

APOLA 2022 Surf Coach & Protected Waters Supervisor Training Dates

Date	Time	Programs	Time	Programs	Location
Friday 21 January	8am	OSSCA/PWSSA			Sandon Point, NSW
Saturday 29 January	8am	OSSCA/PWSSA	11am	CPR/SFA	Woolgoolga, NSW
Friday 4 February	8am	OSSCA/PWSSA	11am	CPR/SFA	North Cronulla, NSW
Friday 25 February	8am	OSSCA/PWSSA	11am	CPR/SFA	Woolgoolga, NSW
Friday 18 March	8am	OSSCA/PWSSA	11am	CPR/SFA	North Cronulla, NSW
Friday 29 April	8am	OSSCA/PWSSA	11am	CPR/SFA	Woolgoolga, NSW
Friday 2 September	8am	OSSCA/PWSSA	11am	CPR/SFA	North Cronulla, NSW
Saturday 3 September	7am	OSSCA/PWSSA	10am	CPR/SFA	Newcastle, NSW
Saturday 17 September	8am	OSSCA/PWSSA	11am	CPR/SFA	Woolgoolga, NSW
Friday 28 October	8am	OSSCA/PWSSA	11am	CPR/SFA	Lennox Head, NSW
Friday 11 November	8am	OSSCA/PWSSA	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	OSSCA/PWSSA	10am	CPR/SFA	Central Coast, NSW
Friday 2 December	8am	OSSCA/PWSSA	12 noon	CPR/SFA	Byron Bay, NSW
Friday 9 December	8am	OSSCA/PWSSA	11am	CPR/SFA	North Cronulla, NSW
Saturday 10 December	8am	OSSCA/PWSSA	11am	CPR/SFA	Woolgoolga, NSW
Friday 16 December	9am	OSSCA/PWSSA	11am	CPR/SFA	Yamba, NSW

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

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

Additional training days for OSSCA and PWSSA 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

OSSCA - Ocean Safety Surf Coach Award Annual Proficiency Certificate

PWSSA - Protected Waters Safety Supervisor Award Annual Proficiency Certificate

SFA - Provide First Aid, CPR - Provide CPR

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).

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

OSSCA - Ocean Safety Surf Coach Award (OSSCA) Annual Proficiency	\$99* or \$77 recertification
PWSSA - Protected Waters Safe Supervisor Award (PWSSA) Annual Proficiency	\$99* or \$77 recertification
Provide first aid (currency for 3 years)	\$154* or \$143 package rate
Provide CPR (currency of 1 year)	\$66
Discounts* apply when multiple courses are completed at the package rates as follows:	
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 or mobile **0408 855 267**

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

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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.

Protected Waters Safety Supervisor Award (PWSSA) Annual Proficiency Certificate

The PWSSA was developed in consultation with lifeguards, outdoor education teachers, paddle coaches and outdoor activity leaders engaged in sport and recreation activity in and around protected waters* to ensure those responsible for supervision adopt a risk management approach for participant safety and have the necessary knowledge and skills to identify hazards and potential hazardous behaviours and situations, promote compliance with safety rules, promptly respond to rescue if required and manage emergency situations. Typically group activities including swimming, canoeing, kayaking, stand-up paddling and marine studies require effective supervision as do participants engaged in programs with water-bikes, sailboards, kite-sails, hydroboards, jet-boards and water parks. The PWSSA has a currency of 12 months.

PWSSA Annual Proficiency Requirements

- Specific aquatic activity instructor or outdoor activity leader or teaching qualifications
- Currency in Provide CPR, or Provide First Aid, or Provide First Aid in Remote or Isolated Site
- Demonstrated competency in a specific relevant aquatic activity such as swimming, canoeing, kayaking, stand-up paddle, marine studies or other on-water aquatic recreational craft
- Successful completion of the APOLA PWSSA annual proficiency assessment training day.

PWSSA Competencies 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.

PWSSA Annual Proficiency Assessment Components

Practical

- **Pool Swim** (400m swim in a pool of no less than 25m in length in a time less than 9 minutes)
- **Tread Water** (tread water for 5 minutes without floatation aids)
- **Demonstrate rescues using a nominated craft or rescue floatation device** in simulated scenarios consistent with a DRSABCD approach with attention to **identifying signs of difficulty** in the water, **patient approach, patient pick-up techniques**, patient care, patient return to shore and ongoing patient assessment and treatment.

Theory

Participate in a presentation and discuss the knowledge, skills and understandings for effective supervision in protected water environments including hazard identification and safety check, liaison with relevant personnel such as facility managers, lifeguards and/or rangers, and describe indicators of hazardous behaviours and signs of difficulty, emergency procedures, knowledge of participant health and activity experience, and complete a written paper.

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

***Protected Waters** are waters without waves and include rivers, creeks, estuaries, lakes, ponds, lagoons, inlets, recessed bays, coves and boat harbours where the water is calm and not overly exposed to open waters with excessive current, wind or ocean wave motion. These waters are sometimes identified as **sheltered waters** and/or **inland waters**.