

AWARD SPECIFICATION



Level 4 – Advanced Surf Competency

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 3 criteria before progressing to Level 4.</p> <p>Must hold a current Surf Swimming Level 3 award, before being able to undertake other Level 4 awards of Board or Ski.</p>
Validity:	<ul style="list-style-type: none"> Swim Level 4 is valid for 24 months. Other Level 4 awards are valid for 72 months. An individual must hold current Swimming Level 3 (Surf) competence to remain valid or to enable them progress to Level 4 Board, Ski, Surfboat 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 advanced personal competence for challenging surf conditions, as well as being able to provide an advanced function as highly skilled water safety cover support, or for advancing skills to high levels to be tested in competitive events. The award develops the skills in head high surf. It also enables them to analyse the conditions and adapt sessions as appropriate for the specific discipline, making best use of the conditions. The award provides a strong base to progress to Level 5 competencies, Life Saving awards, water industry safety qualifications and relevant SLSGB qualified roles.

Challenging surf conditions e.g. head high-and-a-half waves (approximate).

Award Learning outcomes:

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

Swim	Board	Ski
Demonstrate ability to support a casualty to safety in large and/or challenging conditions.	Demonstrate ability to assist (push) a fatigued paddler to shore on their board, over a 400 metre distance	Demonstrate ability to assist a fatigued paddler to shore on their craft, over a 400 metre distance
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
Able to analyse the prevailing conditions for advantages and disadvantages to varied water users	Able to analyse the prevailing conditions for advantages and disadvantages to varied water users	Able to analyse the prevailing conditions for advantages and disadvantages to varied water users
Demonstrate consistently advanced ability to perform the following skills: <ul style="list-style-type: none"> Water entry Wading Dolphin dives Deep water starts Wave negotiation Swimming to a buoy Wash riding Turns Bodysurfing Exit from the water 	Demonstrate consistently advanced ability to perform the following skills: <ul style="list-style-type: none"> Water entry Kneeling Technique Bunny hops Deep water starts Kneel and pop Sit and pop Rolling Wash riding Chasing runs Wave riding Exit from the water 	Demonstrate consistently advanced 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 a wave left and right moderate to large conditions	Able to ride large wave left and right performing turns as appropriate to make best use of the conditions	Able to ride a moderate sized wave to 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 advanced performance in large surf conditions. Under detailed analysis (such as video analysis) only minor areas for skill or technique development can be identified.

Objective criteria: Demonstrate discipline specific criteria indicated in Table 4.

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.