

# APOLA TRAINING DATES 2019

## Surf Coach & Professional Ocean Lifeguard Training Dates 2019 NSW.

(Email [info@apola.asn.au](mailto:info@apola.asn.au) for QLD, VIC and WA dates or email trainers listed below)

Date	Time	Programs	Time	Programs	Location
Friday 18 January	8am	OSSCA/POL	11am	CPR/SFA	North Cronulla, NSW
Friday 1 February	8am	OSSCA/POL	11am	CPR/SFA	Coffs Harbour, NSW
Friday 8 February	8am	OSSCA/POL	11am	CPR/SFA	North Cronulla, NSW
Friday 1 March	8am	OSSCA/POL	11am	CPR/SFA	Coffs Harbour, NSW
Friday 22 March	8am	OSSCA/POL	11am	CPR/SFA	North Cronulla, NSW
Friday 5 April	8am	OSSCA/POL	11am	CPR/SFA	Coffs Harbour, NSW
Friday 10 May	8am	OSSCA/POL	11am	CPR/SFA	Lennox Head, NSW
Friday 12 July	7am	OSSCA/POL	10am	CPR/SFA	Kiama, NSW
Friday 2 August	8am	OSSCA/POL	11am	CPR/SFA	Coffs Harbour, NSW
Friday 13 September	8am	OSSCA/POL	11am	CPR/SFA	North Cronulla, NSW
Saturday 14 September	7am	OSSCA/POL	10am	CPR/SFA	Newcastle, NSW
Friday 20 September	8am	OSSCA/POL	11am	CPR/SFA	Coffs Harbour, NSW
Friday 4 October	8am	OSSCA/POL	11am	CPR/SFA	North Cronulla, NSW
Friday 11 October	8am	OSSCA/POL	11am	CPR/SFA	Coffs Harbour, NSW
Friday 25 October	8am	OSSCA/POL	11am	CPR/SFA	North Cronulla, NSW
Friday 1 November	8am	OSSCA/POL	11am	CPR/SFA	Lennox Head, NSW
Friday 15 November	8am	OSSCA/POL	11am	CPR/SFA	North Cronulla, NSW
Tuesday 26 November	5pm	OSSCA/POL			Ulladulla-Mollymook
Thursday 28 November	1pm	OSSCA/POL			Bega-Tathra, NSW
Tuesday 4 December	8am	OSSCA/POL	10am	CPR/SFA	Central Coast, NSW
Friday 6 December	8am	OSSCA/POL	12 aftn	CPR/SFA	Byron Bay, NSW
Saturday 14 December	8am	OSSCA/POL	11am	CPR/SFA	Coffs Harbour, NSW

**Additional training days** for surf coaches will be scheduled on the Friday before Surfing NSW weekend Level 1 Coaching courses, and as well as additional dates for ocean lifeguards requiring annual proficiency assessments will be allocated – revised dates are emailed monthly on request. Additional training days for surf coaches can be arranged when 8 or more coaches in a group require an alternate date.

**For additional training in Queensland, Victoria, Western Australia, ACT or South Coast NSW please contact the respective APOLA Training Coordinators below:**

For **QLD Gold Coast training** contact Rod Clayfield-Hoskin Email [rodney42@optusnet.com.au](mailto:rodney42@optusnet.com.au)

For **QLD Sunshine Coast training** contact Matt Hadland Email [mattieok@hotmail.com](mailto:mattieok@hotmail.com)

For **Victoria (Surf Coast) training** contact Kelvin Benson Email [trainupnow@gmail.com](mailto:trainupnow@gmail.com)

or David Nankervis Email [blsts.australia@gmail.com](mailto:blsts.australia@gmail.com)

For **Western Australia (Perth) training** contact Kevin Emery Email [kevin@westnet.net.au](mailto:kevin@westnet.net.au)

For **ACT or South Coast NSW training** contact Paul Andrews Email [sabrepaul8@gmail.com](mailto:sabrepaul8@gmail.com)

**ALL BOOKINGS [info@apola.asn.au](mailto:info@apola.asn.au) or mobile 0408 855 267**

### Legend

**Ocean Safety Surf Coach Award (OSSCA) Annual Proficiency Certificate Assessment**

**Professional Ocean Lifeguard (POL) Award Annual Proficiency Certificate Assessment**

**Provide First Aid/Apply First Aid (SFA)**

**Provide CPR (CPR)/Provide Basic Life Support**

**Provide Advanced Resuscitation/Apply Advanced Resuscitation Techniques (ARC)**

NB Advanced resuscitation training not listed below is available for coaches and lifeguards successfully completing first aid training, or when providing evidence of a currency with a first aid certificate.

