



INTERNATIONAL SURFING ASSOCIATION

Surfing's World Governing Authority

# SUP FLAT WATER COACHING COURSE

## AUSTRIA



  
Australian Government  
Australian Sports Commission

  
COACH  
ACCREDITATION

# STEPS TO SUP FLAT WATER COACHING QUALIFICATION

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- Attend the entire 2-day course
- Successfully complete the assessments:
  - Venue Analysis
  - Lesson Plan Lesson
  - Delivery SUP Skills
  - Test
- Hold a current Ocean Rescue Award or water safety equivalent
- Hold a current First Aid Certificate
- Hold a Working with Children Police Check [if required]
- Complete 20 SUP coaching hours with a National Federation / ISA affiliated SUP school
- Be a National Surf / SUP Federation member
- Submit all paperwork to your ISA Course Organiser / Course Presenter for processing

# THE SUP COACHING Course

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## Theorieteil Online

### **Donnerstag 19.09.2024**

18:00Uhr – 19:00Uhr ISA SUP Flatwater Basics

19:00Uhr – 20:00Uhr Kinder- und Jugendtraining

20:00Uhr – 21:00Uhr Strukturen und Organisation des SUP Sports

### **Freitag 20.09.2024**

18:00Uhr – 19:00Uhr Grundlagen der Physiologie im SUP Sport

19:00Uhr – 20:00Uhr ISA Surfing, Ocean-, and Riverpaddling

20:00Uhr – 21:00Uhr Grundlagen der Trainingslehre im SUP Sport

## **Der Praxisteil Österreich-OST**

(SUP Sportclub Graz, Angergasse 4, 8010 Graz)

### **Samstag 21.09.2024**

09:00Uhr – 12:00Uhr ISA Inhalte zum Stand Up Paddle Coaching

14:00Uhr – 17:00Uhr Lehrauftritte, Coaching und Praxis der Teilnehmer:innen

## **Der Praxisteil Österreich-WEST**

(Bregenz, Parkplatz West)

### **Sonntag, 22.09.2024**

09:00Uhr – 12:00Uhr ISA Inhalte zum Stand Up Paddle Coaching

14:00Uhr – 17:00Uhr Lehrauftritte, Coaching und Praxis der Teilnehmer:innen