

Austrian Surfing Surf Instructor **Level 2 Licence**

Level 1 Licence	180 hours
2 months work experience as Level 1 Instructor	160 hours
7 days Level 2 course	70 hours
Post-course practical assessment	40 hours
Total	450 hours

Table of contents of 7 days course

Part 1: Theory	45 hours
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1. Coaching advanced surfers (including manoeuvres, etc.) and surf guiding
2. Competitive surfing
3. Big wave surfing
4. The history of surfing
5. Important surfing organisations
6. Surf board construction - shaping
7. The ocean 2 - weather and surf spots
8. Nutrition
9. Hydrodynamics and biomechanics of surfing
10. Bibliography

Part 2: Beach sessions (instructing)	15 hours
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Part 3: Surfing skills of the instructor (including video coaching)	10 hours
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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!