



Australian Government

Department of Education, Employment and Workplace Relations

SISOSRF202A Demonstrate basic surfing manoeuvres in controlled conditions

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to perform basic surfing manoeuvres in controlled conditions.

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.

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| <p>1. Plan for the surfing activity.</p> | <p>1.1. Ensure sufficient <i>food and water</i> is available to maintain physiological well being during activity.</p> <p>1.2. Select an appropriate activity site or location in <i>controlled conditions</i> according to <i>relevant legislation</i> and <i>organisational policies and procedures</i>.</p> <p>1.3. Access <i>relevant sources</i> to interpret <i>weather and environmental information</i>.</p> <p>1.4. Identify potential <i>hazards</i> within the surf environment and minimise <i>risks</i> as advised by the supervisor.</p> |
| <p>2. Select surfing equipment.</p> | <p>2.1. Select <i>craft</i> and <i>equipment</i> according to design and construction features and check working condition.</p> <p>2.2. Fit and adjust equipment correctly to ensure comfort, safety and suitability to the participant and craft.</p> <p>2.3. <i>Transport</i> the craft in a manner that minimises damage.</p> <p>2.4. Identify the need for board waxing and demonstrate waxing technique, where required.</p> |
| <p>3. Enter and exit the water.</p> | <p>3.1. Select a <i>safe location</i> for entering the water and carry the craft out, avoiding hazards, to a depth where it can be safely sat and or laid upon.</p> <p>3.2. Propel the craft through broken and unbroken waves and flat water whilst walking with a leg rope attached, where applicable.</p> <p>3.3. Apply skills to ensure measures are taken so that the craft is always facing into oncoming waves.</p> |
| <p>4. Manoeuvre the craft.</p> | <p>4.1. Demonstrate the ability to sit and or lay upon the craft both within depth and outside depth in still water.</p> <p>4.2. Propel and control the craft, using <i>efficient paddling techniques</i>, in still water and then through broken and unbroken waves.</p> |

ELEMENT	PERFORMANCE CRITERIA
5. Catch and ride a wave and paddle in flat	4.3. <i>Manoeuvre</i> and turn the craft both within and outside the surf zones using a variety of methods. 4.4. Demonstrate correct dismount drill in both the prone and standing positions. 4.5. Apply <i>wipe-out procedures</i> , ensuring personal safety and safety of other surfers. 5.1. Observe <i>surfing etiquette</i> when catching and riding waves. 5.2. Catch broken waves demonstrating control and <i>basic surfing manoeuvres</i> without wiping out. 5.3. Ride broken waves prone and, where appropriate to the craft, while kneeling, sitting and standing. 5.4. Paddle in prone, kneeling, and standing position in flat water.
6. Evaluate surfing activity.	6.1. Evaluate <i>relevant aspects</i> of the activity. 6.2. Identify improvements for future surfing experiences.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - follow instructions and directions from the supervisor
 - demonstrate surfing etiquette
- problem-solving skills to:
 - determine suitability of waves
 - manoeuvre craft in varying conditions
- planning and organising skills to select an appropriate activity site or location and relevant surfing equipment
- swimming skills to swim 200 metres and tread water for 5 minutes in moderate surf conditions
- paddling and basic surfing skills to control and manoeuvre a surf craft in moderate conditions
- surf survival and self-rescue techniques to use in the case of a wipe out or troubled situation
- emergency response skills appropriate to the location to enable initial response and or rescue in surf emergencies.

Required knowledge

- relevant legislation and organisational policies and procedures to enable the safe conduct of all activities
- types of craft and equipment, characteristics and technology used for surfing, and factors affecting appropriate selection
- food and water requirements to maintain health and energy during activities
- weather and environmental information to ascertain possible conditions and their affect on the activity
- understanding and reading of surf environments, including types and features of waves and how to select waves to surf
- the affect of wind, tide, swell and ocean floors on surf conditions and appropriate responses
- surfing etiquette to surf safely alongside other surfers and swimmers showing a common understanding
- beach zones and signs to avoid hazards and risks
- 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 activity
- applies wipe out procedures, ensuring personal safety and safety of other surfers and swimmers
- evaluates and reflects on own surfing performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple surfing activities that are of sufficient duration to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information, such as weather sources, to accurately plan and select appropriate equipment for the surfing activity
- a surf beach with controlled conditions suitable to participants
- 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:

- oral or written questioning to assess knowledge of surf environments, including types and features of waves, and possible hazards
- observation of safe participation and demonstration of surfing techniques, manoeuvres and etiquette
- 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:

- SISOSRF201A Demonstrate surf survival and self rescue skills.

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 may include:

- range of foods
- hydration.

Controlled conditions may include:

- sandy beaches
- beaches with even gradient
- areas free from rocks
- areas free from rips
- minimal lateral current
- white water unless surf less than ½ metre
- wind less than 20 knots
- water depth of chest deep or less
- spilling waves
- absence of shore dump
- small channel
- flat water - creeks, rivers and lakes.

Relevant legislation may include:

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

Organisational policies and procedures may include:

- occupational health and safety
- 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
- event warnings
- river level

- synoptic charts
- high and low tide predictions.

- Hazards*** may include:
- temperature extremes
 - slippery or unstable terrain
 - dangerous animals and insects
 - group management hazards.
- Risks*** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment and course failure.
- Craft*** may include:
- bodyboards
 - surfboards
 - soft surfboards
 - single and double sit on kayaks
 - no craft (body surfing)
 - stand up paddle boards.
- Equipment*** may include:
- fins
 - wetsuit
 - rash shirt
 - craft
 - rescue and safety equipment
 - leg ropes
 - paddles for sit on kayaks
 - helmets.
- Transport*** may include:
- vehicle
 - carrying craft on head or shoulder
 - under one arm either alone or in pairs.
- Safe location*** may include:
- controlled conditions
 - marked beach zones.
- Efficient paddling techniques*** may include:
- freestyle action
 - butterfly action
 - forward and reverse strokes
 - forward and reverse sweeps
 - low support and rudder strokes (sit on kayaks only)
 - hands lightly cupped
 - nose of board just clear of water
 - arms slightly bent at elbow
 - pivot turns and arc turns
 - back arch kept to minimum
 - deep sculling action under the water.

- Manoeuvre*** may include:
- traversing along a wave
 - turning
 - correct use of body weight
 - correct rotation techniques.
- Wipe-out procedures*** may include:
- covering head with arms
 - wrestling or holding board tight when in prone position
 - pushing board clear with feet when in the water and when standing
 - waiting for turbulence to subside
 - floating to the surface in a horizontal position.
- Surfing etiquette*** may include:
- looking inside, to see if anyone is on wave
 - avoid dropping in
 - person closest to breaking part of wave has right of way
 - wave rider to avoid swimmers and other surfers.
- Basic surfing manoeuvres*** may include:
- catching and riding wave
 - standing
 - traversing
 - turning.
- 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