Pre-Requisites: WSA membership, first aid or recognised lifeguard qualification, WSA SUP Safety and Rescue, WSA SUP Foundation instructor, Level 2 gym instructor or equivalent.

Ability: Paddle effectively in light winds upwind, across wind and downwind; use two types of turns effectively (see WSA video)

Remit: Sheltered water, small lakes.

Assessment Criteria: Practical assessment, Lesson planning.

Are you a fitness industry trainer looking for new inspiration to train your clients? SUP fitness is one of the fastest growing SUP disciplines and is big business so why not become part of this group? Combine your gym/fitness knowledge and experience with our SUP fit course and open up a whole new world of training!

Prior to attending this course you must have attended the WSA Safety and rescue and SUP Foundation instructor course.