**First aid, advanced resuscitation, CPR courses are aligned to the National Vocational Framework and are delivered in partnership with our preferred registered training organization (RTO).**

### Cost

**OSSCA - Ocean Safety Surf Coach Award (OSSCA) Annual Proficiency** \$99\* or \$77 recertification

**POL - Professional Ocean Lifeguard (POL) Award Annual Proficiency** \$99\* or \$66 recertification

**SFA - Apply first aid/Provide first aid (currency for 3 years)** \$154\*

**CPR - Provide CPR/Provide basic life support (currency of 1 year)** \$66

**ARC - Provide advanced resuscitation (currency of 1 year)** \$132\*

**\*Discount apply when multiple courses completed on single/consecutive days:**

Surf coach OSSCA and SFA package \$220

Surf coach OSSCA and CPR package \$143

Lifeguard POL and ARC package \$187

Lifeguard POL, SFA and ARC package \$330

**NB whenever other dates are arranged for less than 8 people, the prices per person will be higher.**

# **SURF COACH - OSSCA Annual Proficiency Outline**

## **Ocean Safety Surf Coach Award (OSSCA) Annual Proficiency Certificate Outline**

*The OSSCA was developed in consultation with Surfing Australia in the 1990s out of a need for surfers to gain access to an appropriate industry specific award that included essential rescue and resuscitation components required for attaining accredited Surf/SUP Coaching qualifications. The OSSCA provides surf/SUP coaches completing the National Coaching Accreditation Scheme Level 1 Surf Riding/SUP Coach/Instructor qualification (and higher levels) to satisfy the specific needs of professional surf coaches, and as well provide for qualified coaches to meet their relevant mandatory annual update requirements. The OSSCA has a currency of 12 months and annual re-certification includes completing a timed pool swim, ocean mission, simulated in-water rescue and a written paper.*

### **OSSCA Annual Proficiency Requirements**

1. Current Provide first aid certificate
2. Demonstrated competence in surfcraft riding (surfboard, bodyboard, wave ski or stand-up paddle board)
3. Successful completion of OSSCA ocean surf coach competencies program or OSSCA surf coach assessment day

### **OSSCA Annual Proficiency Assessment**

OSSCA surf coach competencies assessment involves a number of components and ideally all practical assessment components should be completed in a single day. APOLA Assessor and Workplace Trainers reserve the right to prevent prospective candidates commencing assessment activity if prospective candidates present as incapable of meeting the fitness and/or surf and rescue skill demands required.

### **OSSCA Annual Proficiency Assessment Components**

#### **Practical**

- **Pool Swim** (500m swim in a pool no less than 25m in length in a time of 10 minutes or less)
- **Ocean Mission** 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 (non-stop) physical activity in the ocean mission.
- **Simulated surfcraft rescues** using personal surfcraft such as: paddle to rescue an unconscious and/or conscious patient; demonstrate **patient approach**; demonstrate **side-by-side, rollover, duck-dive and leg-hook** patient pick-up techniques; and patient return demonstrating patient care including DRSABCD

#### **Theory**

Participate in an **audio-visual presentation and/or discussion** and completion of a **written paper** on knowledge, skills, understandings of surf coach work including maintaining fitness and practical skills, conservation of the beach and ocean environment, risk management, land management regulations, basic and intermediate ocean surf coach instruction competencies, basic medical competencies, ocean rescue techniques and the application of best practice surf coach management.

**Surf coaches completing re-certification of the OSSCA Annual Proficiency Certificate need not participate in the audio-visual presentation however must always complete the practical and written theory paper.**

# **OCEAN LIFEGUARD - POL Annual Proficiency Outline**

## **Professional Ocean Lifeguard (POL) Award Annual Proficiency Certificate Outline**

### **POL Annual Proficiency Assessment Requirements:**

1. Current Provide First Aid/ certificate
2. Current Provide Advanced Resuscitation certificate
3. Demonstrated swimming competence in 800m pool swim under 14 minutes, in-surf competence with and without rescue equipment including rescue board and rescue tube and demonstrated fitness in completing a lifeguard mission as well as completing a written theory paper on knowledge, skills, understandings and role and duties of Council ocean lifeguards.

### **POL Annual Proficiency Assessment Components**

#### **Practical**

- (i) **Pool Swim** (800m pool swim in a time less than 14 minutes)
- (ii) **Lifeguard Mission** (ocean swim, beach run, rescue board paddle and beach run over a set M shape course commencing with 600m swim, followed by 800m beach run, followed by 600m rescue board paddle and concluding with a 800m beach run) demonstrating ability to read and use surf conditions effectively as well as demonstrating fitness in an ocean and beach environment. An overall time is recorded for comparison with other candidates and standards associated with surf conditions on the assessment day.
- (iii) Simulated **Board Rescue** (paddle to rescue an unconscious and/or conscious patient, demonstrate rollover and leg hook patient pick-up techniques, and return patient unassisted to beach and simulate patient care and medical assessment such as placing patient in recovery position)
- (iv) Simulated **Rescue Tube Rescue** (swim with rescue tube to rescue an unconscious and/or conscious patient, demonstrate securing patient in rescue tube and return patient unassisted to beach and simulate patient care and medical assessment such as placing patient in recovery position)
- (v) **Emergency management scenario simulation**

#### **Theory**

(vi) Participate in an **audio-visual presentation and/or discussion** and complete a **written theory paper** on knowledge, skills, understandings and role and duties of Council ocean lifeguards.

**Ocean lifeguards completing their annual re-certification must complete the practical and written paper. Candidates seeking assessment for maintenance of POL Awards Level 1 – 4 will be required to complete additional written theory papers relating to beach management and ocean lifeguard supervision.**