



Australian Government

Assessment Requirements for SISOSRF003

Surf waves using advanced manoeuvres

Release: 1

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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
- during each session consistently:
 - follow safety procedures and safely negotiate hazards
 - comply with surfing etiquette
 - utilise advanced techniques to effectively:
 - manoeuvre surfboards through advanced waves under control using duck dives and Eskimo rolls
 - select, catch and ride advanced waves under control from start to finish
 - traverse both left and right along green face of spilling waves and maintain control of board
 - execute bottom turns, tops turns, re-entries, and roundhouse and other cutbacks on forehand and backhand, and link a range of those manoeuvres
- 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 advanced wave conditions and for advanced manoeuvres 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 including those that peel left and right
 - characteristics of waves at these different surf breaks:
 - beach
 - point
 - reef
 - river mouth
 - bombora
 - 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
- how body weight and speed affect surfing
- advanced techniques for surfing:
 - correct use of body weight and balance to mount board and to sit and stand
 - paddling the board in trim to maintain control
 - using duck dive and Eskimo rolls to negotiate waves
 - correct use of body weight and balance for:
 - traversing left and right along the green face of a spilling wave
 - forehand and backhand trimming
 - forehand bottom and top turns
 - cutback on forehand and backhand
 - re-entry
 - roundhouse cutback on forehand and backhand
 - how to link manoeuvres
- 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:

- open faced peeling waves up to two metres
- beach breaks, river mouth, point breaks or reef breaks
- rips may be present.

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
- leg ropes

- surfboard wax
- 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>