WSA Monster SUP Flatwater Guide

Essential Information

Duration: 1 day
Price: £75
+ WSA Membership

Age: 18yrs+
16yrs+ will receive an assistant qualification

Basic paddling skills and knowledge of sup needed.

This course is designed to teach essential rescue and safety skills as well as technique for those who are currently working with Monster SUP’s or aspiring too. Essential skills will include, safety talks, fitness and conditioning, rescue techniques, flip drills, incident management, group management, paddling, guiding and steering commands, games, risk management and environment and conditions.