

## **BCU Stand Up Paddleboard (SUP) Discipline Support Module (DSM) – Syllabus**

This document provides details of the BCU Stand Up Paddleboard (SUP) Discipline Support Module (DSM) Part 1 for course organisers and candidates.

### **Prerequisites**

At the point of registration the following prerequisites are required;

- £17.50 Registration Fee for Full BCU Members
- A BCU Coaching Qualification
- Age 16 years of age, or older

### **Course Length**

6-hours

### **OVERVIEW**

The BCU SUP Discipline Supporting Module is designed to assist coaches who currently hold BCU Coaching Qualifications, and who want to gain a better understanding of the specialist discipline of SUP. The course introduces and explains the fundamental techniques and strategies for coaching SUP paddlesport. The course is a mix of theory and practical activity. The module seeks to support the continuing process of good coaching practice with the syllabus written to focus on coaches who are likely to be supporting the early development of an SUP paddler and who may be delivering BCU awards to paddlers using SUPs.

### **MODULE AIMS**

The module aims to provide an overview of stand up paddleboarding (SUP) and the fundamental techniques and skills for coaching SUP. The course is recommended for those individuals interested in pursuing coaching of SUP and developing coaching/analysis skills specific to SUP.

This module will:

- Provide an insight into current SUP development including the role of the BCU, British Stand Up Paddleboard Association (BSUPA), Academy of Surfing Instructors (ASI) and Adventure Activities Licencing Service (AALS).
- Introduce the different types of equipment including the issues of equipment design, size and modification to suit individual requirements.

## BCU SUP Discipline Support Module – Syllabus

- Provide a background to the various disciplines within SUP paddling and the specific techniques that apply to each.
- Provide a fun and informative way of using practical based coaching techniques to improve candidate's understanding of SUP on sheltered water, enabling the coach to build a solid background for paddlers to progress into their chosen area of SUP.
- Provide coaches with SUP specific observation and analysis information.
- Reinforce the transferability of technique and skill between other paddlesport disciplines and SUP.

### **Delivery**

The module includes both practical and theory sessions as detailed below. Theory sessions should be embedded with practical examples where appropriate.

### **Learning Outcomes**

By the end of this module participants should be able to:

- Understand the world wide development of the sport and the role of the various bodies on the field - BCU, ASI, BSUPA, Sport England and AALS
- Understand equipment design and its application to SUP paddlesport.
- Be able to discuss the different activities that take place on an SUP.
- Understand the different types of board available, their characteristics and the different techniques used on them.
- Be able to deliver practical activities to enhance candidate's learning and understanding of handling an SUP efficiently.
- Demonstrate candidate centred learning and application of knowledge appropriate to the coaching of an SUP paddler.

### **Further Reading**

*BCU Coaching Handbook*

Franco Ferrero (ed.) 2006. ISBN: 0-9547061-6-1

**Lesson Plan**

Session	Objective	Learning outcome	Key content
<p><b>1. SUP Background</b>                      Provide an insight into SUPs in the UK with a brief overview of the range of disciplines, the competition structure and recreational aspects.</p> <ul style="list-style-type: none"> <li>i. BCU, BSUPA, ASI &amp; WSA</li> <li>ii. AALS and Outdoor Centres</li> <li>iii. Touring, WW, Racing and Surf</li> </ul>	<p>Theory &amp; Background Knowledge</p>	<p><b>The coach understands:</b></p> <ul style="list-style-type: none"> <li>i. The qualifications available, their benefits and limitations.</li> <li>ii. When the SUP may be licensable with the AALS structure.</li> <li>iii. The various disciplines within SUP</li> </ul>	

Session	Objective	Learning outcome	Key content
<p><b>2. Introduction to Equipment and SUP Environments</b></p> <p>Provide an introduction to equipment design; including the issues of type, size and modification to suit individual requirements and an understanding of common design features.</p> <ul style="list-style-type: none"> <li>i. Board Design and Specification</li> <li>ii. Paddles Design and Specification</li> <li>iii. Softwear Design and Specification</li> <li>iv. Leashes</li> <li>v. Helmets</li> <li>vi. Shoes / Boots</li> <li>vii. PFDs</li> <li>viii. Risk Assessment of SUP Venues</li> </ul>	<p>Theory &amp; Background Knowledge</p>	<p><b>The coach understands:</b></p> <ul style="list-style-type: none"> <li>i. Basic design concepts of different SUPs and the relevance to different environments.</li> <li>ii. How different paddle types, sizes and shapes affect performance.</li> <li>iii. Wetsuits and Drysuits</li> <li>iv. Advantages and attachment points</li> <li>v. Advantages and disadvantages for different venues and activities</li> <li>vi. Advantages and disadvantages for different venues and activities</li> <li>vii. When and when not to use PFDs</li> <li>viii. How to analyse suitable SUP venues utilising a risk/benefit approach</li> </ul>	

