



COURSE DELIVERY STRATEGIES

Theory

The theory component of the respective modules will be delivered in a lecture venue following the guidelines from the course guide and supported by the course presentation.

Workshops and practical sessions

Day One:

- Venue analysis
- Course presenter delivered 'learn to SUP' lesson
- SUP skills assessment of course participants

Day Two:

Lesson plan developmentO Classroom venue (designated groups)

Delivering the planned lessonO Group practical (on beach session)

Assessing lesson Delivery

- **Recommended Class Sizes** Maximum of 20 course participants to be taught and supervised by one qualified course presenter. Note: The recommendations are a guide. The course presenter can use their discretion and coordinate with a National Federation to employ another qualified presenter to deliver specific modules or assist with candidate assessments.



COURSE REQUIREMENTS

- Participants must have a minimum of 2 years SUP experience.
- Full attendance at 2 Day Course
- Successful completion of practical assessments
- Venue analysis Lesson planning Lesson delivery Surfing skills
- A copy of your Ocean Rescue Award type of Award advanced First Aid Certificate
- Working with Children Police Check
- Signed Coaches Code of Ethics Agreement Form and filled out the Coach Information Card
- 20 Practical hours with completed coaching session records signed by your supervising coach Fully completed and signed supervisor coach competency checklists
- National Surfing Federation Membership

Course cost includes

- One year ISA Instructor Accreditation and E-Certificate
- One year National Federation membership
- SUP Coaching Manual
- Practical Assessment Workbook
- Payment: www.fspr.org
- Note: Course fees are non-refundable unless cancellation notice is given 7 days prior to course commencement.



AGENDA DAY 1

- Note: Scheduled times are approximate.
- Course presenter can adjust content schedule and module duration times depending on weather and surf conditions, venue access and needs of the candidates.

Day 1

- 8.30am (30mins)
- 9.00am (1hr) 10.30am (1.5 hr) 11.30am (30mins)
12.00pm (30mins) 12.30pm (1hr) 1.30pm (1.5hr)
- 3.00pm (1hr) 4.00pm
- Arrive, introductions and house keeping About the International Surfing Association and the CIP Scheme
- Module 1 - Role of the coach
- Module 2 – Safety of the Student in your care
- Module 3 - Equipment for The Beginning SUP Student
- Lunch
- Module 4 - Coaching Methods
- Practical Session 1 – Venue Analysis & Beginner Lesson Demonstration
- Practical Session 3 – SUP skills Test Additional scenarios & overview of the day Finish



AGENDA DAY 2

- 9.00am (1hr) 10.00am (1.5hrs)
- 11.30am (1.5hrs) 1.00pm (30mins) 1.30pm (1hr)
- 2.30pm (1hr) 3.30pm (30mins) 3.00pm Finish
- Module 5 – Skill Development Module 6 – Program Planning
- Workshop 1 - Planning the lesson Practical session 2 - Group delivering the planned lesson
- LUNCH
- Workshop 2 - Assessing lesson delivery
- Course overview + Additional Lesson Scenarios Steps to Accreditation