

Ocean Safety Awareness Award (OSAA)

Knowledge and Practical Skills Checklist

Prerequisites

- 10 years or older
- Can swim a minimum of 50m unassisted
- Can float and/or tread water a minimum of 1 minute unassisted
- Theory**
- Name different beach areas such as sand dunes, rock formations, sandbars
- Name self protection and sun-safe precautions
- Name beach safety rules for swimming, surfing, fishing and boating
- Identify amenities, lifeguard tower, signs and rubbish bins
- Identify and name potential marine hazards
- Identify and name separate beach areas sign-posted by lifeguards
- Identify and name different types of waves (spilling, plunging, surging)
- Identify and name different types of rips (flash, permanent, mega)
- Identify water movement direction – waves and rip currents
- Identify the best places for swimming and surfing
- Complete student worksheets

Practical

- Demonstrate surf entry
- Demonstrate going under waves
- Demonstrate catching waves
- Demonstrate basic self-rescue by floating with water flow and using waves
- Demonstrate actions in a simulated aquatic emergency (DRSABCD).

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