
- D.5 Hypothermia and first aid
- D.6 Environment
- D.7 General

