



Level 3: Coastal Stand Up Paddleboarding

Sample Skills Outline

Course Overview: Coastal SUP is designed for paddlers wishing to explore SUP in the Coastal environment. This course introduces paddlers to ocean safety and basic navigation techniques with an emphasis on fun.

Essential Eligibility Criteria (EEC):

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

1. Breathe independently (i.e., not require medical devices to sustain breathing)
2. Independently maintain sealed airway passages while under water
3. Independently hold head upright without neck / head support
4. Manage personal care independently or with assistance of a companion
5. Manage personal mobility independently or with a reasonable amount of assistance
6. Follow instructions and effectively communicate independently or with assistance of a companion
7. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
8. Get in / out or on / off of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Reenter or remount the paddlecraft following deep water capsize independently or with a reasonable amount of assistance*
11. Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate Course Outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation*

**To participate in an adaptive paddling program, a participant must meet only the first six EEC listed above. The adaptive paddling program will include teaching and practicing the last five EEC listed above.*

Course Objectives:

- To expose students to the essentials of Coastal SUP to include: paddling strokes, launching and landing through surf zone, self and assisted rescues, basic balance, body positions, simple maneuvers, coastal navigation, introduction to down winders.
- To promote the inherent enjoyment and rewards of Stand Up Paddleboarding.

Minimum Personal Equipment: SUP paddle, appropriate PFD, Stand Up Paddleboard with appropriate leash, appropriate clothing for the weather including the ability to carry extra equipment.



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Instructors: ACA Level 3: Coastal Stand Up Paddleboarding (SUP) or higher

Course Prerequisites: At minimum ACA SUP L-1 and L2-2 skills are needed and L-3 skills are recommended.

Course Duration: 16 hours or 2 days

Course Location / Venue: This class is taught in conditions with wind up to 12 knots, up to 2 knots of current, sea state up to 1 foot, and breaking waves up to 1 foot (as measured by the face)

Class Ratio: 5 students: 1 Instructor or 10 students: 2 Instructor(s) or a qualified assistant.

Succeeding courses: Level 3: Surf SUP
Level 3: Whitewater SUP

The following is a general summary of course content for the essentials of the Level 3: Coastal SUP course. The content covered and sequence of instruction should be adjusted if needed to best fit the participant's needs. Class location, weather, venue, and time allowance, are examples of possible changes.

Course Content:

Introduction, Expectations, and Logistics:

- Welcome, Introductions, Paperwork
- Student and instructor course expectations and limitations
- Course itinerary and site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- Appropriate behavior and conduct
- No Alcohol and substance abuse
- Proper etiquette on and off the water
- Respect private property
- Practice “Leave No Trace” ethics

The Paddling Environment:

- Weather
- Water
- Wind
- Waves
- Currents
- Additional Site Assessment – shoreline hazards, plant life, animal life, bottom type & contour, other users



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Personal Preparation:

- Personal ability
- Swimming ability
- Water comfort and confidence
- Fitness, conditioning, and warm up
- Safe paddle and board handling skills
- Safety and rescue considerations
- Personal equipment (to be reviewed by Instructor)

Personal Safety:

- Hypothermia / Hyperthermia
- Dehydration and health considerations
- Regulations; access, private property, litter, and local laws or rules
- On water signals (whistle, hand, paddle)
- Information gathering (i.e. forecast for swell, tide, wind speed, & direction)
- Optional extra safety gear

Equipment:

- Board, nomenclature, and design
- Paddle, nomenclature, and design
- Leash usage, best practices, & fit
- Wetsuit, Booties, and other clothing
- Personal gear and sun care
- SUP carry and transportation
- Tide tables, charts, maps, & compass
- Communication (VHF/EPIRB/etc.)

Surf Zone Safety and Knowledge: On Beach

- Checking out the surf break or beach
- Break type
- Assessing surf conditions and surf zone dangers
- Rip currents, beach suitability, and other users
- Measuring wave height, water depth, tides, and wind conditions
- Timing of wave period & counting sets
- Other features and dangers present at location (e.g. submerged objects and hazards, wildlife)
- Board control and using leashes
- No surfing zones
- Signaling and group management
- Other access and exit/entry points



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- Swimming in the surf
- Rescuing another swimmer or surfer
- Preventing drowning (victim or yourself)

Essential Paddling Skills Review: flat water or out beyond primary surf break

- Warm up and “Paddling Out”
- Falling off the board in different conditions & water depths
- Sweep strokes
- Turning and steering
- Footwork and stances (Toes forward or neutral stance, modified surf stance, complete surf stance, regular footer, goofy footer)
- Forward, reverse, & power/acceleration strokes
- Stopping and bracing

Coastal Skills

- Using a gliding low brace for stability underway and changing stances
- Paddling into and out beach and other shore types
- Getting comfortable with surf or staggered stance from both regular and goofy positions
- Hanging draw
- Nose and cross nose pry
- Tail pry
- Side slips using static draw & pry
- Draw on the move
-

Navigation

- Interpret basic chart datum
- Plot a course
- Adjusting for variation/declination
- Tide prediction charts

Safety & Rescue

- Unassisted board remount (side and tail)
- Retrieve stray paddle from SUP, return it to rider
- Unresponsive paddler rescue
- Swimmer recovery (nose - tail)

Group Safety Discussion

- Group signals
- Staying together (i.e. lead/sweep)
- What to do in an emergency
- Dealing with boat traffic



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Short Skills Development Trip

- Continue to develop efficient stroke technique
- Practice course corrections
- Paddling with a loaded board
- Have fun

Down Winders

- Controlled surf launch & landing
- Crossing entering and exiting moderate eddy lines
- Use of Ranges
- Linking downwind waves
- Surfing forward with control in swell
- Logistics & shuttles

Conclusion and Wrap Up:

- Group debrief and Individual feedback
- Course limitations
- Importance of First Aid and CPR
- Reiterate the importance of additional instruction, practice, and experience
- Stress the importance of appropriate level of safety and rescue specific training
- Demonstrate next level and advanced strokes and maneuvers
- Local SUP groups, outings, and Clubs
- Handouts and reference materials
- ACA Membership forms
- Course Evaluations
- Participation cards

Share the Stoke!