

Færdighedskrav for:

DSRF SURF INSTRUKTØR 1
ISA SURF INSTRUCTOR LEVEL 1

FÆRDIGHEDSKRAV DSRF SURF INSTRUKTØR 1

Som udgangspunkt bør du have minimum 2 års erfaring eller niveau tilsvarende øvet og mestre følgende færdigheder overbevisende:

- padle sikkert ud gennem brændingen til om bagved breaket, herunder brugen af turtle roll på longboard og duckdive på shortboard
- fange grønne/ubrudte bølger
- surfe både 'frontside' og 'backside'
- lave basic bottom turn til højre og venstre
- komme af bølgen sikkert (a flick out)
- komme sikkert ind til land
- gyldigt førstehjælpsbevis (DSRF udbyder førstehjælpskurser: www.dsrf.dk/foerstehjaelp, men du kan også indsende et gyldigt førstehjælpsbevis fra andetsteds).



FÆRDIGHEDSKRAV ISA SURF INSTRUCTOR LEVEL 1

The International Surfing Association Level 1 Surf Instructor works with the novice surfer in white water teaching basic surfing skills including introduction to equipment, beach safety, paddling catching waves, popping up, riding white water and traversing white water.

These skills are learned on soft boards in white water conditions on beach breaks.

This course is aimed at individuals with surfing experience who wish to teach basic surfing techniques to the novice.



COURSE PREREQUISITES:

Age

The candidate must be eighteen years or older.

Surf Proficiency

The candidate must have at least two years surfing experience. They must demonstrate an ability to paddle “out back” in a reasonable time, take-off and surf right and left on an unbroken wave.

First Aid / Lifesaving

The candidate must hold a Surf Safety Award or suitable equivalent. A suitable equivalent in Denmark is a valid first aid certificate (www.dsrf.dk/foerstehjaelp/).

Course Duration

The Level 1 Surf Coach Course is run over two days and involves practical and theory modules along with a surfing assessment.

SURFER DEFINITION

Novice: Learning to paddling, catching waves, standing up, ride white water waves and traverse white water.

AIM

The course aims to equip candidates with the skills and knowledge required to introduce the novice to surfing in a safe and supportive environment.





To complete certification a candidate must:

- Successfully complete Level 1 Surf Coach Course
- After the 2 day course, 20 hours lesson planning and coaching experience with an ISA level one coach or greater (or equivalent) as a mentor, logged and planned. Lesson plans and logs to be then returned to course presenter for assessment.
- Provide the presenter a valid surf or beach lifeguard/safety certificate. On completion of the above a candidate will received an ISA Level 1 Surf certificate.

The ISA Level 1 Award holder must re register and pay the \$100 USD fee to the ISA yearly and hold a current acceptable surf lifeguard/safety award.

LEVEL	PARTICIPANT	ENVIRONMENT	BOARD	RATIO
1	Novice	Whitewater	Soft top	1:8