

## Surf Cadet

<b>Minimum Age at Assessment:</b>	7 -14 years
<b>Minimum Guided Learning Hours:</b>	4 GLH
<b>Pre-Requisites:</b>	<ul style="list-style-type: none"> <li>• SLSGB Day Member - £5.00</li> <li>• Able to swim 50m unaided</li> </ul>
<b>Validity:</b>	NA – This is an attendance award only
<b>Continuous Professional Development (CPD):</b>	Not Applicable
<b>Trained By:</b>	SLSGB Trainer Assessor/Level 2 Coach
<b>Assessed By:</b>	SLSGB Trainer Assessor / Level 2 Lead Coach
<b>Assessment Fee:</b>	Free – Day membership must be taken out
<b>Award Aims:</b>	
This is an awareness raising award that aims to educate 7-14 year olds about beach and water safety through a safe educational activity programme.	
<b>Award Learning outcomes:</b>	
By the end of this award learners will be able to:	
<b>Beach Environment</b>	
<ul style="list-style-type: none"> <li>• Identify different types of Rips, Waves and Tides</li> <li>• Describe the dangers of cliffs/rocks</li> <li>• Identify which flags are used on the beach and what they mean</li> </ul>	
<b>Lifesaving Equipment</b>	
<ul style="list-style-type: none"> <li>• Identify different lifesaving equipment (Tube and Board)</li> </ul>	
<b>Water Activities</b>	
<ul style="list-style-type: none"> <li>• Identify and demonstrate the key hand signals used on the beach</li> <li>• Demonstrate how to wade and dolphin dive</li> <li>• Demonstrate how to bodysurf</li> </ul>	
<b>Tube and Board Rescues</b>	
<ul style="list-style-type: none"> <li>• Demonstrate how to use a rescue tube to assist a conscious casualty (shallow water)</li> <li>• Demonstrate how to use a rescue board to assist a conscious casualty (shallow water)</li> </ul>	
<b>Beach Games</b>	
<ul style="list-style-type: none"> <li>• Demonstrate how to listen to commands</li> <li>• Demonstrate how to turn and run during flags</li> <li>• Demonstrate how to pass a baton at speed</li> </ul>	
<b>Assessment Process:</b>	
There is no formal assessment for this award.	
<b>Typical format of delivery:</b>	
<ul style="list-style-type: none"> <li>• 4 Guided Learning Hours delivered in an informal manner in one day or over 4 sessions (1 hour at a time)</li> </ul>	
<b>Supporting Information:</b>	
Resources Available:	➤ SLSGB Surf Cadets Trainer and Coach Toolkit
MIS (Membership Information System):	All participants entered for this award should be added to a Surf Cadet course through MIS
Progression:	<ul style="list-style-type: none"> <li>• SLSGB Nipper Awards or Surf Competency's</li> </ul>