

3 Star Surf Syllabus

Aim

Successful performance at this level indicates the candidate's competence to cope with UK Surf conditions across a range of beaches and varying tidal conditions.

Pre-requisites

- It is recommended that the candidate holds the BCU 2 Star award.
- Provide evidence of at least 3 surfing sessions in more than one location.

Craft

The candidate will normally be in a general purpose kayak or sit on top a surf specific craft is not a requirement for assessment.

Venue

Small friendly surf. Beach breaks with spilling waves in and around a foot of surf, no larger than head high whilst seated in a kayak with winds of a strength which would not cause the characteristic of the wave or the paddlers learning to be seriously effected.

Assessor

- Current BCU Level 3 Surf Coach or
- New BCU (UKCC endorsed) Level 3 Surf Coach or higher

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching
- A.2 Control
- A.3 Paddle out
- A.4 Positioning and wave selection
- A.5 Take off
- A.6 Riding
- A.7 Turns
- A.8 Ruddering
- A.9 Supporting

Part B – Rescue Skills

- B.1 Capsize and return to shore
- B.2 Deep water rescue (Flat water)
- B.3 Capsize recovery

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others

Part D – Theory

D.1 Equipment

D.2 Tides and bathymetry

D.3 Etiquette

D.4 Safety

D.5 Hypothermia/first aid

D.6 Environmental awareness

D.7 Planning and Group Awareness

D.8 General

