



Australian Government

Department of Education, Employment and Workplace Relations

SISOSRF409A Instruct basic to intermediate surfing skills

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to instruct basic to intermediate surfing skills. This unit focuses on planning, instructing and evaluating instructional surfing sessions to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in basic to intermediate surfing activities.

Application of the Unit

This unit applies to those working as surfing instructors in a range of intermediate level surf conditions with waves of up to 1m. This may include those working for private outdoor adventure companies, volunteer organisations, not for profit 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

SISOSRF202A Demonstrate basic surfing manoeuvres in controlled conditions
SISOSRF303A Perform intermediate level surfing manoeuvres

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 a surfing session. | <ul style="list-style-type: none"> 1.1. Establish <i>participant's needs and characteristics</i>. 1.2. Assess participant's current surfing knowledge in order to determine the <i>session's aims and objectives</i>. 1.3. Determine an appropriate <i>instructional plan</i> according to participant's needs and characteristics. 1.4. Develop a <i>surfing plan</i> according to participant's needs and characteristics, <i>relevant legislation and organisational policies and procedures</i>. 1.5. Identify potential <i>hazards</i> associated with surfing and minimise <i>risks</i> according to organisational policies and procedures. 1.6. Access <i>relevant sources</i> to interpret detailed <i>weather and environmental information</i> and determine <i>contingency plans</i>. |
| 2. Select and organise equipment and resources. | <ul style="list-style-type: none"> 2.1. Select and access <i>equipment and resources</i> according to <i>contextual issues</i> and organisational policies and procedures and check serviceability. 2.2. Check equipment for safety and suitability according to relevant legislation and manufacturer's recommendations and adjust and fit to ensure personal comfort. 2.3. Check contents of first aid and repair kits to ensure suitability to the location and activity. |
| 3. Brief participants. | <ul style="list-style-type: none"> 3.1. Communicate instructions and <i>relevant information</i> about the surfing session in a manner appropriate to the participants. 3.2. Encourage participants to seek clarification, information and feedback as required during the session. 3.3. Establish a suitable <i>communication system</i> for participants to use while surfing. 3.4. Inform participants of known and anticipated |

ELEMENT	PERFORMANCE CRITERIA
4. Instruct a surfing session.	<p>hazards, <i>safety procedures</i> and appropriate behaviour.</p> <p>3.5. Check and confirm that all participant equipment is fitted and adjusted.</p> <p>4.1. Conduct introductory activities for participants to reduce the risk of injury.</p> <p>4.2. Monitor individual <i>participant's performance</i> during surfing session.</p> <p>4.3. Apply clear and accurate <i>instructional techniques</i> to impart <i>activity specific knowledge</i>, <i>basic surfing manoeuvres</i> or <i>intermediate surfing manoeuvres</i>, <i>intermediate surfing techniques</i> and <i>safety and rescue procedures</i>.</p> <p>4.4. Inform participants of <i>opportunities</i> to further develop their surfing skills and knowledge.</p>
5. Complete post session responsibilities.	<p>5.1. Retrieve, inspect, repair and store equipment according to organisational policies and procedures.</p> <p>5.2. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.</p> <p>5.3. Evaluate <i>relevant aspects</i> of the surfing session and determine the level of learning achieved.</p> <p>5.4. Identify potential areas of improvement for future surfing instructional sessions.</p>

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult with participants to plan an appropriate surfing session
 - convey information about the safety aspects of the session
 - interact with participants to create a safe and positive environment
- problem-solving skills to:
 - plan surfing sessions according to participant's needs and characteristics
 - address participant difficulties in developing techniques
 - anticipate and respond appropriately to non-routine situations
- planning and organisation skills to:
 - source, allocate and coordinate resources, equipment and a suitable surfing site
 - monitor and evaluate progress
 - organise participants into manageable groups for surfing
- language and literacy skills to:
 - produce surfing and instructional plans for the session
 - complete post session participant and self evaluations
 - apply for permission or permits to use a suitable surfing site to instruct a group
- instructional techniques to suit a range of participant's needs, characteristics and learning styles
- emergency response skills appropriate to the location to enable initial response and or rescue in emergencies whilst instructing surfing.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of surfing activities
- information about local surfing site to assist in the planning process and enable management of potential surfing hazards and any special restrictions applying to the area
- equipment types, characteristics and technology used for surfing, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- care and maintenance of surfing equipment to ensure prolonged life span and safety requirements
- instruction techniques and theories applicable to a range of ages and learning abilities
- basic to intermediate surfing manoeuvres and common communication systems used between surfers and swimmers to reduce risk
- sources of surf conditions and weather and environmental information to ascertain possible conditions and their effect on the session

- 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 self or others from trouble in the surf
- hazards and risks associated with surfing in various surf conditions and how to avoid or negotiate these
- emergency and rescue procedures relevant to the 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:

- plans and delivers precise relevant information, explanations and demonstrations for multiple surfing sessions to ensure activities are conducted safely according to participant's needs and characteristics
- observes and monitors the progress of participants and provides constructive feedback and intervention to improve basic to intermediate level surfing performance
- uses and modifies instructional techniques and or activities to cater for a range of individual learning styles
- evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure instruction of safe surfing activities that reflect the needs and characteristics of a range of participants to demonstrate competency and consistency of performance.

