



## Surf Coach Safety and rescue FAQ's

### Prequisites

Be a member of SLSGB - [Click here to do that](#)

Minimum of 16 years of age on the date of assessment.

Medically and physically fit.

Board paddle 200m in the surf.

Online Learning.

A signed declaration of 200m timed pool swim in under 5 minutes witnessed by lifeguard/swim teacher /coach in a pool of not less than 25m (pre-course)

Open water swim competency. The candidate will complete to the satisfaction of the Trainer Assessor a demonstration of open water swimming competency, confidence, and fitness that is sufficient to be able to support basic lifesaving activity. (on course)

### What can I expect to do on the course?

Coach Safety and Rescue techniques

Aquatic First Aid, including appropriate response for a suspected spinal injury when operating as a single or partnered surf coach

Casualty rescue and care techniques operating in an aquatic environment

Understanding the beach/fluvial location where you will work as a coach and the impact of water flow, tides, rips, weather conditions, and other beach and water users

### **Why do this course?**

If you want to work as a surf instructor / coach or outdoor activity instructor that takes group on the water you need to have a valid lifesaving qualification.

### **Can I be a Surf coach with this award?**

This validates the International Surf Association Level 1 coach awards which is the international standard for working as a surf coach.

It is also the minimum lifesaving award that most surf schools will accept for you to assist or shadow on lessons.

Some surf schools will accept this award combined with in house training for surf coaching work.

It is always best to check with your potential employer to find out what they require.

### **Can anyone do this course?**

If you're fit, healthy, over school leaving age, and can swim 200m, paddle a board through surf, run and are medically and physically fit, you can do this course.

### **What's involved?**

The course takes place over 3 days and includes modules on beach lifeguarding, life support and first aid, ocean skills and pool skills. It's physically demanding and includes swimming, running, board paddling and lifting, so you'll need to be a competent swimmer with a good level of fitness before you start.

The course involves continuous assessment. This is not a pay to pass course, if you don't meet the required standard set out by SLSGB, you will not be signed off as competent.

### **How fit do I need to be?**

You must be able to complete a 200m continuous swim in under 5 minutes.

You must be able to paddle a board over 400m through surf

You must be able to run 200m in less than 1 minute.

### **What will I be doing on this course?**

Candidates will have to demonstrate their knowledge and capabilities in the following core competencies; The beach environment, CPR, First Aid, open water skills including board and tube rescue.

### **Do I need to have experience?**

Previous experience is desirable but not essential as all training will be provided during the course.

Having basic board skills and knowledge of the beach and ocean environments will help greatly. If you do not have these skills or knowledge already we strongly suggest you try and get some pre-course.

### **Where will the course take place?**

Most of our courses take place at Newquay Activity Centre based right on Towan beach in the centre of Newquay.

As far as training venues go, they don't get much better as your our classroom looks right over the beach. Towan beach is sheltered from most winds and has great surf, making it one of the best lifeguard training venues in the UK.

We also run courses in Bundoran, Ireland with local surf schools and La Torche, Brittany, France with Kreiz breizh sauvetage secourisme / Celtic Surf Camp.

***If you have a group or are an activity centre or surf school and would like us to provide training at your venue please get in touch.***

### **Do I need transport?**

No, our training centre is on the beach and in the town centre so all the amenities and accommodation are a stone's throw. Not wasting time driving to venues maximizes your training time.

### **Is accommodation included?**

No, but we have teamed up with Ocean Surf Lodge to offer candidates a specially discounted rate. Get in touch for more on that. There are loads of other accommodation so just ask us for any recommendations.

### **Do you provide food?**

Tea and coffee are available and if you train hard you may even get some cake!

You will need to either bring a packed lunch or have money to buy something in town which has some epic eateries such as the Pavillion Bakery and Gustos.

### **What is the difference between the Beach Lifeguard course and the Surf Coach Safety and Rescue Award?**

The Surf Coach S&R Award is specifically designed for water sports coaches and people who need to supervise groups at the beach that need to have a lifesaving qualification.

It cannot be used to apply for beach lifeguard positions, however, you can upgrade to full NVBLQ while your award is in date.

The Surf Coach S&R Award is a shorter course and the timed pool swim is 200m in 5minutes rather than 400m in under 8 minutes.

This course is also suitable for, SUP, Bodyboard, coasteering and Outdoor Adventure Instructors.

### **What can I do post course?**

This award sets out to establish a standard that creates a level of competence in Life Saving that meets the requirements of the surf coach and is also suitable for, SUP, Bodyboard, coasteering and Outdoor Adventure Instructors who are responsible for taking groups into the sea. Thus there are numerous opportunities to get involved with these activities post-course.