



Australian Government

Department of Education, Employment and Workplace Relations

PUASAR012C Apply surf awareness and self-rescue skills

Revision Number: 2

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Modification History

Release	TP version	Comments
2	PUA12 V1	Layout adjusted.
1	PUA00 V8.1	Primary release on TGA.

Unit Descriptor

This unit covers the competency required to deal with surf awareness and self-rescue skills to safely participate in activities in the surf environment.

Application of the Unit

Participating in any potentially hazardous aquatic operation will require the effective application of a variety of skills and knowledge. Competence in this unit will include appropriate application of surf awareness, and effective application of self-rescue skills. Successful achievement of this unit will require practical and effective application of skills in a real or simulated activity in a surf environment.

This unit is typically relevant for lifesavers, lifeguards, search and rescue officers or other rescue personnel who are required to perform or participate in activities (regularly or occasionally) in a surf environment.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a Unit of Competency.

Performance Criteria describe the required performance needed to demonstrate achievement of the element. Where ***bold italicised*** text is used, further information is detailed in the Range Statement. Assessment of performance is to be consistent with the Evidence Guide.

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
1. Apply knowledge of the surf environment	1.1 Potential <i>hazards and environmental conditions</i> of the surf environment are identified. 1.2 <i>Characteristics of different types of waves</i> and their impact on surf safety are used to identify safe surfing locations. 1.3 <i>Distinguishing features of rips</i>, gutters and sweeps are identified and used to determine the most suitable surfing venue. 1.4 Different types of beaches and the safety aspects of the beach structure are identified.
2. Apply surf skills and techniques	2.1 <i>Techniques for survival</i> in the water are implemented. 2.2 <i>Personal safety and environmental hazards</i> are avoided while in the water.
3. Implement self-rescue techniques	3.1 Surf is negotiated in <i>prevailing conditions</i> using <i>craft</i> and without craft. 3.2 Return to shore in prevailing conditions is achieved, using craft and without craft. 3.3 <i>Strategies when not able to self-rescue</i> or return to shore unassisted are implemented.

Required Skills and Knowledge

This describes the essential skills and knowledge and their level, required for this unit.

Required Skills

- paddle surf craft and use rescue tubes
- swim in the surf in moderate conditions
- use recognised signals

Required Knowledge

- effects of wind, tide, swell and ocean floor on surf conditions
- features and signs of rips, gutters, sweeps and currents
- surf awareness including beach safety zones
- surf hazards
- surf survival techniques
- self-rescue techniques
- types of waves and their characteristic features

Evidence Guide

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

Assessment must confirm the ability to:

- apply sufficient knowledge of surf conditions, factors that affect these conditions and survival techniques
- apply this knowledge to negotiate the surf and return through the surf

Consistency in performance

Competency should be demonstrated over time in order to ensure consistency of performance over the Range Statement and contexts applicable to surf lifesaving.

Context of and specific resources for assessment

Context of assessment

Competency should be assessed while participating in lifesaving activities or in a simulated environment and under a range of weather conditions.

Specific resources for assessment

Access is required to:

- surf beach with prevailing conditions appropriate to the level of activity and suitable craft

Method of assessment

In a public safety environment assessment is usually conducted via direct observation in a training environment or in the workplace via subject matter supervision and/or mentoring, which is typically recorded in a competency workbook.

Assessment is completed using appropriately qualified assessors who select the most appropriate method of assessment.

Assessment may occur in an operational environment or in an industry-approved simulated work environment.

Forms of assessment that are typically used include:

- direct observation
- interviewing the candidate
- journals and workplace documentation
- third party reports from supervisors
- written or oral questions

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 in the Performance Criteria is detailed below.

<i>Hazards and environmental conditions</i> may include:	• Dumping waves • Large waves • Lateral currents • Marine creatures • Other surfers or swimmers • Other equipment • Own equipment • Rips • Sandbars • Shorebreaks
<i>Characteristics of different types of waves</i> may include:	• Impact of white wash higher than wave itself • Plunging (dumping) • Steep, powerful, dangerous • Shallow water depth • Spilling (crumbling): • deeper water • wave face less steep • wave slower to break
<i>Distinguishing features of rips</i> include:	• Darker blue/green foam or debris • Lack of waves • Rippled surface
<i>Techniques for survival</i> may include:	• Attracting attention of lifesaver/lifeguard or others who may be able to help • Floating and treading water • Recognising hazards and keeping a safe distance from hazards • Swimming or paddling diagonally across rips
<i>Personal safety and environmental hazards</i> may include:	• Hydration • Hypothermia • Sun safety
<i>Prevailing conditions</i> are influenced by:	• Availability of assistance • Imminent hazards • Imminent risks • Size of surf
<i>Craft</i> may include:	• Bodyboards • Handboards

Strategies when not able to self-rescue may include:

- Hard surfboards
- Sitting on top of kayaks
- Soft surfboards
- Floating and treading water
- Remaining with craft where possible
- Using recognised signals for assistance

Unit Sector(s)

Not applicable.