WSA SUP SAFETY & RESCUE

**Pre-Requisites:** First Aid qualification

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

**Remit:** Sheltered / Open Water.

**Assessment Criteria:** Practical.

The SUP Safety and Rescue course provides a full understanding and practical application of safety considerations and rescue techniques that accompany any coach.

The course includes, towing, incident management, drowning, board rescues and in water rescues. In addition knowledge will be gained in effective communication, equipment and recognition of other services such as lifeguards.

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**Essential Information**

**Duration:** 1 Day

**Price:** £100

**Age:** Minimum age 16 (16-17 year olds gain assistant instructor qualification)