

AWARD SPECIFICATION



Level 3 – Experienced Surf Competency

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| 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 Guided Learning Hours: | 10 hours prior to assessment |
| Pre-Requisites: | <p>Must be an SLSGB member</p> <p>Must be show evidence of ability to complete the relevant Level 2 criteria before progressing to Level 3</p> <p>Must hold a current Surf Swimming Level 2 award before being able to undertake other Level 3 awards of Board or Ski.</p> |
| Validity: | <ul style="list-style-type: none"> Swim Level 3 is valid for 24 months. Other Level 3 awards are indefinite (not defined at the current time). An individual must hold current Swimming Level 2 (Surf) competence to remain valid or to enable them progress to Level 3 Board, Ski, Surf boat or Pool competency awards. |
| Continuous Professional Development (CPD): | Not Applicable |
| Trained By: | Level 1 or 2 Coach |
| Assessed By: | Level 1 or 2 Coach/ This Award can only be Coach assessed by a Coach holding a relevant discipline specialist module. |
| 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 for moderate surf conditions, or advancing skills to be tested in competitive events, as well as being able to provide functional surf skilled support to water safety cover. The award develops the skills associated with an experienced lifesaver demonstrating consistently good skills in head high surf. It also enables them to explain key surf safety points to others for their specific discipline. This award provides a good base to progress to more advanced competencies, lifesaving awards, water industry safety qualifications and relevant SLSGB qualified roles.

(Moderate surf conditions e.g. head high waves (approximate)).

Award Learning outcomes:

Candidate must be able to demonstrate that they can perform the following criteria competently:

| Swim | Board | Ski |
|--|---|---|
| Demonstrate the safe assistance of a conscious casualty to shore in surf conditions, using a rescue tube | Demonstrate safe assistance of a conscious casualty to shore using a Paddle Board in surf conditions | Demonstrate safe assistance of a conscious individual to safety using a Ski |
| Demonstrate simulated deep water EAV using a rescue tube | Demonstrate simulated deep water EAV using a board | Demonstrate simulated deep water EAV using a Ski |
| Explain the safe and less safe points regarding the prevailing conditions, for a surf swimmer | Explain the safe and less safe points regarding the prevailing conditions, for a Paddle Boarder | Explain the safe and less safe points regarding the prevailing conditions, for a Ski Paddler |
| Demonstrate consistently good skills in the following surf swimming skills: <ul style="list-style-type: none"> Wading Dolphin dives Deep water starts Wave negotiation Swimming out to sea Turns Bodysurfing Exit from the water | Demonstrate consistently good level of ability to perform the following skills: <ul style="list-style-type: none"> Kneeling technique Bunny hops Deep water starts Kneel and pop Rolling Chasing runs Wave riding Exit from the water | Demonstrate consistently good level of ability to perform the following skills: <ul style="list-style-type: none"> Balance Technique Jump starts Negotiating waves Rolling waves Wash riding Turns Chasing runs Wave riding Exit from the water |
| Able to ride along a head high wave left and right | Able to ride head high wave left and right performing turns, as appropriate to make best use of the conditions | Able to ride a head high wave towards shore |

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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.

Subjective Criteria: In the view of the assessor, the participant must be able to show consistently good skills in surf conditions of head high conditions.

Objective criteria: Demonstrate discipline specific criteria indicated in the above table

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:

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| 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. |