



BSUPA Level 1 “Ready to Ride” ©2012

**BSUPA (beginner flat water) SUP Instructors booking form
cost £199.00 (includes BSUPA manual and certificate)**

Course Prerequisites: Current first aid certificate; powerboat level 2; competent level of stand up paddle surfing and ability to communicate and inspire! (You will need to provide us photocopies of current certificates prior to the start of the course date – if you haven’t got certificates or they have lapsed, before BSUPA can issue the course certificate you will need to get these either renewed or issued) you still can attend the course. **You will need to be a current member of BSUPA. If you don’t have powerboat cert you will only be able to teach inland with a inland Level 1 instructor certificate**

Time: 9.00 till 6pm (please be there 8.45 am)

The first evening we all like to meet for dinner after the course to get some feed back on the day and get a chance to get to know you.

Location

X-Train, WWWC, West Wittering Beach, West Wittering, Chichester. PO20 8AJ

Tel: 01243 513077

BOOKING REQUIREMENTS: Please send the full amount of £199 to X-Train to confirm your booking - we have a maximum of 12 places on the first course – we can provide you details on accommodation call Simon Bassett on 0774 775 8883. Please send cheques to X-Train, WWWC, West Wittering Beach, West Wittering, Chichester. PO20 8AJ, please email this form when complete to : simon@2xs.co.uk

TERMS AND CONDITIONS

Full payment will be required with booking. X-Train reserve the right to cancel the course for technical or safety reasons - if that is the case X-Train will offer a choice of a rebooking or full refund.

If you don’t turn up to the course you will lose the course fee, as we will not be able to resell your place. You will also need to pay for all car parking fees.

NEED to bring

You will need to bring a SUP board, paddle, winter suit, booties maybe gloves. The board size should be a flat-water style board as this is what we will be teaching from. Refreshments and croissants will be provided for breakfast. Lunches and dinner will be at your cost. If you don’t have winter suits or a SUP board, we have rental boards at 50 % off hire costs. There is WIFI available at the beach.

BSUPA (Europe’s first SUP instructor course)

The **BSUPA Level 1 “Ready to Ride”**© scheme is designed to teach stand up paddle surfing on flat-water to beginners. Since we first planned this course we have added more to the course content

-this will cover a intro to Stand up paddle surfing ,short distance route planning and safety, and a basic how to catch a wave on your SUP. Throughout the course we will be concentrating on Paddle-technique and skills.

This will be the starting point of the BSUPA SUP coaching flat-water and surf scheme. BSUPA's mission is to ensure good safety practice, core coaching skills and to deliver students who really want to take up the sport of SUP.

This course will run at X-train West Wittering by BSUPA Joint head coach, Simon Bassett. The course will be intensive so expect some homework overnight. Before the course starts you will be sent some of the lecture topics that you will need to swat up on.

The certificate based instructor course will cover the skills required to teach SUP, group control, safety, risk assessment, session plans .We will also cover safe falling techniques, self rescue ,towing ,SUP coaching points.

We will also introduce the scheme, which will include BSUPA schools, hire centers, SUP safety etiquette and the rest of the BSUPA coaching program.

Note: The reason for having the need for a powerboat qualification is the issue for instructors who work at different schools who may have powerboats as rescue craft, the offshore nature of stand up paddle surfing ,the potential of a starburst of 6 clients and ability to multi rescue .

Please Fill in the form below :

<i>First Name</i>	
<i>Surname</i>	
<i>Address</i>	
<i>Post code</i>	
<i>Email address</i>	
<i>SUP experience, please include any back ground experience</i>	
<i>Coaching experience</i>	
<i>Current valid teaching cert</i>	<i>(please attach photocopies)</i>
<i>First aid cert</i>	
<i>Back ground info</i>	
<i>Medical conditions</i>	

Please scan and send us your powerboat and first aid certificates before the

**course. This will speed up the process of issuing instructor qualifications.
Please also make sure you are a current member of BSUPA.**