



**Australian Government**

# **SISOSRF001 Surf small waves using basic manoeuvres**

**Release: 1**

# SISOSRF001 Surf small waves using basic manoeuvres

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to surf small waves up to 0.5 metre using a range of fundamental skills for riding surfboards.

It applies to leaders, guides or instructors, who use these skills when leading participants during surfing activities. Leadership skills are provided in complementary units. The unit can also apply to assistants or support staff.

This unit applies to any type of organisation that delivers outdoor recreation activities including commercial, not-for-profit and government organisations.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

## Pre-requisite Unit

Nil

## Competency Field

Surfing

## Unit Sector

Outdoor Recreation

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Prepare to surf.

### PERFORMANCE CRITERIA

*Performance criteria describe the performance needed to demonstrate achievement of the element.*

- 1.1. Select surfboard and other equipment suitable for conditions, check for safe working condition and wax board, as required.
- 1.2. Select exposure protection surf wear or exposure suit suitable for conditions; fit and adjust to ensure comfort and safety.
- 1.3. Select a suitable area for surfing activities according to current conditions.

- |                                                                   |                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                   | 1.4. Confirm activity safety and emergency response procedures to ensure compliance during activities.                                                                                                                                                                                                                                                              |
|                                                                   | 1.5. Confirm protocols for communications between party members and with others.                                                                                                                                                                                                                                                                                    |
| 2. Manoeuvre the surfboard through small waves.                   | 2.1. Select a safe location to enter the water and face surfboard into oncoming waves.<br>2.2. Propel surfboard through flat water, broken and unbroken waves with leg rope attached.<br>2.3. Mount, sit and lay on board while maintaining balance.<br>2.4. Paddle the board in trim to propel and control it through flat water, broken and unbroken waves.       |
| 3. Catch and ride small waves using basic manoeuvres.             | 3.1. Observe surfing etiquette when catching and riding waves.<br>3.2. Catch broken waves under control without wiping out.<br>3.3. Catch and ride green waves on an angle, executing basic turns, and trim board during manoeuvres.<br>3.4. Dismount board, safely, from prone and standing position.                                                              |
| 4. Maintain own safety, and self rescue in small surf conditions. | 4.1. Safely approach, avoid or negotiate hazards to minimise risk of injury while surfing.<br>4.2. Use techniques to maintain safety of self and others in the event of a wipe out.<br>4.3. Maintain stability in water when separated from surfboard and return to shore.<br>4.4. Recognise situations when assistance is required and implement required actions. |

## Foundation Skills

*Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.*

| SKILLS                         | DESCRIPTION                                                                                                                                |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Reading skills to:             | <ul style="list-style-type: none"> <li>interpret detailed and familiar organisational safety and emergency response procedures.</li> </ul> |
| Oral communications skills to: | <ul style="list-style-type: none"> <li>use clear and unambiguous verbal and non-verbal communications to make intent known.</li> </ul>     |
| Problem-solving skills to:     | <ul style="list-style-type: none"> <li>identify and quickly respond to situations where risk of injury is likely.</li> </ul>               |

## Unit Mapping Information

No equivalent unit.

## Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

# Assessment Requirements for SISOSRF001 Surf small waves using basic manoeuvres

## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- complete three group surfing sessions as follows:
  - complete one session in surf with broken waves
  - complete two sessions on green waves
- during these sessions consistently:
  - follow safety procedures and safely negotiate hazards
  - comply with surfing etiquette
  - utilise fundamental techniques to effectively:
    - manoeuvre surfboard through small waves under control
    - catch and ride small waves under control
    - trim along green waves
    - execute small basic turns
- participate in simulations to:
  - wipe out on three occasions and use wipe out techniques appropriate for the circumstance
  - return to shore when separated from surfboard on three occasions
  - take actions to seek assistance when self rescue cannot be achieved, on two occasions.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational safety and emergency response procedures for surfing activities
- etiquette applicable to surfing including generally accepted rules for right of way, giving way, dropping in and avoiding other surf users
- exposure protection surf wear suitable for surfing activities:
  - types of surf wear and fabrics that protect against the effects of weather and water conditions including sun, temperatures and winds of different levels and extremes
  - features and uses of exposure suits of different styles and grades suited to different conditions
- types of surfboards suitable for use in small waves and for basic manoeuvres to include hard and soft surfboards and:

- different construction materials, effects on performance, advantages and disadvantages
- design features, manoeuvrability characteristics and limitations
- reasons for waxing surfboards and techniques for applying
- features and uses of leg ropes
- communication protocols for surfing activities to include:
  - calls
  - hand signals, including distress signals
  - whistles
- features of surf environments:
  - characteristics of different types of waves
  - types of waves suitable for surfing and how to select waves suitable for own ability
  - winds, currents, tides, swell and ocean floor sufficient to understand effects on surf conditions, impacts on surfing activities and appropriate responses
  - distinguishing signs of rips
  - beach zones and signs used at patrolled beaches
- fundamental techniques for surfing:
  - correct use of body weight and balance to mount board and to sit and stand
  - paddling the board in trim
  - correct use of body weight and balance for:
    - turning the board while sitting
    - basic trimming
    - small basic turns
- typical hazards associated with surfing, and techniques used to safely negotiate these:
  - temperature extremes
  - rips
  - lateral currents
  - marine animals
  - rocks
  - sandbars
  - other water users: surfers, swimmers, other small craft
  - large waves
  - shore breaks
  - dumping waves
- techniques used in the event of a wipe out:
  - 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
- techniques used to return to shore without surfboard:

- appropriate surf swimming strokes - defensive and aggressive
- taking breaks when tired, floating and treading water
- swimming or paddling diagonally across rips, when present
- actions that can be taken when unable to self rescue:
  - using recognised signals for assistance to contact others in water and lifeguards
  - remaining with surfboard and using as flotation device
  - floating and treading water.

## Assessment Conditions

Skills must be demonstrated in a surfing environment which features the following:

- small breaking waves up to 0.5 metre
- beach breaks with sand bottom
- areas free from rips
- water depth of chest height or less.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response
- rescue equipment.

Assessment must ensure use of:

- a group of participants with whom the individual interacts during surfing activities
- exposure protection surf wear suitable for conditions, and exposure suits as required
- surfboards which can include soft and hard boards
- leg ropes
- surfboard wax, as relevant
- organisational safety and emergency response procedures for surfing activities.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- have a collective period of at least three years' experience as a surfing instructor or guide where they have applied the skills and knowledge covered in this unit of competency; the three years' experience can incorporate full and or part time experience.

## Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>