**Flatwater Level 1 Certification Course**

**Adaptable 3 Day Course Outline**

Welcome to Flatwater Level 1 Certification with (Instructor’s Name), in( location )

**DAY 1 ( Please bring your lunch & beverages with you)** We will start the morning indoors (classroom time)

**8:00am – (Location)** Please be ready to start on time with anything you may need (coffee, tea, water, pencil / pen, notebook)

* Welcome and introductions – briefly review the course outline and answer any questions
* Administrative book keeping
* Ice Breaker

**9:00am – (Continued classroom time)**

* Introduction to PSUPA
* Discovering your own teaching style
* Tools & Techniques for being an effective teacher
* Philosophy of teaching
* Obstacles to learning and finding solutions
* Ice Breaker
* Designing your lesson plan & class structure

**11:00am – Mini Presentations (Candidates teach a segment of a land based lesson)**

* Paper work / Intro / Pre-trip client info & observations / SUP History
* Safety – PFD & leash
* Safety – How to fall & surface / Remounting
* Safety – Water entry / exit / How to transport equipment
* Paddle safety / sizing / anatomy
* Board anatomy / stance ( where to stand)
* Strokes / forward w/ alternating sides / stopping / sweeps (forward & reverse)

**12:30 LUNCH**

**1:30 – Getting on the water demonstration**

* Candidates demonstrate & teach how to enter water, launch, prone paddle & knee paddle

**2:30 – Review paddle strokes – concepts of paddling**

* Hand position
* Body position
* Board position

**3:30 – On water rescue**

* **Types of rescues scenarios**
* **Rescue sequence**
* **Types of rescues**
* **Emergency Action Plan (EAC)**

**DAY 2 ( Please bring your lunch & beverages with you)** We will start the morning indoors (classroom time)

**8:00am – (Location)** Please be ready to start on time with anything you may need (coffee, tea, water, pencil / pen, notebook)

* Ice breaker
* EAC discussion & handout
* Administrative
  + Maintaining your membership
  + Liability Forms
  + Insurance Options

**9:30am – Mock lesson taught by candidates**

* Equipment set-up / scene safety / mental float plan
* Arrival – Meet & greet / paper work
* Safety – PFD, leash, falling, surfacing, remounting, water entry / exit
* Paddle – safety, sizing, anatomy
* Board – anatomy, carrying, where to stand
* Strokes – forward, sweeps (forward & reverse) stopping, knee paddling (adjust hand position)
* Getting in the water / leash attachment / knee paddle to safe depth / review paddle strokes / standing techniques / ready to go!

**11:00am – Pivot turn introduction & demonstration**

* Progressive learning techniques

**12:00 – Introduction to bracing**

* Types of bracing
  + High
  + Low
  + Sculling
  + Sweep
* When to use them

**12:30 – LUNCH**

**1:30 – Candidate presentations**

* Ice Breaker
* Float plan / Trip Planning
* First aid kit / repair kit / extras to pack
* Site safety – water, wind, weather, waves
* Hypothermia / Hyperthermia – prevention, recognition, treatment
* Equipment – Boards, paddles, leashes, PFD’s
* Group travel & coordination – hand signals, point & sweep
* Nautical Rules of the Road – knowing your rights / where to be & where not to be
* Develop a Emergency Action Plan (EAP)

**DAY 3 ( Please bring your lunch & beverages with you)** We will start the morning indoors (classroom time)

**8:00am – (Location)** Please be ready to start on time with anything you may need (coffee, tea, water, pencil / pen, notebook)

* Trip planning
  + Hand signal review
  + Boating lanes / areas of concern
  + Environmental stewards
  + Additional safety equipment
* Board loading & unloading
  + Techniques
* Equipment skills & maintenance
  + Changing fins
  + Installing a leash string
  + Leash l connection & removal

**9:30am – On water Mock SUP tour**

* Land based lesson
* Safe group water entry
* Paddle session with point and sweep
* Demonstrating group control & safety
* Demonstrate water rescue with EAC

**11:30am – SUP games & challenges for kids ( and adults)**

**12:30 – LUNCH**

**1:30 - Course written examination**

**2:00 – Course evaluation**

**One on one candidate / instructor evaluation**