

AWARD SPECIFICATION



Level 1 – Flat Water Competencies

Minimum Age at Assessment:	<ul style="list-style-type: none"> Minimum of 12 years of age on the date of assessment for Swim, Board, Ski awards. Minimum of 16 years of age on the date of assessment for Surfboat awards. 			
Minimum Guided Learning Hours:	10 hours prior to assessment			
Pre-Requisites:	Must be an SLSGB member Must be able to swim. Must hold a current Surf Swimming Level 1 award, before being able to undertake Level 1 awards of Board, Ski, Surfboat			
Validity:	<ul style="list-style-type: none"> Pool award is five years. Swim Level 1 is valid for 24 months. Other Level 1 awards are indefinite (not defined at the current time). An individual must hold current swimming Level 1 (flat water) competence to remain valid or to enable them progress to Grade 1 Board, Ski, Surf boat or Pool competency awards. 			
Continuous Professional Development (CPD):	Not Applicable			
Trained By:	Level 1 or 2 Coach/Trainer Assessor			
Assessed By:	Level 1 or 2 Coach/Trainer Assessor (This can be Coach/Trainer assessed)			
Assessment Fee:	£5			
Units to be taken in order to achieve this Award:	Not Applicable			
Award Aims:				
The award is aimed at achieving personal competence required to participate safely in flat water training sessions and as a minimum requirement for flat water events and competitions for the chosen disciplines. (Conditions - Fair conditions e.g. flat water or slightly choppy waters)				
Award Learning outcomes:				
Candidate must be able to demonstrate that they can perform the following criteria competently:				
Swim	Board	Ski	Surf Boat	Pool
Identify swim specific personal safety points	Identify equipment pre-use checks and appropriate equipment storage		Demonstrate a safe	Demonstrate a safe entry into a shallow pool
Retrieve an object from two metres depth of water	Demonstrate appropriate manual handling of equipment			Demonstrate a safe dive into a pool of appropriate depth
Complete a 10 second submerged breath hold	Identify craft specific personal safety points			Demonstrate a safe dive from competition blocks into a pool of appropriate depth
Complete a 200 metres continuous swim in under five minutes	Explain emergency procedure if in difficulty in flat water			Understand specific personal safety points for a swimming pool environment
Explain emergency procedure if in difficulty in flat water	Demonstrate capsize procedure			
Demonstrate essential communications (assistance required, return to shore, proceed further out to sea, proceed left, proceed right, whistle blasts.)	Demonstrate a prone 360 degree turn to right and to the left	Demonstrate a 360 degree turn to the right and to the left	Demonstrate a 360 degree turn to the right and to the left with team	

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Identify swim specific personal safety points	Demonstrate a seated 720 degree turn to the right and to the left	Demonstrate a support stroke	Demonstrate a position change with team members	
	Demonstrate appropriate positioning and posture while paddling prone with alternating arm action	Demonstrate appropriate positioning and posture while paddling	Demonstrate appropriate positioning and posture while rowing	
	Complete 400 metres of paddling in under 10 minutes	Complete 600 metres of paddling in under 10 minutes	Able to row in time with crew for 300 metres	
	Able to use correct approach to riding a small wave in a straight line to shore	Able to evidence a correct approach to riding small wave in a straight line to shore	Able to evidence a correct approach to riding a small wave in a straight line to shore	

Assessment Process:

This award is assessed over a number of club sessions until the coach is competent that the candidates can achieve the above desired outcomes. In the view of the Assessor, the participant must be able to complete a flat water training session or event, without the need for assistance. The candidate should demonstrate the discipline specific criteria indicated in Table 1. Format of assessments should take the format of practical assessment and verbal questioning.

Typical format of delivery:

During club sessions – A minimum of 10 guided learning hours must be coached prior to the assessment taking place

Supporting Information:

Guidance:	Not Applicable
Resources Available:	Not Applicable
MIS (Membership Information System):	This award must be registered on MIS and candidates enrolled prior to the assessment taking place
Online Learning Environment:	Not Applicable
Recognition of Prior Learning:	Not Applicable
Progression:	SLSGB basic and advanced competencies (Levels 2 or above) for swim or board disciplines or Level 1 and above in other disciplines. Or the Bronze, Silver or Gold Surf Safety Awards.