



Australian Government

Department of Education, Employment and Workplace Relations

SISSSUR201A Teach the basic skills of surf life saving

Release: 2

SISSSUR201A Teach the basic skills of surf life saving

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to teach the basic skills of surf life saving. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of surf life saving to a basic level.

Application of the Unit

This unit applies to current or past surf life savers operating as assistant coaches. This includes planning, conducting and evaluating training sessions and competitions under supervision.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

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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|---|--|
| <p>1. Plan basic surf life saving session or sessions.</p> | <p>1.1. Establish <i>participant's needs and characteristics</i>.</p> <p>1.2. Assess participant's <i>readiness</i> and current knowledge of surf life saving in order to determine <i>session aims and objectives</i>.</p> <p>1.3. Develop a <i>plan</i> according to participant's needs and characteristics, <i>relevant legislation, organisational policies and procedures</i> and <i>endorsed standards</i> promoted by surf life saving.</p> <p>1.4. Identify <i>safety procedures</i> associated with surf life saving <i>drills, activities and games</i> according to organisational policies and procedures.</p> <p>1.5. Select and access <i>location, equipment and resources</i> according to organisational policies and procedures.</p> |
| <p>2. Brief participants.</p> | <p>2.1. <i>Communicate</i> instructions and relevant information about the surf life saving session in a manner appropriate to the participants.</p> <p>2.2. Encourage participants to seek clarification, information and <i>feedback</i> as required during the session.</p> <p>2.3. Inform participants of known and anticipated <i>risks</i>, safety procedures, appropriate behaviour and basic surf life saving <i>rules and regulations</i>.</p> <p>2.4. Establish a suitable <i>communication system</i> to use while participating in surf life saving drills, activities and games.</p> |
| <p>3. Conduct basic surf life saving session or sessions.</p> | <p>3.1. Apply clear and accurate <i>teaching and coaching techniques</i> to impart <i>required knowledge</i> and the requirements of the <i>basic skills of surf life saving</i> to be developed.</p> <p>3.2. Advise procedures for dealing with emergency and non-routine situations according to organisational</p> |

ELEMENT**PERFORMANCE CRITERIA**

- policies and procedures.
- 3.3. Conduct warm-up and introductory activities for participants, to reduce the risk of injury.
- 3.4. Monitor individual ***participant's performance*** and maintain effective communication during basic surf life saving drills, activities and games.
- 3.5. Observe participants during basic surf life saving drills, activities and games, and adjust or refine individual or group techniques as required.
- 3.6. Allow time for cooling down at the end of the session and inform participants of opportunities to further develop their surf life saving skills.
4. Complete post-session responsibilities.
- 4.1. Provide opportunities for participants to identify their personal progress and satisfaction with the session and give feedback as required.
- 4.2. Evaluate ***relevant aspects*** of basic surf life saving session and determine the level of learning achieved.
- 4.3. Identify potential areas of improvement for future basic surf life saving sessions

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult with participants to plan a basic surf life saving session that meets their needs
 - convey information about the safety aspects of the session
 - interact with participants to create a safe and positive environment
- problem-solving skills to:
 - plan a suitable basic surf life saving session according to participant's needs and characteristics
 - address participant difficulties in developing skills and techniques
 - anticipate and respond appropriately to non-routine situations
- planning and organising skills to:
 - source, allocate and coordinate resources, equipment and a suitable location
 - observe, monitor and evaluate progress
 - organise participants into manageable groups for basic surf life saving drills, activities and games
- language and literacy skills to:
 - produce a plan for the basic surf life saving sessions
 - complete post-session participant and self evaluations
 - give and receive feedback
 - apply for permission or permits to use a suitable location
- teaching and coaching techniques to suit a range of participant's needs, characteristics and learning styles
- numeracy skills to support effective time management to deliver drills, activities and games within session timeframes
- personal basic surf life saving skills to a high level of technical correctness to understand the biomechanics and progressive skill acquisition of surf life saving, and to demonstrate, explain and break down skills and techniques to participants
- first aid and emergency response skills appropriate to the location.

Required knowledge

- legislation, organisational policies and procedures, and rules and regulations of surf life saving to enable safe and non-discriminatory conduct of sessions
- location-specific information to assist in the planning process and enable management of potential risks, and any special restrictions applying to the location
- equipment and resources used to teach and develop basic skills of surf life saving
- teaching and coaching techniques and practices applicable to a range of ages and learning abilities
- characteristics of a range of physical abilities, fitness and motor performance to

enable assessment of participant readiness

- basic skills of surf life saving and specific drills, activities and games that promote progressive skill acquisition in individuals and group
- communication systems used in a surf life saving environment to enable the use of appropriate communication channels
- risks commonly associated with basic level surf life saving, and methods of mitigating these risks to enable effective risk management
- emergency response and safety procedures appropriate for surf life saving, 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:

- plans and delivers precise relevant information, explanations and demonstrations for surf life saving session or sessions to ensure activities are conducted safely according to participant's needs and characteristics
- observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the basic skills of surf life saving
- uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles
- evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure conduct of safe drills, activities and games that reflect the needs and characteristics of a range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a beach with appropriate surf conditions and designated areas, and a pool and club house for training
- a group of participants at the beginner level to take part in session or sessions
- equipment such as surf boards, surf skis and paddles, flags, inflatable rescue boat (IRB), reel and rescue equipment and marker buoys
- resources such as teaching and coaching tools
- information regarding participants and location to accurately plan, coach and document basic surf life saving sessions for a variety of participants
- current relevant legislation, organisational policies and procedures, and rules and regulations of surf life saving.

