



BCU Advance Surf Safety and Rescue Training Syllabus March 2008

Course Philosophy

This award is designed for advanced surf paddlers operating in a moderate to advanced surf environment and is suitable for those seeking their 5 star surf award or wanting to learn the principals of safe advanced surfing and rescue techniques.

Course Aims

This course aims to provide the participant with advanced rescue skills and techniques required to surf safely and to be able to assert a variety of surf rescue techniques in a variety moderate to advanced surf environments.

The award has two purposes:

- To provide the surf paddler with the necessary skills which will enable them to ensure the safety of themselves and others in a moderate to advanced surf environment.
- To provide the paddler with the appropriate rescue skills which can be used to help themselves and/or others in difficulty in a moderate to advanced surf environment.

Course Pre-requisites

- BCU Foundation Safety & Rescue Training course
- Have the personal surfing ability of a 4* surf paddler.
- A first aid certificate is not a pre-requisite; how ever the holding of a 16 hour first aid certificate is strongly recommended.
- Students need to have a confident surf swimming ability. During the course students will be required to swim approximately 150m in surf.
- **Prior experience.** Provide evidence of :



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- A minimum of 20 sessions in moderate to advanced surf conditions.
- Experience of managing paddlers in a surf environment.
- **Age –16 and over**

Craft

Students can attend the course in any suitable craft complete with end tails and buoyancy or an appropriate ski and leash.

Equipment

In addition to their own Personal Protective Equipment it is recommended that those operating in an advanced surf environment carry the following equipment (this requires to be made available to all students during the training course):-

- Throw line – Floating high visibility rope, minimum length 20m, minimum diameter 8 mm.
- Knife -
- Quick release tow line
- 3-5 metres of climbing webbing plus a large HMS screwgate karabiner
- Whistle
- First Aid Kit, insulating/duct tape, Spare clothes, food & warm drink
- Survival Bag
- Mobile Phone and other means of attracting/getting attention/help
- Repair Kit

Venue & Duration

Rescues discussed and encountered during the training programme are intended to be used in any surf environment including advanced surf environments; the venues for the training will enable the best learning opportunities for students. These are likely to include sheltered water venues and various breaks. The duration will be a one day course.



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Staffing & Ratios

A BCU Level 5 surf coach with a current A5 or BCU Level 5 surf coach with specific training and assessment can direct the advanced surf safety and rescue course.

Ratios: - 1 Course director – to 4 students. 2 Course Directors for 5-8 students.

Risk Disclosure

All participants need to be aware of the risks associated with their involvement in rescues and rescue training. The course director will endeavour to make participants aware of these by introducing and employing coaching methodologies to minimise the risks for all involved.

Course Content

A. Risk assessment and safe practice

- A1. Environmental Awareness
- A2. Management
- A3. Safety Equipment
- A4. Safe paddling, etiquette and injury and incident prevention

B. Beach Based Rescue

- B1. Coach a swimmer to shore
- B2. Rescue a swimmer using a throw line (packed and unpacked)
- B3. Walk in rescue of a swimmer from the water

C. Boat Based Rescues

- C1. Rescue a capsized paddler using a deep water rescue from a kayak and a ski (To include low volume and finned surf kayaks)
- C2. Rescue an unconscious paddler from their boat
- C3. Rescue a conscious entrapped paddler from their boat
- C4. In a kayak/ski approach and shepherd a swimmer to shore



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- C5. In a kayak/ski approach and transport a swimmer to shore
- C6. Recover an unaccompanied boat to the shore
- C7. Recover an upright, but incapacitated paddler to the shore
- C8. Recover an abandoned paddle to the shore
- C9. Self Rescue
- C10. Rescue a swimmer from a rip

D. Swimmer to Swimmer Rescues

- D1. Rescue an injured/tried swimmer
- D2. Rescue an unconscious swimmer
- D3. Principles of deepwater EAV
- D4. Use of rescue aids

