

# AWARD SPECIFICATION



## Level 5 – Highly Advanced Surf Competency

<b>Minimum Age at Assessment:</b>	<ul style="list-style-type: none"> <li>Minimum of 14 years of age on the date of assessment for Swim, Board or Ski awards.</li> </ul>
<b>Minimum Guided Learning Hours:</b>	10 hours prior to assessment
<b>Pre-Requisites:</b>	<p>Must be an SLSGB member</p> <p>Show evidence of ability to complete the relevant Level 4 criteria before progressing to Level 5 in a specific discipline.</p> <p>Must hold a current Surf Swimming Level 3 award, before being able to undertake other Level 5 awards of Board or Ski.</p>
<b>Validity:</b>	<ul style="list-style-type: none"> <li>Surf Swim Level 5 is valid for 24 months.</li> <li>Other Grade 5 Awards are valid for 72 months.</li> <li>An individual must hold current Swimming Level 3 (Surf) competence to remain valid or to enable them progress to Level 5 Board or Ski competency awards.</li> </ul>
<b>Continuous Professional Development (CPD):</b>	Not Applicable
<b>Trained By:</b>	Level 1 or 2 Coach
<b>Assessed By:</b>	Level 1 or 2 Coach/ This award can only be Coach assessed by a Coach holding a relevant discipline specialist module or SLSGB Level 3 Performance coach.
<b>Assessment Fee:</b>	£5
<b>Units to be taken in order to achieve this Award:</b>	Not Applicable

### Award Aims:

The award is aimed at achieving highly advanced personal competence for highly challenging surf conditions, as well as being able to provide a highly advanced function, as highly advanced skilled water safety cover support, or advancing skills to highly advanced levels to be tested in competitive events. The award develops skills in over double head height surf. It also requires an ability to be highly analytical and evaluative of the prevailing conditions.

**Very challenging surf conditions – e.g. Double head height waves (approximate).**

### Award Learning outcomes:

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

Swim	Board	Ski
Able to quickly analyse, evaluate the prevailing conditions and adapt performance as appropriate	Able to quickly analyse, evaluate the prevailing conditions and adapt performance as appropriate	Able to quickly analyse, evaluate the prevailing conditions and adapt performance as appropriate
Considered able to provide functional support to water safety cover in very challenging conditions	Considered able to provide functional support to water safety cover in very challenging conditions	Considered able to provide functional support to water safety cover in very challenging conditions
Able to recognise common signs of someone in difficulty	Demonstrates ability to bodysurf to board and continue riding the board on the wave (where conditions allow)	Demonstrates ability to body surf to ski and continue riding the ski on the wave (where conditions allow)
Able to quickly analyse and adapt sessions to suit individual ability and prevailing conditions.	Demonstrates ability to ride a ski sideways on a wave in at least small to moderate wave conditions	Demonstrates ability to ride a ski sideways on a wave in at least small to moderate wave conditions
Demonstrate elite ability to perform the following skills: <ul style="list-style-type: none"> <li>Water entry</li> <li>Wading</li> <li>Dolphin dives</li> <li>Deep water starts</li> <li>Wave negotiation</li> <li>Swimming to a buoy</li> <li>Wash riding</li> <li>Turns</li> <li>Bodysurfing</li> <li>Exit from the water</li> </ul>	Demonstrate elite ability to perform the following skills: <ul style="list-style-type: none"> <li>Water entry</li> <li>Kneeling technique</li> <li>Bunny hops</li> <li>Deep water starts</li> <li>Kneel and pop</li> <li>Sit and pop</li> <li>Rolling</li> <li>Wash riding</li> <li>Chasing runs</li> <li>Wave riding</li> <li>Exit from the water</li> </ul>	Demonstrate elite ability to perform the following skills: <ul style="list-style-type: none"> <li>Balance</li> <li>Technique</li> <li>Jump starts</li> <li>Negotiating waves</li> <li>Rolling waves</li> <li>Wash riding</li> <li>Turns</li> <li>Chasing runs</li> <li>Wave riding</li> <li>Exit from the water</li> </ul>
Able to ride along a moderate wave left and right	Able to ride along a moderate wave left and right	Able to ride along a moderate wave left and right

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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 a highly advanced level of performance in very challenging surf conditions.

Under detailed analysis (such as video analysis) negligible areas for improvement may be identified.

**Objective criteria:** Demonstrate discipline specific criteria indicated in Table 5.

## 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.