

ISA Level 2 Coaching Course Overview

To accredit as a level 2 coach:

1. Attendance at 3 day ISA Level 2 Coaching Course
2. 40 hours of face to face coaching practice at Novice or developing surfer level
3. Maintain practical coaching diary
4. Completion of online exam
5. Recommended NGB membership
6. Hold any one of the following awards:
Surf :Lifesaving GB (SLSGB) Beach Lifeguard, Surf Coach Lifeguard, Royal Lifesaving Society (RLSS) National Beach Lifeguard Qualification – NBLQ, or an international equivalent.

Course Modules

1. Training surfers: a holistic approach
2. Planning
3. Understanding the judging criteria
4. Risk Management
5. Principles of training
6. Elements of fitness
7. Development and maturation
8. Sports injuries
9. Lifestyle and nutrition
10. Sports psychology
11. Balance and force
12. Fundamental movements
13. Movement patterns of core maneuvers
14. Common Errors
15. Novice surfing skills
16. Analytical skills for surf coaches
17. Simulation Training
18. Video Coaching