

# SUP INSTRUCTOR LICENCE

## VDWS Instructor Level 1

### I Training and Examination Course

<b>Admission Requirements</b>	Safe paddling (f. e. 15 strokes on one side without changing direction) and the examination maneuvers. SUP Leash necessary. Completion of theoretical basics on the VDWS eLearning platform (you receive the link after your registration)
<b>Age</b>	18 years
<b>Registration Forms</b>	- Online registration: <a href="http://www.vdws.de">www.vdws.de</a> - Proof of private liability insurance - 50% of the course fee (invoice will be issued upon receipt of online registration)
<b>Duration</b>	4 days incl. examination
<b>Training Contents</b>	Movement instructions, movement descriptions, movement tasks, instructor's behaviour, mistake analysis and correction / techniques of board control / movement learning / Introduction into course planning and design / example of a beginner course / VDWS SUP System, Safety Check Card and Workbook / watersport and environmental problems / meteorology, equipment, safety and health / job description watersport instructor
<b>Examination</b>	Practical: The practical examination consists of skills for a safe handling of board and paddle. In a buoy course, between two buoys at a distance of 40 metres, you paddle to and from. On the first stretch, in parallel stance position, you paddle only on one side with the C-stroke. On the way back, in parallel stance position, you paddle with the J-stroke on both sides. The first buoy must be rounded with a crossbow turn, the second with a pivot turn. Video of the practical examination: <a href="https://www.youtube.com/watch?v=K_Pg_CwtPyo">https://www.youtube.com/watch?v=K_Pg_CwtPyo</a> Demonstration Lesson: During the demonstration lesson, the teaching ability in the field of a beginner course will be tested. Written Examination: The written examination (approx. 30 minutes) covers the theoretical, practical and methodical aspects of the training.
<b>Licensing Level 1</b>	Participants who pass <b>all exams (practical examination, demonstration lesson, theory)</b> during the training will receive the VDWS Instructor Level 1 Licence. An active VDWS membership is required for licensing (online application: <a href="http://www.vdws.de">www.vdws.de</a> ) and a picture as well. The licence is valid for 3 years. It is extended by participation in a VDWS seminar for further education.

## VDWS Instructor Level 2

### II Internship

<b>Admission Requirements</b>	VDWS Instructor Level 1
<b>Duration</b>	50 training hours are recommended
<b>Implementation</b>	The internship can only be done at a VDWS SUP center entitled to train interns (see current list: <a href="http://www.vdws.de">www.vdws.de</a> ).
<b>Completion</b>	The opinion of the supervising instructor will be taken into account when awarding the VDWS licence.

### III Documents

	- Internship Confirmation - First Aid Certificate (not older than two years) - Lifeguard Licence (VDWS Rescue or equivalent to German DLRG Bronze)
<b>Licensing Level 2</b>	After successful completion of the training & examination course as well as the internship, the VDWS VDWS Instructor Level 2 Licence is granted. This qualification entitles to teach and to be an examiner of the contents of the VDWS SUP basic licence and to issue this licence. The licence is valid for 3 years. It is extended by participation in a VDWS seminar for further education.