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:

- observation of planning processes, such as consulting with participants to determine their needs and characteristics
- oral or written questioning to assess knowledge of relevant legislation, organisational policies and procedures, and rules and regulations of surf life saving to enable safe conduct of all drills, activities and games during session or sessions
- observation of safe coaching of basic surf life saving skills and monitoring and adjusting instructional techniques according to participant's needs, characteristics and responses
- portfolio of session plans and self-evaluations
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

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.

Participant's needs and characteristics may include:

- age
- cultural factors
- previous experience
- fitness level and physical capabilities
- injuries and illnesses.

Readiness may include:

- appropriate levels of fitness
- motor performance factors
- social
- psychological
- emotional.

Session's aims and objectives may include:

- skills practice
- progressive skill acquisition
- self-improvement
- fitness targets.

Plan may include:

- session aims and objectives
- date, time and duration
- location
- coach and participant ratios
- equipment and resources
- drills, activities and games
- safety requirements.

Relevant legislation may include:

- occupational health and safety
- authority or permission from local council or surf life saving clubs
- privacy
- working with children
- environmental regulations
- harassment-free sports policies.

Organisational policies and procedures may include:

- occupational health and safety
- conflict resolution
- communication protocols
- use, care and maintenance of equipment
- training and scheduling commitments
- code of ethics.

- Endorsed standards** may include:
- Surf Life Saving Australia Code of Conduct policy
 - culture of surf life saving
 - local council by-laws and regulations
 - Australian Sports Commission Harassment-free Sport policy.
- Safety procedures** may include:
- group management in emergency situations
 - weather and surf conditions checked and monitored
 - equipment checking and usage
 - communication systems
 - life guard or life guards on duty.
- Drills, activities and games** may include:
- those designed to teach the basic skills of surf life saving as described in Surf Life Saving Australia Coaching Course
 - those designed to enhance the biomechanical principles in the context of basic surf life saving
- Location** may include:
- appropriate beach and surf conditions within designated areas
 - pool
 - club house.
- Equipment** may include:
- surf boards
 - surf skis and paddles
 - flags
 - inflatable rescue boat (IRB)
 - reel and rescue equipment
 - marker buoys.
- Resources** may include:
- life guard or life guards
 - teaching and coaching tools
 - stop watch
 - first aid kit.
- Communicate** may include:
- use of teaching and coaching tools
 - demonstration
 - explanation.
- Feedback** may include:
- information on participant progress
 - any improvements needed
 - verbal or written or visual.
- Risks** may include:
- injuries
 - illness
 - collision
 - hazardous objects on the ground or in water

Rules and regulations may include:

- inappropriate behaviour or fighting.
- local, national and international rules of surf life saving
- best practice codes of ethics:
 - Surf Life Saving Australia Code of Ethics
 - Surf Life Saving Australia Anti-doping policy
 - Australian Sports Commission Harassment-free Sport policy
- age restrictions.

Communication system may include:

- a style appropriate to the surf life saving community with coach interacting with participants, officials, broader community and media
- appropriate use of verbal, non-verbal and written modes according to the Surf Life Saving Australia Coaches Code of Conduct policy and the culture of the surf life saving
- correct use of terminology and language to suit age, ability or disability and size of group.

Teaching and coaching techniques may include:

- demonstrating basic skills
- progressing through, linking and analysing skills
- whole and part approaches
- shaping and modelling approaches
- reciprocal or peer tutoring.

Required knowledge may include:

- rules and regulations of surf life saving
- basic surf life saving skills and their learning components
- biomechanical principles in the context of basic surf life saving skills
- factors affecting skill acquisition
- safety and risk management
- equipment selection, use and maintenance
- communication systems used in surf life saving.

Basic skills of surf life saving may include:

- skill level for participant at club level and junior athlete
- beach sprints
- surf board paddling
- surf boat rowing
- inflatable rescue boat (IRB)
- reel and rescue

Participant's performance may include:

- surf ski paddling
- surf swimming.
- use of appropriate communication systems
- participation and practice of basic skills
- performance and accuracy of basic skills
- attitude and behaviour.

Relevant aspects may include:

- effectiveness of the teaching and coaching session
- suitability of teaching and coaching methods
- feedback provided to or by participants
- initial and final assessment of participant's abilities
- validity and reliability of assessment and evaluation tools.

Unit Sector(s)

Sport

Competency Field

Surf life saving