

## **Level 2 - SLSGB Surf Competencies**

### **Pre-requisite**

- Be an SLSGB member
- Minimum of 12 years of age on the date of assessment for Swim, Board, Ski awards.
- Minimum of 16 years of age on the date of assessment for Surfboat awards.
- Minimum Guided Learning Hours – 10 hours prior to assessment.
- Must show evidence of ability to complete the relevant Level 1 criteria before progressing to Level 2.
- Must hold a current Surf Swimming Level 2 award before being able to undertake other Level 2 awards of board, Ski, Surfboat.

### **Conditions**

Small surf conditions e.g. minimum knee high waves or wind chop (approximate).

### **Syllabus and Assessment Criteria**

In the view of the assessor, the participant must be able to complete a surf based training session or event in the respective discipline, without the need for assistance.

Discipline specific assessment criteria for Level 2:

#### **Swim**

- Identify marker flags for bathing, craft and dangerous conditions
- Describe three types of rip currents and five ways to identify them
- Explain emergency procedure if in difficulty in a rip current
- Explain three types of waves
- Identify five hazards on the beach
- Demonstrate ability to provide support using a Rescue Tube or flotation device for a conscious casualty and signal to shore for assistance
- Demonstrate all signal flag communications
- Demonstrate basic skills for:
  - Wading
  - Dolphin dives
  - Body surfing
- Demonstrate a 400 metre Surf Swim making best use of the prevailing conditions, in under 15 minutes
- Demonstrate one appropriate approach to, and release from, a conscious casualty in difficulty

#### **Board**

- Demonstrate knowledge of 10 craft specific safety points
- Demonstrate knowledge of procedure for storing equipment
- Explain emergency procedure if in difficulty, in surf, on craft
- Demonstrate capsize procedure
- Demonstrate ability to provide support using craft for a conscious casualty and signalling to shore for assistance
- Demonstrate a left 360 degree turn and a right 360 degree turn beyond the wave area
- Demonstrate basic skills for:
  - Negotiating waves in prone position
  - Wave riding
  - Kneeling technique
- Complete 400 metre Board Paddle from shore to beyond the break and return in contact with the craft

## **Ski**

- Demonstrate knowledge of 10 craft specific safety points
- Demonstrate knowledge of procedure for storing equipment
- Explain emergency procedure if in difficulty, in surf, on craft
- Demonstrate capsize procedure
- Demonstrate ability to provide support using craft for a conscious casualty and signalling to shore for assistance
- Demonstrate a left 360 degree turn and a right 360 degree turn beyond the wave area, with and without the use of a rudder.
- Demonstrate basic skills for:
  - Balance
  - Negotiating waves
  - Wave riding
- Complete 600 metres of paddling from shore to beyond the break and return in contact with the craft

## **Surf Boat**

- Demonstrate knowledge of 10 craft specific safety points
- Demonstrate knowledge of procedure for storing equipment
- Explain emergency procedure if in difficulty, in surf, on craft
- Demonstrate capsize procedure
- Demonstrate ability to provide support using craft for a conscious casualty and signalling to shore for assistance
- Enter and exit in a controlled and safe manner
- Row in unison and in a technically correct manner
- Have an understanding of the commands given by the sweep
- Perform the 'Trail oars' and 'Come back' manoeuvres
- Demonstrate with others the ability to launch and row a Surfboat 800 metres
- Able to ride a small wave in a straight line towards shore

**Assessed by:** This award can be **Trainer/Coach** assessed once the minimum guided learning hours have been completed.

The assessment should not take place in designated swimming area i.e. such as a red and yellow flagged bathing area.

**Assessment method:** Practical assessment and verbal questioning