Session	Objective	Learning outcome	Key content
<p><b>3. Foundation skills on an SUP</b></p> <p>The primary aim of this session is take the foundation skills and apply them to the SUP whilst discussing and relating to the transferability to other paddlesport disciplines.</p> <ul style="list-style-type: none"> <li>i. Lifting, carrying, launching and landing</li> <li>ii. Prone paddling</li> <li>iii. Kneeling and Standing</li> <li>iv. Trim, edge and balance</li> <li>v. Efficient forward paddling – bi-lateral</li> <li>vi. Moving sideways</li> <li>vii. Steering – J, C, stern pry and cross deck</li> <li>viii. Turning – Step back pivot and sweeps</li> </ul> <p>The secondary aim of this session is to assist coaches in developing their own ideas on suitable technique progression when working with students paddling SUP.</p>	<p>Practical Skills</p>	<p><b>The coach understands:</b></p> <ul style="list-style-type: none"> <li>i. Safe methods lifting and carrying, how to launch and land in different venues.</li> <li>ii. How to paddle a board efficiently in the prone position</li> <li>iii. The progression from kneeling to standing - when kneeling is advantageous.</li> <li>iv. The benefits of experimenting with trim, edge and balance.</li> <li>v. The different foot positions, kneeling and high kneeling. Paddle placement – relating to different blade types. Importance of bi-lateral.</li> <li>vi. How to move the board sideways – taking into account edge and fins.</li> <li>vii. The application of different steering strategies.</li> <li>viii. Application of SUP specific turns.</li> </ul>	

Comment [MC1]: a

Session	Objective	Learning outcome	Key content
<p><b>4. Coaching strategies and running an introduction to SUP</b></p> <p>Provide coaches with skills and knowledge to organise and safely run an SUP session in the sheltered water environment.</p> <ul style="list-style-type: none"> <li>i. Getting on the water</li> <li>ii. Key elements of efficient and effective SUP paddling.</li> <li>iii. SUP specific observation and analysis</li> <li>iv. How to apply coaching knowledge to SUP</li> <li>v. Games applicable to skill development on an SUP</li> </ul>	<p>Theory &amp; Coaching Practices</p>	<p><b>The coach understands:</b></p> <ul style="list-style-type: none"> <li>i. How to safely get an SUP group on the water and give relevant safety briefings</li> <li>ii. How introduce core skills and use different delivery strategies</li> <li>iii. The flags and markers of SUP paddling</li> <li>iv. How to apply the coaching process to SUP</li> <li>v. What games can be played on an SUP and how do they contribute to skill development.</li> </ul>	

Comment [MC2]: a?

BCU SUP Discipline Support Module – Syllabus

Session	Objective	Learning outcome	Key content
<p><b>5. Rescues specific to SUP</b></p> <p>Provide coaches with the skills and knowledge of how to rescue a SUP paddler in difficulty.</p> <ul style="list-style-type: none"> <li>i. Towing methods</li> <li>ii. Recovering a paddler back onto their board</li> <li>iii. Removal of an unresponsive paddler from the water</li> <li>iv. Swimmer recovery</li> </ul>	<p>Practical Skills</p>	<p><b>The coach understands:</b></p> <ul style="list-style-type: none"> <li>i. Use of leashes and lines for towing</li> <li>ii. Use of the board roll method</li> <li>iii. Board roll followed by prone recovery</li> <li>iv. Recovering a swimmer from the water and back to shore</li> </ul>	
<p><b>6. Further Action</b></p> <ul style="list-style-type: none"> <li>• Reading and resources</li> <li>• Action planning</li> <li>• Feedback</li> </ul>	<p>Background knowledge</p>	<p>The coach is able to define an action plan for their own development.</p>	

**BCU Stand Up Paddleboard (SUP) Discipline Support Module Part 1 (DSM 1) – Example Programme**

This example programme illustrates how the above session content can be delivered in the 6 hour course. Course Directors are at liberty to alter the training programme but MUST cover all of the syllabus content (as above).

1. SUP Background (30mins)
2. Introduction to Equipment and SUP Environments (30mins)
3. Foundation skills on a SUP (120 mins)
4. Coaching Strategies and running an introduction to SUP (90 mins)
5. Rescues specific to SUP (60 mins)
6. Further Action (30mins)