

Austrian Surfing Riversurf Instructor **Level 1 Licence**

4 days course	45 hours
Lifesaving certificate	20 hours
First Aid certificate	15 hours
Total	80 hours

Table of contents of 4 days course

Part 1: Theory 15 hours

1. Definition of the terms „surfing“ und „riversurfing“
2. Didactics
3. Austrian Surfing and surfing in landlocked countries
4. Equipment
5. “Playground” river vs. ocean
6. Dangers and risks of riversurfing
7. Safety, risk management and duty of care
8. Anatomy, rescue materials and rescue techniques in the river
9. Training theory and surf fitness training
10. Surf rules and etiquette
11. (River)Surfing and the environment
12. (River)Surfing terminology

Part 2: Instructing 15 hours

Part 3: Surfing skills of the instructors (incl. video coaching) and safety training 15 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!