

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 I 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