

Certification Pathway/Assessment Guidelines

Flat Water SUP Skills Award

Assessment

- During an assessment all techniques and skills must be demonstrated to an assessor's satisfaction in order to achieve this award.
- No part of an assessment can be taken in a swimming pool. All assessment criteria must be demonstrated outdoors on flat water (i.e. water of grade I difficulty).
- It may not be feasible for a junior or disabled person to assist fully in the self-rescue - such candidates should, however, have a full understanding of the correct sequence of each of the required rescues and have some role to fulfil in the completion of these rescues.
- All strokes should be demonstrated in relevant situations i.e. use of a simple draw stroke to manoeuvre the SUP Board to the bank. Strokes should be demonstrated on both sides of the SUP Board.
- The SUP Flat Water Skills Award is a pre-requisite for Canoeing Ireland's Flat water SUP Instructor Award.
- No age restriction applies to this award.

Assessment Guidelines

- The Flat Water SUP Board Skills Award can only be assessed by a currently registered Canoeing Ireland Flat Water SUP Instructor.
- The assessment will be carried out with a maximum of 6 candidates to one assessor. However, a ratio of 4:1 is preferable.
- All required assessment rescues are kept until the end of an assessment where possible.
- Generally, guidelines will be given, should a candidate fail an assessment, as to the areas that they need to improve on.