



S.U.P. – Intro to Standup Paddle Board

Please note – this course is not run through PSIA-AASI, this course is run through Aspen Kayak & S.U.P company, owned by PSIA-AASI examiner, Charlie MacArthur. This course is directed towards PSIA-AASI members looking to submit Non-PSIA CEUs. Please contact Charlie MacArthur directly for information on courses.

Audience: Current PSIA-AASI-Rocky Mountain Members; all ability levels welcome.

Discipline: Multi Discipline

Time: 2 Days

Credits: NA – can be submitted as Non-PSIA Clinic Credit for 12 CEUs

Setting: Flatwater, Moving Water, Whitewater

Course Description: The goal of this clinic is to offer a teaching for transfer experience for PSIA-AASI-RM members while learning introductory stand-up paddle boarding (SUP) skills and coaching skills. A secondary goal is to enable participants to empathize with beginner skiers and snowboarders by learning a new sport (i.e. SUP).

Recommended Prerequisite Course: None

Prerequisite skills:

- Participants must know how to swim

Course Objectives: At the end of the clinic participants will be able to:

- Demonstrate an understanding of the basics of SUP.
 - Stance and Posture on a SUP
 - Launching and Landing
 - Paddle strokes and maneuvers
 - Beginner river 'reading' and rescue skills
- More advanced and confident paddlers will explore Peel outs, eddy turns, ferries, surfing and group river running
- Understand the crossover between the sports of SUP and Skiing/Snowboarding.
- Explore the opportunities that exist between winter and summer instruction.
- Practice Movement Analysis skills using SUP as the movement being analyzed.
- Enable participants to "Learn by doing."
- Participants will reflect upon their experience and must submit their reflection in order to receive credit.