



Australian Government

Department of Education, Employment and Workplace Relations

SISOSRF407A Perform rescues in moderate to difficult surf 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 a comprehensive range of rescues in moderate to difficult surf conditions. This unit focuses on the application of safe rescues and recoveries in moderate to difficult surf conditions.

Application of the Unit

This unit applies to those working as surfing instructors in moderate to difficult surf conditions. This may include those working for private outdoor adventure companies, volunteer organisations, not for profit organisations, government agencies, schools, surf camps, group instructors in outdoor education programs 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

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. Determine appropriate rescue or recovery technique.

- 1.1. Identify and assess immediate *hazards* and *risks* to self and others.
- 1.2. Assess the *prevailing conditions*, degree of urgency and availability of *physical and human resources*.
- 1.3. Select a *rescue or recovery method* suitable to the situation.

2. Perform rescues or recoveries.

- 2.1. Use rescue tubes and rescue *craft* to perform a rescue in *moderate to difficult surf conditions*.
- 2.2. Select approach and contact methods to reduce the possibility of injury or submersion of the rescuer.
- 2.3. Support, tow and monitor the rescued person in moderate to difficult surf conditions using equipment as required.
- 2.4. Apply appropriate carrying techniques to ensure airways are kept clear.
- 2.5. Apply deep water resuscitation techniques according to *industry standards* and *organisational policies and procedures*.
- 2.6. *Communicate* appropriately with *others* during the rescue, where applicable.
- 2.7. Apply *advanced resuscitation techniques* to revive distressed and unconscious surfers or swimmers.

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 other rescuers regarding rescue or recovery methods when performing assisted rescues
- problem-solving skills to determine safest and most effective rescue method to use in the prevailing conditions
- swimming skills to swim in moderate to difficult surf conditions
- paddling skills to control and manoeuvre a surf craft
- ability to tow and use a rescue tube in moderate to difficult conditions
- advanced resuscitation techniques including the use of oxygen
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

Required knowledge

- industry standards and organisational policies and procedures to enable the safe conduct of all activities
- types of craft and physical and human resources used for surf survival and rescues, and factors affecting appropriate selection
- surf environments, including types and features of waves and rips, and how to safely avoid these
- surf awareness such as the effect of wind, tide, swell and ocean floors on surf conditions and appropriate responses
- surf rescue and recovery techniques such as deep water resuscitation in moderate to difficult surf conditions
- communication systems used during rescues and recoveries
- advanced resuscitation techniques to revive distressed and unconscious surfers or swimmers
- first aid, emergency and rescue procedures appropriate for the moderate to difficult conditions to ensure risk minimisation.

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:

- assesses the surf situation for hazards and risks and selects appropriate craft and physical and human resources to assist with rescues in moderate to difficult surf conditions
- participates in a range of surf rescues and recoveries, with and without the use of equipment
- adapts quickly to issues that arise during surf rescues, such as change in weather and or surf conditions, and makes appropriate adjustments to ensure safety of self and others.

Context of and specific resources for assessment

Assessment must ensure participation in a comprehensive range of surf rescues and recoveries with and without the use of oxygen equipment demonstrate competency and consistency of performance

Assessment must also ensure access to:

- a surfing location with moderate to difficult surf conditions
- other participants to assist with rescuing
- physical and human resources such as rescue craft, oxygen equipment and lifeguards.

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 rips
- observation of safe participation and demonstration of surf rescue with and without equipment and resuscitation and recovery techniques
- 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:

- SISOSRF410A Instruct advanced surfing 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.

- Hazards*** may include:
- temperature extremes
 - slippery or unstable terrain
 - dangerous animals and insects
 - stinging trees and nettles
 - dense vegetation
 - group management hazards.
- Risks*** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment and course failure.
- Prevailing conditions*** may include:
- size of the surf
 - availability of assistance
 - change in conditions
 - imminent hazards
 - imminent risks.
- Physical and human resources*** may include:
- fins
 - rescue tubes
 - rescues boards
 - surfboards
 - bodyboards
 - rope
 - knife
 - whistles
 - first aid kit
 - oxygen equipment
 - lifeguards
 - bystanders
 - stand up paddle boards.
- Rescue or recovery methods*** may include:
- assisted
 - unassisted
 - tube rescues
 - craft rescues

- Craft* may include:
- resuscitation
 - rescues without equipment.
 - hard surfboards
 - soft surfboards
 - bodyboards
 - sit-on kayaks
 - stand up paddle boards.
- Moderate to difficult surf conditions* may include:
- wave height 1 to 2 metres
 - broken and unbroken waves
 - choppy or rough conditions.
- Industry standards* may include:
- Australian Resuscitation Council standards.
- Organisational policies and procedures* may include:
- occupational health and safety
 - use and maintenance of equipment
 - communication protocols
 - emergency procedures
 - code of ethics.
- Communicate* may include:
- signs
 - radio
 - hand signals
 - whistles.
- Others* may include:
- lifeguards
 - bystanders or members of the public
 - emergency services.
- Advanced resuscitation techniques* may include:
- use of oxygen and oxygen equipment.

Unit Sector(s)

Outdoor Recreation

Competency Field

Surfing