



Program Information Package

Paddle Canada Introductory SUP Instructor Training

Program Description

This 3-day program introduces SUP paddlers to the skills and knowledge required to teach Paddle Canada Introductory SUP Programs. We review and polish your paddling skills while developing your practical group management, lesson planning, and assessment skills.



The course develops and assesses the skills to organize and teach half-day and full day on water SUP courses for new and curious paddlers. Specifically, successful candidates will be able to teach the Paddle Canada Introduction to SUP and Advanced Flatwater SUP programming, as well as custom curriculum based on these courses.

Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ SUP Instructor Course Information Package – please review
- ❑ SKILS Waiver – please sign with your instructor at the beginning of the program
- ❑ Paddle Canada Waiver - please sign with your instructor at the beginning of the program
- ❑ SKILS Medical Form – please bring a completed copy to your program
- ❑ Policy and Procedures Document – please review

Program Logistics

Program Prerequisites

- Paddle Canada Advanced Flatwater SUP or equivalent experience
- First Aid (8 hours minimum)
- CPR

Class Size

The minimum group size for this program is 3 participants, while the maximum group size is 6. Our small group sizes help to ensure a rich learning environment with many opportunities for one to one coaching and feedback.

Registration

To register for this program please contact the SKILS office at info@skils.ca. A \$200 deposit is required to secure your spot with the balance of the program cost due 30 days before the start of the program. Payment can be made by interact, cheque, money order, or cash. No refunds will be issued within 30 days of the course starts. Please review the SKILS Policy and Procedures document for more information.

Meals and Accommodation

You are responsible for your own food and accommodation throughout the program.

What to Bring

Please bring the following items (of good quality, in good repair and meeting DOT regulations) to the course:

- Stand Up Paddleboard
- Paddle
- P.F.D. (Transport Canada Approved)
- Throwbag
- Change of clothing, in waterproof container
- Immersion Wear (ideally a drysuit, booties, gloves, etc.)
- Appropriate layers
- Protective footwear
- First Aid Kit / Repair kit / Emergency kit (something that you would bring with you or keep on shore if you are not leaving the area when teaching)
- Sunglasses and hat
- Paper & writing instrument



Course Outline & Content

Course Outline

	Day 1
8:30am	Introductions, Course overview, Objectives
9:30am	Paddle Canada SUP Program
10:30am	SUP Media, Stroke session
11:30am	Break/ gear up for on water
12:30pm	On water: Fun Paddle, Skills demonstration/ assessment (Immersion Gear Required)
4:30pm	End of Day: Homework assigned

	Day 2
8:30am	Teaching/Learning Styles and applying to SUP
10:30am	Break/ gear up for on water
11:30am	Skills Breakdown, Demonstration Quality (Immersion Gear Required)
1:30pm	Lunch: Off water
2:30pm	Lesson locations, lesson planning
4:30pm	End of Day: Homework assigned

	Day 3
8:30am	Lesson Plans and Teaching Topics (Immersion Gear Required)
12:30am	Lunch: Off water
1:30pm	Exam and evaluations
4:30pm	Done!

Pre-Course Preparation

Participants of this course should be familiar with all of the skills outlined in the Intro and Advanced levels of the Flatwater SUP Program, a list of which can be found at the end of this document. If you are unfamiliar with any of the included skills or topics please contact your instructor prior to the course for clarification.

As this course takes place early in the season please make sure you give yourself ample time to practice your skills and get out on the water prior to the course. We will spend time reviewing and improving skills but the course is not the time to be getting on the water for the first time.

Teaching Topics

During the course you will be assigned at least 3 teaching topics. These topics will be from the Paddle Canada Intro and Advanced Flatwater Program. Two of these topics will be paddling or hard skills, and at least one topic will be a theory or mini dry-land topic.

Paddling or Hard skills teaching sessions should be limited to 15 minutes while theory topics should be limited to 5-10 minutes. You will be evaluated on your level of organization, demonstration and preparation. Teaching topics will be assigned on Friday evening and participants will be expected to prepare and hand in lesson plans for each of their teaching topics in the subsequent days. A list of the skills and topics included in both the Introductory and Advanced programs, from which your teaching topics will be drawn, is included below.

Lesson Plans

The preferred lesson planning methods will be covered in the first days of the course. Participants will also be asked to create a course outline/progression for the Paddle Canada Intro to SUP course. Details for this outline/progression will also be discussed during the first day of the course.

Skill List

Introduction to Stand Up Paddleboarding Skills Course

Safety skills

- Falling off safely
- Remounting the board
- Use of a leash
- Understanding weather and paddling conditions

Paddling skills

- Lifting and carrying a board
- Choosing and holding a paddle
- Mounting a board at a beach or dock
- Prone paddling
- Paddling while kneeling
- Standing Up
- Paddling in a straight line
- Forward Stroke
- Braking/Reverse stroke

- Sweep strokes
- Paddling in windy and turbulent conditions; kneeling, sitting or prone

Knowledge

- Board design
- Board outfitting
- Clothing
- Safety Equipment
- Paddles
- Injury prevention
- Equipment care
- SUP resources
- Transporting a SUP
- SUP Heritage

Advanced Flatwater Stand Up Paddleboarding Skills Course

Safety skills

- Towing

Paddling skills

- Launching into waves
- Paddling in wind chop
- Foot positions
- Pivot Turns
- Efficient Forward Strokes
- Draw strokes
- Cross Draw

- Bracing
- Edging
- Downwind paddling

Knowledge

- Equipment
- Advanced board design
- Journeying
- Heritage
- Environment



Thank you for enrolling in our SUP Instructor Training program. If you have additional questions or concerns, please contact at info@skils.ca. We look forward to playing on the water with you!