



## **LTC 491PS: PADDLE SURF**

### **COURSE OBJECTIVES**

Stand up Paddle courses aim to orient participants in this discipline through practice, initially on land and finally in the water, developing the theoretical content that will allow them to act with complete autonomy and fully enjoy this sport.

The activity will take place in Matalascañas (Huelva), a beach classified as a national tourist destination and located in Doñana, one of Europe's most important nature reserves.

Objectives:

- Learn about this sport and its characteristics.
- Learn and practice basic skills in order to start moving with a Paddleboard.
- Discover one of the ecosystems in Doñana (aquatic environment).

### **Course content:**

#### **Level 1 SUP. Start surfing.**

#### **SUP SESSIONS (FLAT WATER)**

##### **1 Material:**

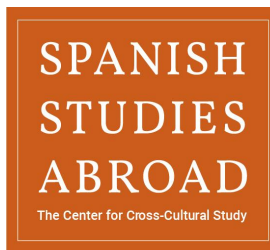
- Characteristics of the SUP board.
- Different compositions of materials.
- Types of boards. Open water, Waves, All-Round.
- Choosing the right board and paddle for your weight, height, technical level and style.

##### **2 Discovering the environment and meteorology concepts:**

- Reading the area.
- Interacting with waves.
- Bottoms.
- Currents.
- Wind.
- Safe practice zones.
- Entering and exiting the water.

##### **3 Safety:**

- Using material on ground, in water and with wind.
- Safety positions.
- Rescue signals.
- Bathing in practice areas.
- Objects and other watercrafts.



- Helping other surfers.
- Wind.

#### **4 Techniques:**

- Axis and center of navigation.
- Positions: natural stance and downwinder.
- Paddling.
- Turning.
- Surfing on waves.
- Using the environment to your advantage.

#### **Level 2 SUP. Initiation on the waves.**

#### **SUP Wave Sessions.**

##### **1 Safety**

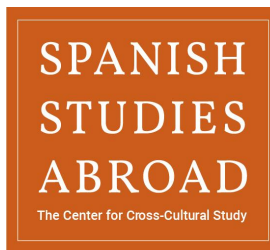
- Passive and active safety.
- Handling material on foam.
- Entering and exiting the wave zone.
- Signs and references.

##### **2 Techniques:**

- Reading and choosing waves.
- Positioning in relation to the wave.
- Sincronization.
- Accelerating and decelerating.
- Turns and basic tricks.
- Correct paddle use.
- Maneuvers and transitions.
- Wipeouts.

##### **3 Rules:**

- General rules.
- Priorities.
- Entering the surf zone
- Water etiquette.



## EVALUATION

**Attendance is mandatory.** Final evaluation will be PASS/FAIL. Any unexcused absence will result in a grade of FAIL.

## SPECIFIC PLANS

- **First session:**  
Information session and theoretical class at the Center.
- **Second session:**  
Session I of Paddle Surf in Matalascañas (Huelva)
- **Third session:**  
Session II of Paddle Surf in Matalascañas (Huelva)