

PSUPA / Risk Management 3/13

Certifications Available

Flat Water, surf, rivers, yoga, fitness, downwind/offshore.

Definitions:

- Instructor Trainer (IT) – Can train and certify instructors.

Progression

All PSUPA students and Instructor Trainers will be required to take the Flat Water Level 1 course prior to taking any other certifications.

Refresher Course

PSUPA instructors will be required to take a 1 day refresher course every two years in order to keep their certification in a particular genre.

PSUPA Student / Instructor Prerequisites for Flat Water Level 1.

- Must be able to swim 25yds and be in good physical shape.
- Be comfortable padding on flat water.
- First Aid/CPR or WFA certificate. (Show before class).
- PSUPA member.
- Signed PSUPA liability form.

Instructor Trainer (IT) Requirements/Prerequisites

- Must be able to swim 25yds and be in good physical shape.
- Be competent in padding on flat water and their preferred course genre.
- First Aid/CPR or WFA certificate. (Show before class).
- Flat Water Level 1 course completion.
- Course Trainer Workshop or Refresher Course completion.
- Paddling Resume.
- 3 References from colleagues.

On-Water Safety Requirements for IT's

- Check weather conditions of your class location. Be prepared to move to a calmer location or cancel if necessary.
- Make sure everyone has appropriate and properly functioning paddling clothing and gear for the class prior to entering water.
- IT and students must wear a PFD and a leash while on-water.
- Do a gear check prior to leaving beach or dock.
- Flat Water Level 1, yoga and fitness courses must be held on calm water.
- River course should be no more than Class 2+; Surfing course should be with waves no more than 5' (front side); DW tbd.
- Always keep an eye on your students and keep them corralled in a tight group.
- Carry a First Aid Kit, gear repair kit, VHF or wp cell phone (if there's reception), and a tow system in case of rescue or accident. (Communication requirements increase if offshore, downwinding or in other dynamic water environment).

PSUPA Course Trainer (IT) Code of Ethics

- IT and students must wear a PFD during class while on-water.
- IT and students must wear a leash during class on-water.
- Know the course material and always be prepared for class.
- Follow PSUPA student to teacher ratio requirements for each course genre. (See *Flat Water Level 1 course curriculum* or below).
- IT will make sure all students are wearing appropriate immersion and paddling clothing for the water and air temperature.
- Anticipate dangers and obstacles.
- Have an emergency action plan in case of accident and appropriate communication on site.
- Be a coach as well as a leader.
- Don't abuse your role as a leader.
- Effectively manage the course time well.
- Have updated First Aid / CPR or Wilderness First Aid skills. Keep a First Aid kit on site during the course.
- Keep your SUP skills, techniques and overall knowledge of the sport up to date.
- Keep your students safe.
- Choose an appropriate location for the course, know the area and be able to recognize any hazards.
- Maintain a positive learning environment.
- Avoid taking students in conditions above your skill level.
- Always use a Leave No Trace philosophy (<http://lnt.org>).
- Be a good SUP Ambassador.

PSUPA Student to Teacher Ratio:

Most insurance companies require a 1-5 or 1-6 teacher / student ratio for flat water and 1-4 for dynamic water (surf, rivers, etc). For large groups 10-15, consider having 2-3 backup guides or instructors.