

ISA Level 2 Coaching Course Overview

To obtain the ISA Level 2 Surf Coaching Accreditation, you need to hold the ISA Level 1 Surf Coaching Accreditation as a pre-requisite, or an equivalent award .ie, BSA level 1 or higher. You should also have a minimum of 12 months coaching experience at level 1.

Becoming a Level 2 Coach takes the coach from learn to surf through intermediate surfing , towards advanced level and a greater understanding of competitive surfing. By gaining your Level 2 accreditation it also opens up greater opportunities to become involved in coaching at a Higher Performance level. To obtain this award an individual must adhere to the following accreditation requirements:

1. Attendance at 3 day ISA Level 2 Coaching Course
2. 40 hours of face to face post course coaching practice at intermediate to advanced surfer level
3. Devise and implement training plan for no. 2 and maintain practical coaching diary to record this programme.
4. Completion of online exam
5. Recommended NGB membership
6. Hold any one of the following awards:
Surf :Lifesaving GB (SLSGB) Surf Lifeguard, Beach lifeguard, Royal Lifesaving Society (RLSS)
National Vocational Beach Lifeguard Qualification – N VBLQ, or an international equivalent.

Course Modules

<ol style="list-style-type: none">1. Training surfers a holistic approach2. Planning3. Understanding the judging criteria4. Risk Management5. Principles of training6. Elements of fitness7. Development and maturation8. Sports injuries9. Lifestyle and nutrition	<ol style="list-style-type: none">10. Sports psychology11. Balance and force12. Fundamental movements13. Movement patterns of core maneuvers14. Common Errors15. Novice surfing skills16. Analytical skills for surf coaches17. Simulation Training18. Video Coaching
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Course costs are £ 450 per person .Group Discounts available upon request. Funded courses are also available on a limited basis.