



Australian Government

Department of Education, Employment and Workplace Relations

SISOSRF406A Perform advanced level surfing manoeuvres

Release: 2

SISOSRF406A Perform advanced level surfing manoeuvres

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to perform advanced level surfing manoeuvres. This unit focuses on the application of safe surfing techniques to perform complex manoeuvres on advanced waves.

Application of the Unit

This unit applies to those working as surfing guides or instructors in a range of advanced level surf conditions with waves above 1m. This unit may also apply to outdoor recreation leaders working for outdoor education or adventure providers, volunteer groups, not for profit organisations or government agencies 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.

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|-----------------------------------|---|
| 1. Plan for the surfing activity. | 1.1. Identify an appropriate <i>advanced surfing location</i> according to <i>relevant legislation</i> and <i>organisational policies and procedures</i> .
1.2. Ensure sufficient <i>food and water</i> is available to maintain physiological well being during activity.
1.3. Access <i>relevant sources</i> to interpret <i>weather and environmental information</i> and determine activity plans.
1.4. Determine possible <i>hazards</i> associated within the surf environment and minimise <i>risks</i> . |
| 2. Select surfing equipment. | 2.1. Select <i>craft</i> and <i>equipment</i> according to design and construction features and check serviceability.
2.2. Fit and adjust equipment correctly to ensure comfort, safety and suitability to the participant and craft.
2.3. <i>Transport</i> the craft in a manner that minimises damage.
2.4. Identify the need for board waxing and demonstrate waxing technique, where appropriate. |
| 3. Apply advanced surfing skills. | 3.1. Select a <i>safe location</i> for entering the water according to contextual issues, relevant legislation and organisational policies and procedures.
3.2. Apply <i>paddling techniques</i> to manoeuvre craft in rough conditions.
3.3. Demonstrate methods of getting back out in rough conditions, avoiding hazards.
3.4. Apply knowledge of wave mechanics, <i>advanced surfing techniques</i> and <i>methods of manoeuvring</i> to perform <i>advanced or complex surfing manoeuvres</i> effectively, reaching the end of the wave.
3.5. Display accuracy in catching <i>advanced waves</i> , showing control and correct use of weight transferral or rotational techniques. |

ELEMENT**PERFORMANCE CRITERIA**

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|-------------------------------|---|
| | 3.6. Observe <i>surfing etiquette</i> when catching and riding waves. |
| | 3.7. Approach hazards in a safe manner and minimise risks to self and group where possible. |
| 4. Evaluate surfing activity. | 4.1. Evaluate <i>relevant aspects</i> of the advanced level surfing activity. |
| | 4.2. Identify improvements for future surfing experiences. |

Required Skills and Knowledge

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

Required skills

- planning and organising skills to allocate and select suitable surfing site or location, food, water, equipment and craft
- communication skills to:
 - interact with other participants to maintain a positive and safe environment
 - demonstrate surfing etiquette
- problem-solving skills to:
 - respond appropriately to changing conditions
 - determine suitability of waves
 - manoeuvre craft in varying conditions
- self management skills to:
 - review and reflect on own performance
 - set goals to improve technique
- swimming, surf survival and self-rescue techniques to use in the case of a wipe out or troubled situation
- literacy skills to analyse, interpret and apply weather and environmental information, relevant legislation and organisational policies and procedures
- emergency response skills appropriate to the location to enable initial response and or rescue in surf emergencies.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all activities
- equipment and craft types, characteristics and technology used for surfing, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection
- food and water requirements to maintain health and energy during activities
- sources of weather and environmental information to ascertain possible conditions and their effect on the activity
- 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 oneself from trouble in the surf
- emergency and rescue procedures appropriate for the craft and 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:

- applies relevant process to plan equipment and supply requirements appropriate to the surf conditions and duration of the surfing activity
- demonstrates ability to control craft and negotiate hazards safely in different surf conditions
- evaluates and reflects on own surfing performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple surfing activities in advanced waves that are of sufficient duration to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a surf beach with advanced waves
- equipment such as a suitable craft
- resources and information, such as weather sources to accurately plan and prepare for the surfing activity.

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 knowledge of surfing hazards and advanced surfing techniques and strategies
- observation of safe participation and demonstration of advanced surfing skills, manoeuvres and etiquette
- 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:

- SISOSRF404A Perform rescues in moderate to difficult 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.

Advanced surfing location may include:

- beach break
- point break
- reef break
- river mouth
- bombora.

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:
- use and maintenance of equipment
- communication protocols
- marked beach zones
- code of ethics.

Food and water may include:

- range of foods
- hydration.

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.

Hazards may include:

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

- Risks** may include:
- group management hazards.
 - hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment and course failure.
- Craft** may include:
- bodyboards
 - surfboards
 - single and double sit-on kayaks
 - stand up paddle boards.
- Equipment** may include:
- fins
 - wetsuit
 - craft
 - booties
 - leg ropes
 - paddles
 - rash vests
 - helmets
 - rescue and safety equipment
 - Personal Flotation Device (PFD) for sit-ons.
- Transport** may include:
- vehicle
 - carrying craft on head or shoulder
 - under one arm either alone or in pairs.
- Safe location** may include:
- controlled conditions
 - marked beach zones.
- Paddling techniques** may include:
- freestyle action
 - butterfly action, where appropriate
 - deep sculling action under the water
 - forward and reverse strokes
 - forward and reverse sweeps
 - low support and rudder strokes.
- Advanced surfing techniques** may include:
- selection of appropriate waves to ride
 - standing, where appropriate to craft
 - traversing or trimming along the open face of the wave generating speed
 - maintaining control of the board.
- Methods of manoeuvring** may include:
- duck diving
 - press ups
 - Eskimo rolls
 - linking complex manoeuvres in the critical

- Advanced or complex surfing manoeuvres*** may include:
- part of the wave.
 - late take-offs
 - roundhouse cutbacks
 - vertical re-entries or snaps
 - floaters
 - tube riding
 - tail slides
 - airborne turns
 - 360° turns.
- Advanced waves*** may include:
- waves above 1m
 - open face peeling waves
 - peaking left or right.
- Surfing etiquette*** may include:
- looking inside, to see if anyone is on wave
 - avoid dropping in
 - right of way
 - avoiding swimmers and other surfers.
- 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