

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.

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 coaching practice at Novice or developing surfer level
3. Maintain practical coaching diary
4. Completion of online exam
5. Recommended NGB membership
6. Hold any one of the following awards:
Surf :Lifesaving GB (SLSGB) Beach Lifeguard, Surf Coach Lifeguard, Royal Lifesaving Society (RLSS) National Beach Lifeguard Qualification – NBLQ, or an international equivalent.

Course Modules

1. **Training surfers a holistic approach**
2. **Planning**
3. **Understanding the judging criteria**
4. **Risk Management**
5. **Principles of training**
6. **Elements of fitness**
7. **Development and maturation**
8. **Sports injuries**
9. **Lifestyle and nutrition**
10. **Sports psychology**
11. **Balance and force**
12. **Fundamental movements**
13. **Movement patterns of core maneuvers**
14. **Common Errors**
15. **Novice surfing skills**
16. **Analytical skills for surf coaches**
17. **Simulation Training**
18. **Video Coaching**

Course costs are £375 per person

Group Discounts available upon request.