

## 5 Star Surf Syllabus

### Aim

Attainment of this test indicates that the candidate has attained a high level of performance, personal skill and group management in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of other paddlers in remote or advanced surf.

### Pre-requisites

- Candidates should have appropriate experience in management, safety and rescue, prior to assessment. Such experience may be obtained on advertised courses or via a BCU UKCC Level 4 Surf Coach / BCU level 5 Surf Coach.
- BCU 4 Star Test, The candidate must already hold the BCU 4 Star award.
- Have completed the dedicated advanced surf rescue one day course.
- First aid award. The candidate must hold an appropriate first aid award. This course should involve a minimum of 2 days training and include practical, outdoor, scenario based training.
- Prior experience. The candidate must provide documentary evidence of approximately 40 advanced days in a range of surf locations. These must show experience of different break and wave types. Such experience must have been gained normally over a minimum of three years' surfing paddling, the surfing experience showing a bias towards exposed or more challenging surf environments.
- Age. While candidates under the age of 18 may be assessed for the 5 Star Award, their deployment, in a leadership role, requires that they are min 18 and hold a current first aid award, BCU Membership or private insurance.

### Craft

The candidate may present themselves in any craft in which they are able to complete the syllabus

### Venue

A five star paddler should be capable of riding in over three foot of surf. They should be fully conversant with reefs, points and heavy waves. At this level it is important for candidates to be able to accurately assess the surf in terms of its suitability to paddle on and therefore no upper limit of size should be set. The assessment should access at least one surf venue that is not a simple beach break this may be a point, reef or a break requiring a coastal journey.

### Assessor

- Current BCU A5 Surf Assessor / BCU Level 5 Surf Coach with appropriate training or
- New BCU (UKCC endorsed) Level 4 Surf Coach

### Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching
- A.2 Control
- A.3 Paddle out
- A.4 Take off
- A.5 Turning
- A.6 Variety, pace and attack
- A.7 Timing, height and the shoulder

### Part B – Rescue Skills

- B.1 Deep water rescues.
- B.2 Beach landings
- B.3 Water based repairs and first aid

### Part C – Safety, Leadership and Group Skills

- C.1 Risk Management
- C.2 Group control and communication
- C.3 Equipment

### Part D – Theory

- D.1 Advanced Surf forecasting
- D.2 Wave theory
- D.3 Etiquette
- D.4 First aid
- D.5 General