

AWARD SPECIFICATION



Level 2 – Surf 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 surf boat 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 2 award, before being able to undertake Level 2 awards of Board, Ski, Surfboat
Validity:	<ul style="list-style-type: none"> Swim Level 2 is valid for 24 months. Other Level 2 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 2 Board, Ski or Surfboat 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 and knowledge required to participate safely in surf based training sessions and as a minimum requirement for surf based events or competitions, for the chosen disciplines. It also provides a base to progress to more advanced competencies, Life Saving awards, water industry safety qualifications and relevant SLSGB qualified roles. **(Small surf conditions e.g. minimum knee high waves or wind chop (approximate)).**

Award Learning outcomes:

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

Swim	Board	Ski	Surf Boat
Identify marker flags for bathing, craft and dangerous conditions	Demonstrate knowledge of 10 craft specific safety points	Demonstrate knowledge of 10 craft specific safety points	Demonstrate knowledge of 10 craft specific safety points
Describe three types of rip currents and five ways to identify them	Demonstrate knowledge of procedure for damaged equipment	Demonstrate knowledge of procedure for damaged equipment	Demonstrate knowledge of procedure for storing equipment
Explain emergency procedure if in difficulty in a rip current	Explain emergency procedure if in difficulty, in surf, on craft	Explain emergency procedure if in difficulty, in surf, on craft	Explain emergency procedure if in difficulty, in surf, on craft
Explain three types of waves	Demonstrate capsize procedure		
Identify five hazards on the Beach	Demonstrate ability to provide support using craft for a conscious casualty and signalling to shore for assistance		
Demonstrate ability to provide support using a Rescue Tube or flotation device for a conscious casualty and signal to shore for assistance	Demonstrate a left 360 degree turn and a right 360 degree turn beyond the wave area	Demonstrate a left 360 degree turn and a right 360 degree turn beyond the wave area, with and without the use of a rudder.	Enter and exit in a controlled and safe manner
Demonstrate all signal flag communications	Demonstrate basic skills for: <ul style="list-style-type: none"> Negotiating waves in prone position Wave riding Kneeling technique 	Demonstrate basic skills for: <ul style="list-style-type: none"> Balance Negotiating waves Wave riding 	Row in unison and in a technically correct manner

AWARD SPECIFICATION



Demonstrate basic skills for: <ul style="list-style-type: none"> • Wading • Dolphin dives • Body surfing 	Complete 400 metre Board Paddle from shore to beyond the break and return in contact with the craft	Complete 600 metres of paddling from shore to beyond the break and return in contact with the craft	Have an understanding of the commands given by the sweep
Demonstrate a 400 metre Surf Swim making best use of the prevailing conditions, in under 15 minutes Demonstrate ability to provide support to a conscious peer with a Rescue Tube or flotation device	Able to ride a small wave in a straight line towards shore	Able to ride a small wave in a straight line towards shore	Perform the 'Trail oars' and 'Come back' manoeuvres
Demonstrate one appropriate approach to, and release from, a conscious casualty in difficulty			Demonstrate with others the ability to launch and row a Surfboat 800 metres
Able to ride a small wave in a straight line towards shore			Able to ride a small wave in a straight line towards 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. The assessment should not take place in designated swimming area i.e. such as a red and yellow flagged bathing area.

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:	A current SLSGB Surf Lifeguard , NVBLQ, Tube Rescuer or Rescue Board Paddler qualification will be accepted as evidence of completion of Level 2 swim and/or board competency.
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.