

Austrian Surfing Surf Instructor **Level 1 Licence**

7 days course	70 hours
4 weeks practical in a surf school / surf camp	80 hours
International Lifesaving Certificate including First Aid	30 hours
Total	180 hours

Table of contents of 7 days course

Part 1: Theory 30 hours

1. Definition of the term "surfing"
2. Didactics
3. Austrian Surfing and surfing in landlocked countries
4. Equipment
5. The ocean
6. Dangers and risks of surfing
7. Safety and occupational knowledge
8. Training theory and surf fitness training
9. Surf rules and etiquette
10. Surfing and the environment
11. Surfing terminology

Part 2: Beach sessions (instructing) 30 hours

Part 3: Surfing skills of the instructor (including video coaching) 10 hours

Austrian Surfing is recognized as the official Austrian Surfing Association / NGB (National Governing Body) of surfing in Austria by and a member of the following organizations:

BSO
(Austrian Sports Organisation)



ISA
(International Surfing Association)



ESF
(European Surfing Federation)



Our mission is the sustainable development of surfing as an activity with a very close contact to nature.
For further information please visit us at www.austriansurfing.at!