

# APOLA 2022 Ocean Lifeguard & Surf Coach Training Dates

Date	Time	Programs	Time	Programs	Location
Saturday 29 January	8am	POL/OSSCA	11am	CPR/SFA	Woolgoolga, NSW
Friday 4 February	8am	POL/OSSCA	11am	CPR/SFA	North Cronulla, NSW
Friday 25 February	8am	POL/OSSCA	11am	CPR/SFA	Woolgoolga, NSW
Friday 18 March	8am	POL/OSSCA	11am	CPR/SFA	North Cronulla, NSW
Friday 29 April	8am	POL/OSSCA	11am	CPR/SFA	Woolgoolga, NSW
Friday 2 September	8am	POL/OSSCA	11am	CPR/SFA	North Cronulla, NSW
Saturday 3 September	7am	POL/OSSCA	10am	CPR/SFA	Newcastle, NSW
Saturday 17 September	8am	POL/OSSCA	11am	CPR/SFA	Woolgoolga, NSW
Friday 28 October	8am	POL/OSSCA	11am	CPR/SFA	Lennox Head, NSW
Friday 11 November	8am	POL/OSSCA	11am	CPR/SFA	North Cronulla, NSW
Tuesday 22 November	2pm	OSSCA/PWSSA			Ulladulla-Mollymook
Thursday 24 November	1pm	OSSCA/PWSSA			Bega-Tathra, NSW
Tuesday 29 November	8am	POL/OSSCA	10am	CPR/SFA	Central Coast, NSW
Friday 2 December	8am	POL/OSSCA	12.00	CPR/SFA	Byron Bay, NSW
Friday 9 December	8am	POL/OSSCA	11am	CPR/SFA	North Cronulla, NSW
Saturday 10 December	8am	POL/OSSCA	11am	CPR/SFA	Woolgoolga, NSW
Friday 16 December	9am	POL/OSSCA	12.00	CPR/SFA	Yamba, NSW

## For QLD, VIC, WA, ACT training contact APOLA Training Coordinators:

<b>QLD Sunshine Coast training</b> contact <b>Matt Hadland</b>	Email <a href="mailto:matthewihadland@gmail.com">matthewihadland@gmail.com</a>
<b>QLD Gold Coast training</b> contact <b>Rod Clayfield-Hoskin</b>	Email <a href="mailto:rjclayfield-hoskin@outlook.com">rjclayfield-hoskin@outlook.com</a>
<b>QLD Gold Coast training</b> contact <b>Steve Sharpe</b>	Email <a href="mailto:aquaticsharpy@hotmail.com">aquaticsharpy@hotmail.com</a>
<b>WA (Perth) training</b> contact <b>Kevin Emery</b>	Email <a href="mailto:kevin@wcws.com.au">kevin@wcws.com.au</a>
<b>NSW Illawarra training</b> contact <b>Terry Hagan</b>	Email <a href="mailto:terryhagan38@gmail.com">terryhagan38@gmail.com</a>
<b>ACT/NSW South Coast training</b> contact <b>Paul Andrews</b>	Email <a href="mailto:sabrepaul8@gmail.com">sabrepaul8@gmail.com</a>
<b>NSW Far South Coast training</b> contact <b>Col Funston</b>	Email <a href="mailto:col.funston@gmail.com">col.funston@gmail.com</a>
<b>VIC (Surf Coast) training</b> contact <b>Kelvin Benson</b>	Email <a href="mailto:trainupnow@gmail.com">trainupnow@gmail.com</a>
or <b>David Nankervis</b>	Email <a href="mailto:blsts.australia@gmail.com">blsts.australia@gmail.com</a>

Additional training days for POL and OSSCA annual proficiency assessment can be arranged however when training is arranged for a small group of less than 8 people, the prices per person will be higher.

## Legend

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

**OSSCA - Ocean Safety Surf Coach Award Annual Proficiency Certificate**

**PWSSA - Protected Waters Safety Supervisor Award Annual Proficiency Certificate**

Provide first aid and Provide CPR courses are aligned to the National Vocational Framework and are delivered by assessor and workplace trainers from a nominated registered training organization (RTO).

**SFA - Provide First Aid**

**CPR - Provide CPR**

**COVID-19 pandemic - participants are required to observe the latest Australian government health authority advice as well as others with authority in the management of areas outside of your home. All participants must complete a COVID-19 Safe Attendance Register on the training day. Individuals exhibiting symptoms typical of an infection illness (e.g. fever, sore throat, cough, runny nose, vomiting, or diarrhea) or have been in close contact with someone who has these symptoms, must exclude themselves from training as well as those unwell with an infectious illness within 2 weeks prior to a training day** (consistent with Australian Resuscitation Council March 2021 Good Practice Statement 10.3 Minimum Hygiene Requirements for Resuscitation and First Aid Training).

## Cost

<b>POL - Professional Ocean Lifeguard (POL) Award Annual Proficiency</b>	\$99* or \$66 recertification
<b>OSSCA - Ocean Safety Surf Coach Award Annual Proficiency</b>	\$99* or \$77 recertification
<b>PWSSA - Protected Waters Safe Supervisor Award (PWSSA) Annual Proficiency</b>	\$99* or \$77 recertification
<b>Provide first aid</b> (currency for 3 years)	\$154* or \$143 package rate
<b>Provide CPR</b> (currency of 1 year)	\$66

**Discounts\* apply when multiple courses are completed at the package rates as follows:**

POL and SFA package	\$ 220
OSSCA and SFA package	\$ 220
OSSCA and CPR package	\$ 143
PWSSA and SFA package	\$ 220
PWSSA and CPR package	\$ 143

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

Australian Professional Ocean Lifeguard Association Inc. (APOLA Inc.)

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

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

- Current Provide First Aid certificate
- Current Provide Advanced Resuscitation certificate
- Demonstrated swimming competence in an 800m pool swim under 14 minutes, in-surf competence with and without rescue equipment including rescue board and rescue tube, 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**

- **Pool Swim** (800m pool swim in a time less than 14 minutes)
- **Lifeguard Mission** (ocean swim, beach run, rescue board paddle and beach run over a set 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 prevailing on the assessment day.
- 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 consistent with DRSABCD)
- 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 consistent with DRSABCD)
- **Emergency management scenario simulation**

#### **Theory**

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.

**Annual proficiency re-certification includes completion of both the practical and written paper.**

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

*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 Coaching qualifications. The OSSCA provides surf and 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 and SUP coaches, and as well provide for qualified coaches to meet their relevant mandatory annual update requirements. The OSSCA has a currency of 12 months.*

### **OSSCA Annual Proficiency Requirements**

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

### **OSSCA Annual Proficiency Assessment**

Ideally all practical assessment components should be completed in a single day and 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 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 during the ocean mission.
- **Demonstrate 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 a **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.

**Annual proficiency re-certification includes completion of both the practical and written paper.**