



Level 3: Surf SUP (Sample Skills Course)

Course Overview: The **Essentials of SUP Surf** is designed for Paddlers wishing to explore SUP Surfing. This course introduces paddlers to surf zone site assessment, ocean safety and surfing techniques with an emphasis on fun. The use of proper surf zone etiquette that demonstrates the aloha spirit of surfing is central to this course.

Essential Eligibility Criteria (EEC):

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

1. Breathe independently (i.e., not require medical devices to sustain breathing)
2. Independently maintain sealed airway passages while under water
3. Independently hold head upright without neck / head support
4. Manage personal care independently or with assistance of a companion
5. Manage personal mobility independently or with a reasonable amount of assistance
6. Follow instructions and effectively communicate independently or with assistance of a companion
7. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
8. Get on / off or in / out of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Remount or reenter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance*
11. Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate Course Outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation*

** To participate in adaptive programs, participants must acknowledge only the first six EEC listed above. Entry-level adaptive programs will involve teaching and practicing EEC #7-11.*

Course Objectives:

- To expose students to the essentials of SUP Surf to include: paddling strokes, surf zone knowledge and safety, self and assisted rescues, basic balance, body positions, simple maneuvers, and proper surfing etiquette.
- To promote the inherent enjoyment and rewards of Stand Up Paddle Surfing.



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Minimum Personal Equipment: Appropriate SUP leash, SUP paddle, Stand Up Paddleboard, appropriate clothing for the weather.

Instructors: ACA Level 3: Surf Stand Up Paddleboarding (SUP) or higher

Course Prerequisites: At minimum ACA SUP L-1 and L2-2 skills are needed and L-3 skills are recommended.

Course Duration: 4 Hours

Course Location / Venue: Surf break with 1 to 2 foot waves (as measured by the face of the wave) and offshore winds less than 10 knots.

Class Ratio: 5 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10 : 2

Succeeding courses: Level 4: Advanced Surf SUP (*under development*)

The following is a general summary of course content for the essentials of the **Level 3: Surf SUP** course. The content covered and sequence of instruction should be adjusted if needed to best fit the participant's needs. Class location, weather, venue, and time allowance, are examples of possible changes.

Course Content:

Introduction, Expectations, and Logistics:

- Welcome, Introductions, Paperwork
- Student and instructor course expectations and limitations
- Course itinerary and site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- Leash
- Appropriate behavior and conduct
- No Alcohol and substance abuse
- Proper etiquette on and off the water
- Respect private property
- Practice “Leave No Trace” ethics
- Surfing with “Aloha” and respect

- Waves
- Currents
- Additional Site Assessment – shoreline hazards, plant life, animal life, bottom type & contour, other users

Personal Preparation:

- Personal ability
- Swimming ability
- Water comfort and confidence
- Fitness, conditioning, and warm up
- Safe paddle and board handling skills
- Safety and rescue considerations
- Personal equipment (to be reviewed by Instructor)

The Paddling Environment:

- Weather
- Water
- Wind

Personal Safety:

- Hypothermia / Hyperthermia
- Dehydration and health considerations
- Regulations; access, private property, litter,



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- and local laws or rules
- On water ; signals (whistle, hand, paddle)
- Information gathering (ie. forecast for swell, tide, wind speed and direction)
- Optional extra safety gear

Equipment:

- Board, nomenclature, and design
- Paddle, nomenclature, and design
- Leash usage and fit
- Wetsuit, Booties, Helmet (optional) and other clothing
- Personal gear and sun care
- SUP carry and transportation
- Tide tables, charts, maps, (surfing spots)

Essential Paddling Skills Review: flat water or out beyond primary surf break

- Warm up and “Paddling Out”
- Falling off the board
- Deep water re-entry
- Surf wave prone, on knees and standing w/out paddle
- Knee paddling positions –out and surfing a wave
- Stand up paddle out, pivot turn and surf wave in
- Sweep strokes
- Turning and steering
- Footwork and stances (Toes forward or neutral stance, modified surf stance, complete surf stance, regular footer, goofy footer)
- Forward, reverse, and power and acceleration strokes
- Stopping and bracing

Surf Zone Safety and Knowledge: On Beach

- Checking out the surf break or beach
- Break type
- Assessing surf conditions and surf zone dangers
- Rip currents, beach suitability, and other users
- Measuring wave height, water depth, tides, and wind conditions

- Time wave period and count sets
- Other features and dangers present at location
- Board control and using leashes
- No surfing zones
- Signaling and group management
- Other access and exit/entry points
- Swimming in the surf
- Rescuing another swimmer or surfer
- Preventing drowning (victim or yourself)

Surf Zone Etiquette: On Beach and In Surf Zone

- Priority when deepest in the pocket
- Priority when catching a wave furthest out
- Splitting the peak
- Dropping in
- Snake – sneaks into priority position out of turn
- Wave count awareness and cycling with a line-up
- Understanding equipment advantage and disadvantage
- Respecting others - sitting and waiting to take your turn
- Exit a high traffic down the line zone after wiping out
- Managing equipment around others
- Avoiding conflict and showing Aloha
- Respect the environment

Surfing Skills and Techniques: In Surf Zone

- Setting boundaries and exit strategies from the designated surfing area
- The Line up and beach positioning
- Using ranges to find the peak
- Paddling out (using a rip, punching out, timing, maintain safe spacing)
- Stance and stroke options to get through whitewater or bail out safely
- Managing the whitewater (the soup) and the impact zone
- Swimming in or through the surf zone with and without board
- Reaching the outside part of the break and



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- monitoring incoming sets
- Making the proper wave selection
- Catching waves and taking off using various stance options
 - Catching a wave prone (w/out paddle)
 - Catching a wave on knees (w/out paddle)
 - Catching a wave transitioning to standing up (w/out paddle)
 - Introduce paddle and kneeling /standing to catch wave
- Angled board positions for late take offs
- Riding the wave straight in if wave closes out
- Self defense during unexpected wipe outs
- Going over the falls(the process of being sucked forward and thrown towards shore, with the paddle and board through the impact zone)
- Pulling out, kicking out, and punching out the back of the wave
- Back foot over fins for better steering and turning

- Using the paddle for stability and more dynamic turning

Conclusion and Wrap Up:

- Group debrief and Individual feedback
- Course limitations
- Importance of First Aid and CPR
- Reiterate the importance of additional instruction, practice, and experience
- Stress the importance of appropriate level of safety and rescue specific training
- Demonstrate next level and advanced strokes and maneuvers
- Life sport and more options
- Local SUP groups, outings, and Clubs
- Handouts and reference materials
- ACA Membership forms
- Course Evaluations
- Participation cards

Share the Stoke!