**WSA Race Ready**

**Pre-Requisites:** WSA Membership, WSA SUP Rescue, First Aid or Recognised lifeguard qualification, WSA SUP foundation coach.

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

**Remit:** Sheltered Water, Estuaries, Open water.

**Assessment Criteria:** Practical skills, Theoretical knowledge.

Want to prepare individuals, club members or general clients for SUP entry level racing? This course is designed to equip you with the knowledge and skills to prepare your clients to enter their first race or become better racers.

Content of the course will cover the following aspects:

- Race planning and strategy.
- Race rules and etiquette.
- Race start and water entry.
- Drafting techniques.
- Power paddling.
- Buoy turning.
- Using the elements.

Essential Information

- **Duration:** 1 Day
- **Price:** £95
- **Age:** Minimum age 16 (16-17 year olds gain assistant instructor qualification)