



Advice To Coaches on: FOUR STAR SURF

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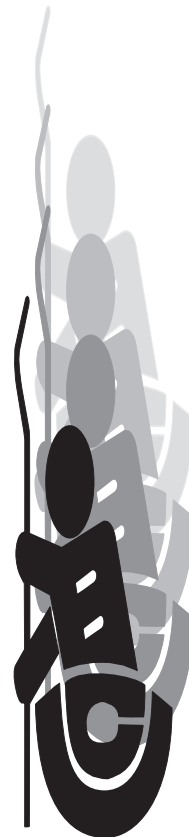
A resource for BCU Coaches....



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FOUR STAR SURF



AIM

Four Star Surf test holders are 'proficiency' level surfers who show a competent level of performance in moderate surf conditions up to 1m/3ft. The award is the entry requirement for Level 3 Surf Coach Training. The award is not craft specific, although a surfer at this level should have a basic working knowledge in, for instance, Ski, Competition Kayak and Recreation Kayak.

ASSESSOR

Level 3 Surf Coach, with A1* assessor status or above.

CONDITIONS

The test should be held in moderate, preferably clean surf conditions (ie under 1m/3ft) on beaches with no particular hazards. It is recognised that clean surf is a rare commodity and thus candidates should be clear that they may have to be tested in less than ideal conditions.

THEORY

Candidates will show satisfactory knowledge in the following areas:

- Safety factors and rescue techniques.
- Craft types, design and handling techniques.
- Equipment - design and choice.
- Weather and wave forecasting, and beach morphology
- Tides, Currents, Rips and wind.
- Kayaks -uses and dangers.
- Etiquette and other water users.
- Local and general knowledge.

SURFING EXPERIENCE

Give evidence of surfing a minimum of 10 x 2 hour sessions on moderate surf with at least 5 of these sessions in clean surf conditions. Two different areas should be included. e.g. South West/Wales/Europe/Scotland.





PRACTICAL

Surfers at this level should be capable of linking the basic manoeuvres. This will mean an awareness of the 'shoulder' and the clear illustration of being able to surf the *wave* rather than the craft.

Paddle Out:

Dynamic and deliberate paddling technique should be evident, giving a clear demonstration of a strategy to reach the *outside* using appropriate techniques for the craft and prevailing conditions. This will include angles of attack, trimming, variations in speed and acceleration through breaking waves.

Position and Take Off:

A clear demonstration of wave selection and positioning to allow the paddler to surf an unbroken wave. The take off should be economical and reflect the position of the paddler in relation to the shoulder.

Riding the Wave

Once on a wave the paddler will be able to perform both pro-active and reactionary runs, both of which should show sound control of the craft and understanding of the wave's characteristics and potential. Throughout the run the surfer should show effective shifts in body weight, trunk rotation, use of a low brace rudder, and accurate edge control. Runs should include the following:

1 *Tracking diagonally / Diagonal run*

Directional control should be maintained by the combination of edge control and a down wave rudder to move across the face of the wave.

2 *Climbing and dropping*

The ability to run diagonally at varying heights on the face of a wave. Edge control and stroke combination should show an understanding of speeds and position on the face of the wave. The candidate should be able to vary the position up and down the face of the wave.

3 *Cut backs*

During a diagonal run a clear turn back towards the shoulder, and then away should be demonstrated. The rider should carve the initial turn and initiate the second turn using the shoulder.

4 *Full carving bottom turn*





A turn should be shown which combines consistency, speed, trim and positive edge application to set up a diagonal run.

5. *Exiting the wave*

The surfer should show an exit from an unbroken wave when appropriate.

6. *Broken Water Skills*

Show the control in broken water and an understanding of a positive end to the run. This could include flat spins and loops .

7. *Eskimo roll*

Because of the nature of surfing it is essential that candidates demonstrate an effective roll in moderate surf conditions.

Rescue Techniques

Candidates must be conversant with a range of surf rescue techniques, and will be able to demonstrate suitable choice and execution of these techniques in a range of conditions.

Under normal circumstances this would include swimmer to canoeist and 'piggy' back rescues, the rescue of a swimmer in distress, assistance of surfers in a current, carrying of a torpedo buoy to a swimmer, shepherding of a swimmer to shore and beach evacuation techniques.

SAFETY AWARENESS

Candidates must demonstrate sound judgement of the elements of risk in a given surfing situation, being aware of what constitutes a safe paddling environment, including a clear system of communication under which a group can operate safely in the prevailing conditions. Candidates should also be able to demonstrate both defensive and active swimming strategies.

CANDIDATES EQUIPMENT

Each candidate will present themselves suitably equipped for the test. All equipment should be both suitable and serviceable, and borrowed equipment will be judged as though it is the candidate's own. Where equipment is found wanting then the candidate should not be assessed.

The following items of equipment should be presented for inspection:

1. *Craft and paddle.* The kayak MUST be fitted with a minimum of 6.5Kg



(60N) securely fixed buoyancy at each end of the kayak, but it is recommended that boats are fitted with total buoyancy (e.g. inherent buoyancy supplemented with air bags). End grabs must be provided and be suitable for carrying out rescues without trapping the hand. The Ski must be fitted with a leash and safe belt system, and have no rough edges.

2. *Personal clothing.* Personal clothing should be appropriate to the expected conditions, and should include windproof and waterproof clothing.
3. *Buoyancy aid, helmet and spray cover.* A buoyancy aid of minimum 50N inherent buoyancy should be worn. (A lifejacket may be substituted in which case the candidate should know under what conditions it should be inflated, and should demonstrate its inflation and deflation). Helmets must provide adequate protection for the head and be securely fastened. The spray cover or boat must be fitted with an efficient release strap.
4. *Simple first aid kit and repair kit.* The first aid kit should be appropriate to the level of first aid knowledge required under the *Theory* section. The repair kit should be appropriate to the type of craft used.
5. *Spare clothing.* Adequate spare clothing should be carried. The clothing should be applicable to the prevailing conditions and suitable for use in a bivvy bag to prevent hypothermia.
6. *Emergency equipment for personal use.* This should include: emergency food; whistle; exposure (bivvy) bag of minimum size 1.8m by 0.9m (6' by 3'); torch; flask of hot drink, line, kisu.(group survival shelter)

Emergency/spare equipment should be stored in appropriate waterproof kit bags, and be positioned at a point easily accessible to yourself and your party.