

Surf Cadet

Minimum Age at Assessment:	7 -14 years
Minimum Guided Learning Hours:	4 GLH
Pre-Requisites:	<ul style="list-style-type: none"> • SLSGB Day Member • Able to swim 50m unaided
Validity:	2 years
Trained By:	SLSGB Trainer Assessor
Assessed By:	SLSGB Trainer Assessor
Assessment Fee:	Free – However must pay £5 SLSGB day membership
Award Aims:	
<p>This is a 'taster' style award designed to educate 7-14 year olds about beach and water safety through a safe and fun practical activity programme. Aimed at the 'holiday public', school and community groups or non-SLSGB members, Surf Cadets will teach those who take part how to use the sea in a more productive recreational manner, be safer in the water, so to be able to enjoy the ocean as a playground a whole lot more.</p>	
Award Learning outcomes:	
<p>By the end of this award learners will be able to:</p> <p>Beach Environment</p> <ul style="list-style-type: none"> • Identify what a Rip is, how you can identify one, the three main parts, where you can find them and how to stay safe if you get caught in a Rip. • Identify the different types of tides and know how to find out the tide times • Describe the dangers of cliffs/rocks • Identify which flags are used on the beach and what they mean <p>Lifesaving Equipment</p> <ul style="list-style-type: none"> • Identify different lifesaving equipment (Tube and Board) <p>Water Activities</p> <ul style="list-style-type: none"> • Identify and demonstrate the key hand signals used on the beach • Demonstrate how to wade and dolphin dive • Demonstrate how to bodysurf <p>Tube and Board Rescues</p> <ul style="list-style-type: none"> • Demonstrate how to provide flotation to a conscious casualty safely using a tube and signal for assistance. • Demonstrate how to provide flotation to a conscious casualty safely using a board and signal for assistance. • rescue <p>Beach Games</p> <ul style="list-style-type: none"> • Demonstrate how to listen to commands • Demonstrate how to turn and run during flags • Demonstrate how to pass a baton at speed 	
Assessment Process:	
There is no formal assessment for this award.	
Typical format of delivery:	
<ul style="list-style-type: none"> • 4 Guided Learning Hours delivered in an informal manner in one day or over 4 sessions (1 hour at a time) 	
Supporting Information:	
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"> • SLSGB Nipper Awards or Surf Competency's