



Australian Government

**SISSSUR001 Conduct surf life saving
coaching sessions with foundation level
participants**

Release: 1

SISSSUR001 Conduct surf life saving coaching sessions with foundation level participants

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare for and conduct sport coaching sessions with foundation level participants in surf life saving.

This unit applies to individuals working under supervision in community based assistant coaching roles in the Australian sport industry. This includes individuals working and volunteering in sport clubs and organisations.

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

Pre-requisite Unit

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Competency Field

Surf Life Saving

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Prepare for surf life saving sessions with foundation level participants.

PERFORMANCE CRITERIA

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

- 1.1. Confirm assigned surf life saving session duties with supervisor.
- 1.2. Interpret surf life saving session plans and confirm set-up requirements with supervisor.
- 1.3. Prepare facilities, equipment, resources and refreshments according to set-up requirements.
- 1.4. Select and check equipment and resources for wear and tear and report to supervisor.
- 1.5. Report surf life saving session set-up problems to

- supervisor.
2. Conduct surf life saving sessions with foundation level participants.
 - 2.1. Communicate and confirm foundation level participant understanding of surf life saving session activity instructions and safe participation requirements.
 - 2.2. Communicate and model surf life saving participation behaviour standards.
 - 2.3. Present, sequence and pace surf life saving session activities to meet surf life saving session plans.
 - 2.4. Instruct and demonstrate safe surf life saving techniques and equipment use to foundation level participants.
 - 2.5. Give feedback to foundation level participants to encourage positive interaction and participation.
 - 2.6. Address foundation level participant poor behaviour within own job role responsibilities.
 - 2.7. Seek support from supervisor when difficulties arise outside own job role responsibilities.
 3. Complete surf life saving sessions with foundation level participants.
 - 3.1. Seek foundation level participant feedback to identify further coaching needs and report to supervisor.
 - 3.2. Describe plans for follow-up sessions to foundation level participants as directed by supervisor.
 - 3.3. Check equipment used in surf life saving sessions to identify wear and tear and report to supervisor.
 - 3.4. Pack up surf life saving equipment, resources and refreshments according to organisational policies and procedures.
 4. Review surf life saving sessions.
 - 4.1. Seek supervisor and foundation level participant feedback on own assistant coaching performance.
 - 4.2. Reflect on feedback received and personal performance to identify areas for improvement.

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

Writing skills to:

- record attendance.

Oral communications skills to:

- use age-appropriate language to engage foundation level participants
- use active listening and questioning to give and receive instructions and confirm understanding

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|------------------------------------|---|
| Numeracy skills to: | <ul style="list-style-type: none">• interact with foundation level participants in a polite and positive manner. |
| Planning and organising skills to: | <ul style="list-style-type: none">• estimate time and space requirements for surf life saving session activities.• complete assigned duties in a timely manner according to session plans and supervisor instructions. |

Unit Mapping Information

SISSSUR201A Teach the basic skills of surf life saving

Links

Companion Volume Implementation Guides -

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

Assessment Requirements for SISSSUR001 Conduct surf life saving coaching sessions with foundation level participants

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:

- conduct three surf life saving coaching sessions with foundation level participants under supervision where each session is at least 30 minutes in duration.

Knowledge Evidence

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

- organisational policies and procedures applicable to conducting surf life saving coaching sessions with foundation level participants
- surf life saving tactical and technical fundamentals for foundation level participants:
 - beach sprints
 - surf board paddling
 - surf boat rowing
 - inflatable rescue boat (IRB)
 - reel and rescue
 - surf ski paddling
 - surf swimming
- organisational layout of surf life saving activities
- surf life equipment and resources:
 - beach
 - pool
 - club house
 - surf boards
 - surf skis and paddles
 - flags
 - inflatable rescue boat (IRB)
 - reel and rescue equipment
 - marker buoys
 - safe set-up and lay-out
 - safe condition

- safe use
- safe pack-up
- surf life saving rules, regulations and policies applicable to coaching foundation level participants
- surf life saving safe participation requirements:
 - obeying the rules
 - use of protective equipment
 - hydration
- coaching communication styles for foundation level participants:
 - instruction
 - demonstration
 - active listening
 - open and closed questions
 - non verbal communication
 - giving and receiving feedback
 - tone and level of voice
 - terminology and language
- behaviours expected of an assistant coach:
 - promoting positive interaction and participation
 - using acceptable language
 - arriving on time
 - using self reflection to identify areas for improvement
- methods to:
 - instruct safe use of equipment and techniques
 - instruct safe sport techniques
 - instruct warm-up, skill development and cool-down activities
 - establish behaviour standards
 - promote cooperation and good relationships
 - demonstrate techniques
 - encourage interaction and participation
 - give and receive feedback
 - respond to questions
 - report problems to supervisor
- surf life saving session plan elements
- methods for self reflection.

Assessment Conditions

Skills must be demonstrated in:

- a community based sport environment in surf life saving. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- surf life saving rules, regulations and policies applicable to coaching foundation level participants
- surf life saving facilities, equipment and resources:
 - beach or pool
 - surf boards
 - surf skis and paddles
 - flags
 - inflatable rescue boat (IRB)
 - reel and rescue equipment
 - marker buoys
- organisational safety, emergency response and first aid procedures for surf life saving.

Assessment must ensure use of:

- surf life saving session plan
- a supervisor and surf life saving foundation level participants to be coached.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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