

Discipline Support Module Summary – Stand Up Paddleboard

This document provides a summary of the British Canoeing Awarding Body Stand Up Paddleboard (SUP) Discipline Support Module for course organisers and candidates.

Overview

The British Canoeing Awarding Body SUP Discipline Support Module is designed to assist anyone who wants to gain more knowledge about the specialist discipline of SUP. The course introduces and explains the basic techniques and strategies for working with SUPs. The course is a mix of theory and practical activity to ensure everyone has time to try things out.

Audience

The module is aimed at anyone who is interested in developing their SUP knowledge.

Course Length

6 hours.

Module Aims:

- Provide a background to the various disciplines within SUP;
- Introduce different types of equipment, including the issues of equipment design, size and modification to suit all individual requirements;
- Introduce and develop the knowledge of SUP-specific techniques and tactics;
- Explore some SUP safety and rescue specifics. After the Course

After completing the module, candidates receive a certificate of attendance from their Delivery Centre.