



Australian Government

Department of Education, Employment and Workplace Relations

SISOSRF303A Perform intermediate level surfing manoeuvres

Release: 2

SISOSRF303A Perform intermediate level surfing manoeuvres

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to perform intermediate level surfing manoeuvres. This unit focuses on the application of safe intermediate level surfing to manoeuvre a board or sit-on kayak on small, spilling unbroken waves.

Application of the Unit

This unit applies to those working as surfing guides or instructors in a range of controlled intermediate level surf conditions with waves of up to 1m. This unit may also apply to leaders working for outdoor education or adventure providers; volunteer groups; not-for-profit organisations or government agencies or those working as surf lifesavers that run associated surf survival and awareness programs for students.

Licensing/Regulatory Information

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

Pre-Requisites

SISOSRF202A Demonstrate basic surfing manoeuvres in controlled conditions

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 surfing activity. | <ul style="list-style-type: none"> 1.1. Identify an appropriate activity site or location according to <i>relevant legislation</i> and <i>organisational policies and procedures</i>. 1.2. Ensure sufficient <i>food and water</i> is available to maintain physiological well being during activity. 1.3. Access <i>relevant sources</i> to interpret <i>weather and environmental information</i> and determine activity plans. 1.4. Determine possible <i>hazards</i> associated within the surf environment and minimise <i>risks</i>. |
| 2. Select surfing equipment. | <ul style="list-style-type: none"> 2.1. Select <i>craft</i> and <i>equipment</i> according to design and construction features and check serviceability. 2.2. Fit and adjust equipment correctly to ensure comfort, safety and suitability to the participant and craft. 2.3. <i>Transport</i> the craft in a manner that minimises damage. 2.4. Identify the need for board waxing and demonstrate waxing technique, where appropriate. |
| 3. Apply intermediate surfing skills. | <ul style="list-style-type: none"> 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 or laid upon. 3.2. Execute various <i>paddling techniques</i> through broken and unbroken waves. 3.3. Select appropriate waves to catch and ride. 3.4. Demonstrate <i>methods of manoeuvring, intermediate surfing techniques</i> and <i>intermediate surfing manoeuvres</i> on <i>intermediate waves</i> at <i>intermediate surfing locations</i>. 3.5. Apply <i>wipe-out procedures</i>, ensuring personal safety and safety of other surfers. 3.6. Approach hazards in a safe manner and minimise risks to self and group where possible. |

ELEMENT**PERFORMANCE CRITERIA**

4. Evaluate surfing activity.

4.1. Evaluate *relevant aspects* of the intermediate level surfing activity.

4.2. Identify improvements for future surfing experiences.

Required Skills and Knowledge

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

Required skills

- planning and organising skills to allocate and select suitable surfing site or location, food, water, equipment and craft for the surfing activity
- communication skills to:
 - interact with other participants to maintain a positive and safe environment
 - demonstrate surfing etiquette
- problem-solving skills to:
 - respond appropriately to changing conditions
 - determine suitability of waves
 - manoeuvre craft in varying conditions
- self management skills to:
 - review and reflect on own performance
 - set goals to improve technique
- swimming, surf survival and self-rescue techniques to use in the case of a wipe out or troubled situation
- literacy skills to analyse, interpret and apply weather and environmental information, relevant legislation and organisational policies and procedures
- 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 safe conduct and legal access
- equipment and craft types, characteristics and technology used for surfing, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection
- food and water requirements to maintain health and energy during activities
- sources of weather and environmental information to ascertain possible conditions and their effect on the activity
- surf environments, including types and features of waves and how to select waves to surf
- the effect 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 minimise risks
- surf survival and self rescue techniques to remove oneself from trouble in the surf
- 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 equipment and supply requirements appropriate to the surf conditions and duration of the surfing activity
- demonstrates ability to control craft and negotiate hazards safely in different surf conditions
- 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:

- a surf beach with intermediate waves
- equipment such as a suitable craft, personal clothing and food and water appropriate to the conditions
- resources and information, such as weather sources to accurately plan and prepare for the surfing activity.

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 surfing hazards and intermediate surfing techniques and strategies
- observation of safe participation and demonstration of intermediate surfing skills, 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:

- SISOSRF304A Perform simple rescues in moderate surf 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*** may include:
- range of foods:
 - hydration.
- 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
 - marked beach zones
 - 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
 - dangerous animals and insects
 - group management hazards.rips
 - lateral currents
 - marine creatures
 - rocks
 - sandbars
 - other surfers
 - other equipment
 - large waves

- Risks** may include:
- shorebreaks
 - dumping waves.
 - hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment and course failure.
- Craft** may include:
- bodyboards
 - surfboards
 - single and double sit on-kayaks
 - stand up paddle boards.
- Equipment** may include:
- fins
 - wetsuit
 - craft
 - booties
 - leg ropes
 - paddles
 - rash vests
 - helmets
 - rescue and safety equipment
 - Personal Flotation Device (PFD) for sit-ons.
- 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
 - creeks, rivers, and lakes.
- Paddling techniques** may include:
- freestyle action
 - butterfly action, where appropriate
 - deep sculling action under the water
 - forward and reverse strokes
 - forward and reverse sweeps
 - low support and rudder strokes
 - advanced and beginner pivot turns and arc turns.
- Methods of manoeuvring** may include:
- duck diving
 - press ups
 - Eskimo rolls
- Intermediate surfing techniques** may include:
- selection of appropriate waves to catch and ride

- catching and riding wave
 - standing, where appropriate to craft
 - traversing left and right along the green face of a spilling wave
 - performing and linking intermediate surfing manoeuvres
 - maintaining control of the board.
- Intermediate surfing manoeuvres*** may include:
- top turn
 - bottom turn
 - cutback
 - re-entry.
- Intermediate waves*** may include:
- waves of up to 1m
 - open face peeling waves
 - peaking left or right.
- Intermediate surfing locations*** may include:
- beach break
 - point break
 - reef break
 - river mouth.
- 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.
- 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.
- 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