Assessment must ensure access to:

- a suitable surfing site for the conduct of instructional sessions
- a group of participants to take part in the basic to intermediate surfing session
- equipment such as a suitable craft, wetsuit, safety and rescue equipment, personal clothing and food and water
- resources and information regarding participants and location to accurately plan, instruct and document surfing sessions for a variety of participants.

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 application of legislation and organisational policies and procedures to safe conduct of all surfing activities
- observation of safe surfing instruction, monitoring

and adjustment according to participant's needs and characteristics

- portfolio of surfing session plans
- 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.

Participant's needs and characteristics may include:

- age
- cultural factors
- fitness level and physical capabilities
- surfing skills and knowledge.

Session's aims and objectives may include:

- developing surfing skills and techniques
- education
- development
- therapy
- fitness targets
- recreation.

Instructional plan may include:

- surfing activities and drills
- duration of activities and drills.

Surfing plan may include:

- session's aims and objectives
- date and time
- location
- instructor and participant ratios
- resources and equipment
- food and water
- weather details
- safety requirements.

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:
- time and budget constraints
- communication protocols
- confidentiality of participant information
- code of ethics
- support personnel.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles

- Risks** may include:
- dense vegetation
 - group management hazards.
 - hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment and course failure
- 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 levels
 - synoptic charts
 - high and low tide predictions.
- Contingency plans** may include:
- change in weather
 - change in surf conditions
 - equipment failure
 - unavailability suitable surfing site.
- Equipment** may include:
- surfing equipment
 - safety and rescue equipment.
- Resources** may include:
- appropriate clothing
 - food and water
 - teaching aids.
- Contextual issues** may include:
- weather conditions, including times
 - season
 - transport
 - location
 - trip distance and duration
 - group objectives
 - group size.
- Relevant information** may include:
- equipment and resource requirements, selection and use
 - safety procedures
 - risk prevention measures

- objectives
 - rules and codes
 - responsible and safe behaviour.
- Communication system*** may include:
- signs
 - hand signals
 - calls
 - whistles.
- Safety procedures*** may include:
- correct fitting equipment
 - appropriate spacing between participants
 - understanding of contingency and risk management plans
 - use of safety and rescue equipment.
- Participant's performance*** may include:
- use of appropriate communication system
 - basic surfing manoeuvres
 - intermediate surfing techniques and manoeuvres
 - surfing control and balance in various conditions
 - attitude
 - surf etiquette
 - negotiation of hazards
 - use and maintenance of equipment.
- Instructional techniques*** may include:
- simple to complex
 - part to whole
 - chronological
 - known to unknown
 - D.E.D.I.C.T:
 - demonstrate
 - explain
 - demonstrate
 - instruct
 - critique
 - test
 - E.D.I.C.T:
 - explain
 - demonstrate
 - instruct
 - critique
 - test
 - I.D.E.A:
 - introduce

- demonstrate
 - explain
 - apply
- Required knowledge** may include:
- basic surfing manoeuvres
 - intermediate surfing techniques and manoeuvres
 - surf environment and conditions
 - surf and weather reading skills
 - minimal impact practices
 - equipment selection, use and maintenance.
- Basic surfing manoeuvres** may include:
- catching and riding wave
 - standing
 - traversing
 - turning.
- Intermediate surfing manoeuvres** may include:
- appropriate wave selection
 - catching and riding wave
 - standing where appropriate to craft
 - traversing left and right along green face of spilling wave
 - performing and linking surfing manoeuvres
 - maintaining control of the board.
- Intermediate surfing techniques** may include:
- forehand and backhand:
 - top turn
 - bottom turn
 - cutback
 - re-entry.
- Safety and rescue procedures** may include:
- emergency response procedures
 - group management in emergency situations
 - understanding of safety practices
 - symptoms, treatment and prevention of common surfing risks
 - equipment checked and in good working condition
 - correct fitting and undamaged equipment
 - use of communication systems.
- 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