



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISOSRF201A Demonstrate surf survival and self rescue skills**

**Release: 2**

## **SISOSRF201A Demonstrate surf survival and self rescue skills**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to apply surf survival and self rescue skills. This unit focuses on the demonstration of surf awareness and self rescue skills to safely participate in activities in surf environments.

### **Application of the Unit**

This unit applies to those working as assistant surfing instructors or support staff under supervision in a range of controlled surf conditions. This unit also applies to outdoor recreation leaders working for outdoor education or adventure providers, volunteer groups, not-for-profit organisations or government agencies.

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the Evidence Guide.

- |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Plan for the activity.                | <ul style="list-style-type: none"> <li>1.1. Identify and plan <i>food and water requirements</i> according to <i>principles of nutrition</i> and <i>contextual issues</i>.</li> <li>1.2. Apply <i>knowledge of the surf environment</i> and select an appropriate activity site or location according to <i>relevant legislation</i> and <i>organisational policies and procedures</i>.</li> <li>1.3. Access <i>relevant sources</i> to interpret <i>weather and environmental information</i>.</li> <li>1.4. Identify potential <i>hazards</i> within the surf environment and minimise <i>risks</i> as advised by the supervisor.</li> </ul> |
| 2. Select surfing equipment.             | <ul style="list-style-type: none"> <li>2.1. Select <i>craft</i> and <i>equipment</i> after consideration of the design and construction features that make it appropriate.</li> <li>2.2. Fit and adjust equipment correctly to ensure comfort, safety and suitability to the participant and craft.</li> </ul>                                                                                                                                                                                                                                                                                                                                 |
| 3. Demonstrate surf survival techniques. | <ul style="list-style-type: none"> <li>3.1. Apply <i>techniques</i> for survival in the water.</li> <li>3.2. Negotiate hazards whilst in the water.</li> <li>3.3. Demonstrate the ability to get back to the shore in the <i>prevailing conditions</i>, with and without the use of a craft.</li> <li>3.4. Identify and apply <i>strategies</i> to implement when unable to self rescue or return to shore unassisted.</li> </ul>                                                                                                                                                                                                              |
| 4. Evaluate surf survival skills.        | <ul style="list-style-type: none"> <li>4.1. Evaluate <i>relevant aspects</i> of the surf survival activity.</li> <li>4.2. Identify improvements for future surf survival experiences.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                               |

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- listening skills to follow instructions and directions from the supervisor
- problem-solving skills to determine self rescue methods appropriate for prevailing conditions
- planning and organising skills to select relevant surf survival equipment
- swimming skills to swim in moderate surf conditions
- paddling skills to control and manoeuvre a surf craft in moderate conditions
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

### Required knowledge

- relevant legislation and organisational policies and procedures to enable the safe conduct of all activities and legal access
- types of craft and equipment, characteristics and technology used for surf survival, and factors affecting appropriate selection
- principles of nutrition to maintain health during activity
- weather and environmental information to ascertain possible conditions and their affect on the activity
- understanding of surf environments, including types and features of waves and rips, and how to safely avoid these when surfing
- the affect of wind, tide, swell and ocean floors on surf conditions and appropriate responses
- surf survival and self rescue techniques to maintain personal safety
- emergency and rescue procedures appropriate for the craft and location to ensure risk minimisation to self and group.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### **Critical aspects for assessment and evidence required to demonstrate competency in this unit**

Evidence of the following is essential:

- applies relevant process to plan and select appropriate craft and equipment suitable for the rescue
- demonstrates self rescue and survival techniques in prevailing conditions
- evaluates and reflects on own surf survival performance to identify strengths, weaknesses and areas that need improvement.

#### **Context of and specific resources for assessment**

Assessment must ensure participation in surf survival and self rescue activities in different surf conditions to demonstrate competency and consistency of performance.

Assessment must ensure access to:

- resources and information, such as weather sources, to accurately plan and select appropriate equipment for the surf survival activity
- a surf beach
- a qualified leader or supervisor
- equipment such as a suitable craft.

#### **Method of assessment**

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of the planning and review process with evidence of reference to resources
- oral or written questioning to assess knowledge of surf environments, including types and features of waves and rips
- observation of safe participation and demonstration of surf survival and self rescue techniques in prevailing conditions
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISOSRF202A Demonstrate basic surfing manoeuvres in controlled conditions.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Food and water requirements*** may include:

- menu planning and preparation
- range of foods
- energy content.

***Principles of nutrition*** may include:

- food groups
- dietary guidelines
- essential nutrients
- healthy dietary pyramid
- food preparation
- individual food requirements and allergies.

***Contextual issues*** may include:

- weather conditions, including tide times
- season
- transport
- location
- trip distance and duration
- group objectives
- group size.

***Knowledge of the surf environment*** may include:

- characteristics of different types of waves
- distinguishing features of rips.

***Relevant legislation*** may include:

- occupational health and safety
- permits or permission for access
- environmental regulations
- marine regulations.

***Organisational policies and procedures*** may include:

- procedures and company or enterprise policies
- use and maintenance of equipment
- communication protocols
- emergency procedures
- code of ethics.

***Relevant sources*** may include:

- Bureau of Meteorology
- media
- land managers or agencies
- coastal patrol or coastguard
- volunteer marine rescue
- local knowledge.

***Weather and environmental information*** may include:

- satellite images
- daily and weekly forecasts
- maximum and minimum temperatures
- weather warnings
- event warnings
- river levels
- synoptic charts
- high and low tide predictions.

***Hazards*** may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles
- dense vegetation
- group management hazards.rips
- lateral currents
- marine creatures
- rocks
- sandbars
- other surfers or swimmers
- large waves
- shorebreaks
- dumping waves.

***Risks*** may include:

- hypothermia
- heat exhaustion
- injuries
- exhaustion
- lost party or party member
- equipment failure

***Craft*** may include:

- hard surfboards
- soft surfboards
- bodyboards
- sit on top kayaks
- handboards
- stand up paddle boards.

***Equipment*** may include:

- wetsuit
- swim suit
- rash vest
- craft
- fins.

***Techniques*** may include:

- swimming or paddling diagonally across rips
- attracting attention of lifeguard



- Prevailing conditions*** may include:
- floating and treading water
  - recognising hazards
  - keeping a safe distance from hazards.
- Strategies*** may include:
- size of the surf
  - availability of assistance
  - imminent hazards
  - imminent risks.
  - using recognised signals for assistance
  - remaining with craft where possible
  - floating and treading water.
- Relevant aspects*** may include:
- objectives
  - planning process
  - activity site
  - weather
  - equipment selection
  - clothing selection
  - food selection
  - instructional content
  - instructional technique
  - assessment technique
  - group feedback
  - directing techniques
  - rescue techniques employed.

## **Unit Sector(s)**

Outdoor Recreation

## **Competency Field**

Surfing