

Ocean Safety Surf Coach Award (OSSCA)

Introduction

The OSSCA was developed in consultation with Surfing Australia in the mid 1990s out of a need for surfers to gain access to an appropriate industry specific award that included essential rescue and emergency care components required for attaining accredited Surf Coaching qualifications.

The OSSCA provides surf coaches completing the National Coaching Accreditation Scheme Level 1 Surf Riding Coach/Instructor qualification (as well as alternative and higher levels) to satisfy the specific rescue and beach management needs of surf coaches delivering programs to groups and individuals in open water surf locations, and as well provide for accredited coaches to meet mandatory annual update requirements.

The OSSCA has a currency of 12 months and annual recertification includes completing a timed pool swim, ocean mission, simulated in-water rescues and a written paper. The **Ocean Safety Surf Coach Award Annual Proficiency Certificate** is valid for one year.

OSSCA Annual Proficiency Requirements

- ❑ Current **Apply First Aid/Provide First Aid** certificate
- ❑ Proficiency in surfcraft riding (either surfboard, bodyboard, wave ski or stand-up paddle craft)
- ❑ Completion of the OSSCA ocean surf coach instruction program or competencies assessment day.

OSSA Competencies Assessment

- ❑ APOLA Assessor and Workplace Trainers reserve the right to prevent prospective candidates commencing the practical components in the case that prospective candidates present themselves as incapable of meeting the fitness and/or surf and rescue skill demands required
- ❑ The APOLA OSSCA instruction program/competencies assessment day must be conducted by an approved APOLA Assessor & Workplace Trainer with extensive professional ocean lifeguard and/or surf coach experience and Certificate IV in Assessment & Workplace Training qualifications.
- ❑ The OSSCA surf coach proficiency assessment day involves a number of components and ideally all practical assessment components should be completed in a single day.

Practical

- ❑ **Swim 500m** in a pool in a time less than 10 minutes (in a pool with minimum length of 25m)
- ❑ Complete an **Ocean Mission** over a set M shape course commencing with 300m swim, followed by 300m beach run, followed by 300m surfcraft paddle and concluding with a 300m beach run. Performance indicators include demonstrated skills in negotiating and riding the surf, continuous (no stopping) activity and a recorded time for comparison with other candidates
- ❑ Demonstrate **surfcraft rescues** in small to moderate surf using personal surfcraft such as: paddle to rescue an unconscious and/or conscious patient; demonstrate patient approach, side-by-side, rollover, duck-dive and leg-hook patient pick-up techniques; patient return with patient care including DRSABCD assessment.

Theory

Participate in an **audio-visual presentation and/or discussion** and complete a **written exam** on knowledge, skills, understandings, role and duties of surf coaches including fitness, the beach and ocean environment, risk management, land management regulations, role of Council ocean lifeguards and other water safety personnel, ocean surf coach instruction that meet student needs, basic medical competencies, ocean rescue techniques and the application of surf coach beach management practices.

Resources and References

APOLA OSSCA DVD & Workbook, APOLA Inc., Revised Ed 2017

Safe Surf by Chris Bishop APOLA Inc., 2002 (DVD)

The Surfer's Code – a beginners guide to staying safe in the surf, NSW Dpt Sport & Recreation, 2006 (Brochure)

Dr Rip's Essential Beach Book – everything you need to know about surf, sand and rips, UNSW Press, 2010

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