

### 5 Star Leader Award - Surf - Syllabus

#### Aim

Attainment of this test 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 5 Star Leaders must have in place 3<sup>rd</sup> 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.

#### Pre-requisites – Training

- BCU 4 Star Leader Surf Award or old style Level 3 Surf Award

#### Pre-requisites - Assessment

- 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 three years' surfing paddling, the surfing experience showing a bias towards exposed or more challenging surf environments.
  - Candidates should have appropriate experience in management, safety and rescue, prior to assessment. Such experience may be obtained on advertised courses or BCU level 5 Surf Coach
- Recognised First aid award (minimum 16hrs training including CPR) within the last 3 years
- Relevant Leadership Training - 5 Star Leader Surf training within the last 3 years or old style 5 Star Surf training within the last 3 years.
- Relevant Safety Training – Advanced Surf Safety and Rescue Training
- Home Nation Registration (LR Form)
- Aged 18 years or above

#### Craft

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

#### Venue

A five star paddler should be capable of riding in over three foot of 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 should access at least one surf venue that is not a simple beach break this may be a point, reef or a break requiring a coastal journey.



### **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 5 Star Leader Surf Provider, refer to the BCU document 'Becoming a 5 Star Provider'

### **Administration**

Refer to the latest version of the BCU Star Test 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.

### **Part A – Personal Paddling Skills**

- A.1 Lifting, carrying and launching
- 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

### **Part B – Rescue Skills**

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

### **Part C – Safety, Leadership and Group Skills**

- C.1 Risk Management
- C.2 Group control and communication
- C.3 Equipment

### **Part D – Theory**

- D.1 Advanced Surf forecasting
- D.2 Wave theory
- D.3 Etiquette
- D.4 First aid
- D.5 General