



4 Star Surf Syllabus

The 4 Star Award is a leadership award and not a coaching award. It is not suitable for introducing beginners to the sport.

Aim

Successful performance at this level indicates that the candidate has sufficient personal skills and the ability to manage a group of Surf paddlers.

The emphasis is on the application of skills in a surf environment, requiring the paddler to perform appropriate and effective manoeuvres in moderate surf.

The 4 Star Surf Paddler is assessed managing a group of paddlers with a ratio of 1 to 4 in moderate surf environments.

Pre-requisites

- **BCU 3 Star Test.** It is recommended that the candidate holds the BCU 3 Star (Surf) award.
- **4* Surf Training**
- **First aid award.** The candidate must hold an appropriate first aid award. This award should involve a minimum of **1 day** training and include practical, outdoor, scenario based training.
- **Prior experience**
 - A minimum of 20 sessions in moderate surf conditions.
 - Above sessions to include 3 different breaks and be from at least two different geographical areas i.e. the south west and the north east
 - Experience of managing paddlers in a surf environment.
- Candidates must be 16 or over at the time of assessment.
- Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18, and must hold a current first aid award and have BCU coaching membership or private insurance.

Craft

Candidates can present themselves for assessment in any suitable craft; however they should be aware that elements of the syllabus are difficult to complete in boats with more general design characteristics.

Venue

Moderate Water – four star surf paddlers should be competent to operate in up to 3 feet of surf (double over head while seated in a kayak in the trough of a wave) on varied beach breaks offering differing wave profiles. Not normally reefs or pitching waves.



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Assessment is made over a 2 day programme on a ratio of 1 assessor to 4 candidates.

Assessor

- Current BCU A4 Surf Assessor / BCU Level 3 Surf Coach with 5 star surf and appropriate training or
- New BCU (UKCC endorsed) Level 4 Surf Coach

Part A – Personal Paddling Skills

- A.1 Paddle out
- A.2 Take Off
- A.3 Carving bottom turns
- A.4 Top turns
- A.5 Diagonal runs of varying heights
- A.6 Carved exit from the wave

Part B – Rescue Skills

- B.1 Deep water rescue.
- B.2 Towing.
- B.3 Swimming
- B.4 Rolling
- B.5 Shepherding
- B.6 Carries

Part C – Safety, Leadership and Group Skills

- C.1 Risk Management
- C.2 Group control and communication

Part D – Theory

- D.1 Surf specific rescue equipment
- D.2 Tides and bathymetry
- D.3 Etiquette
- D.4 Planning, Group Awareness and the Safety Framework
- D.5 Hypothermia/first aid
- D.6 Environment
- D.7 General