

# APOLA 2024 Surf Coach Training

The following **NSW** training dates provide for coaches to attend to their training requirements at any date and location listed, however other training dates will also be available upon direct contact with APOLA Regional Trainers located on the coast in **NSW, QLD, VIC and WA**. To book a NSW scheduled date contact John Andrews (M 0408 855 267 E [info@apola.com.au](mailto:info@apola.com.au)) and for other dates contact an APOLA trainer from the APOLA Trainer Contact List below.

## **NSW 2024 dates and locations**

<b>Date</b>	<b>Time</b>	<b>Program</b>	<b>Time</b>	<b>Program</b>	<b>Location</b>
Friday 9 February	8am	OSSCA	10am	CPR/First Aid	North Cronulla NSW
Saturday 2 March	8am	OSSCA	10am	CPR/First Aid	Woolgoolga NSW
Friday 15 March	8am	OSSCA	10am	CPR/First Aid	North Cronulla NSW
Saturday 20 April	8am	OSSCA	10am	CPR/First Aid	Woolgoolga NSW
Saturday 14 Sep	8am	OSSCA	10am	CPR/First Aid	Newcastle NSW
Saturday 21 Sep	8am	OSSCA	10am	CPR/First Aid	Woolgoolga NSW
Friday 18 October	8am	OSSCA			Bulli NSW
Friday 25 October	8am	OSSCA	10am	CPR/First Aid	Lennox Head NSW
Saturday 2 October	8am	OSSCA	10am	CPR/First Aid	Woolgoolga NSW
Friday 8 November	8am	OSSCA	10am	CPR/First Aid	North Cronulla NSW
Tuesday 19 November	2pm	OSSCA			Ulladulla NSW
Thursday 21 November	1pm	OSSCA			Tathra NSW
Tuesday 26 November	8am	OSSCA	10am	CPR/First Aid	The Entrance NSW
Friday 6 December	8am	OSSCA	10am	CPR/First Aid	Woolgoolga NSW

## **APOLA Trainer Contact List**

### **QLD**

Sunshine Coast Matt Hadland M 0449 008 047 E [oceanguardservices@gmail.com](mailto:oceanguardservices@gmail.com)  
Gold Coast Steve Sharpe M 0418 757 896 E [aquaticsharpy@hotmail.com](mailto:aquaticsharpy@hotmail.com)

### **NSW**

North Coast Katie Hookings M 0421 003 059 E [info@australianrescuefirstaid.com.au](mailto:info@australianrescuefirstaid.com.au)  
Newcastle Noel Burns M 0437 048 185 E [noelburns@live.com.au](mailto:noelburns@live.com.au)  
Central Coast Ian Vaughan M 0403 502 757 E [ihv2009@gmail.com](mailto:ihv2009@gmail.com)  
Sydney north Beau Mitchell M 0421 061 219 E [beauym@gmail.com](mailto:beauym@gmail.com)  
Sydney central Dean Dunstone M 0430 496 058 E [info@wavessurfschool.com.au](mailto:info@wavessurfschool.com.au)  
Sydney south Jon Lavers M 0425 290 661 E [jonsurf2001@yahoo.com.au](mailto:jonsurf2001@yahoo.com.au)  
Illawarra Terry Hagan M 0421 818 973 E [terryhagen38@gmail.com](mailto:terryhagen38@gmail.com)  
South Coast Paul Andrews M 0438 697 855 E [sabrepaul8@gmail.com](mailto:sabrepaul8@gmail.com)

### **WA**

Perth/Broome Kevin Emery M 0418 909 935 E [kevin@wcws.com.au](mailto:kevin@wcws.com.au)

### **VIC**

Surf Coast/Melbourne Kelvin Benson M 0458 701 482 E [kelvin@trainupnow.com.au](mailto:kelvin@trainupnow.com.au)  
Surf Coast/Melbourne David Nankervis M 0416 023 652 E [blsts.australia@gmail.com](mailto:blsts.australia@gmail.com)

## **Training Prices**

The set price for training at the scheduled NSW training dates are as follows, **however the cost of training for coaches organising other non-scheduled dates for an OSSCA Annual Proficiency Certificate with an APOLA Regional Trainer may be higher with groups of less than 8.**

### **NSW scheduled training day rates:**

Surf coach OSSCA Annual Proficiency Certificate \$99 or \$77 recertification  
Provide First Aid (currency for 3 years) \$154 or \$143 at package rate  
Provide CPR (currency for 1 year) \$66

### **Discount package rates:**

OSSCA and Provide First Aid \$220  
OSSCA and Provide CPR \$143

**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).

**Additional training days** can be arranged for groups of 8 or more and for additional information about other APOLA training for **lifeguards, school teachers, outdoor activity leaders and others involved with aquatic safety supervision please check the APOLA website.**

**Australian Pool and Ocean Lifeguard Association Incorporated (APOLA Inc.)**

ABN 40 537 467 685

PO Box 6700, COFFS HARBOUR PLAZA NSW 2450

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# Ocean Safety Surf Coach Award (OSSCA) Annual Proficiency Assessment

## Introduction

The **Ocean Safety Surf Coach Award (OSSCA)** was developed in the mid 1990s in consultation with **Surfing Australia** to enable surf coaches access to best practice skills in **rescue and emergency care** as an essential component required for attaining accredited Surf Coach qualifications. The OSSCA Annual Proficiency Assessment provides surf coaches an opportunity to retain currency in knowledge, skills and understandings for effective safe practice in the delivery of open water and surf programs.

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. Surf coaches successfully completing the following shall be issued with an **Ocean Safety Surf Coach Award Annual Proficiency Certificate**.

## OSSCA Annual Proficiency Requirements

- Current **Provide First Aid** certificate
- Proficiency in **surfcraft riding** (either surfboard, bodyboard, wave ski, stand-up paddle)
- Completion of the surf coach instruction program or participation in an annual assessment day involving in-water practical and written theory component

## OSSCA Competencies Assessment

- APOLA Assessor and Workplace Trainers have extensive professional ocean lifeguard and/or surf coach experience and reserve the right to prevent prospective candidates commencing the practical activity if prospective candidates present themselves as incapable of meeting fitness demands.

## Practical

- **Swim 500m** in a pool in a time less than 10 minutes (in a pool minimum length of 25m)
- Complete an **Ocean Mission** over a set 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 skill 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 including paddle to rescue an unconscious and/or conscious patient demonstrating **patient approach, side-by-side, rollover, duck-dive** and **leg-hook** patient pick-up techniques as well as **patient return** with care including DRSABCD assessment.

The **board rescue techniques** can be viewed at the **APOLA website** or on **YouTube - APOLA Surfboard Rescue** (<https://www.youtube.com/watch?v=SPxwjorGmHs>).

## Theory

- Participate in an **audio-visual presentation and/or interactive discussion** and complete a **written paper** on knowledge, skills and understandings about the role of surf coaches including content on aspects of fitness, beach and ocean environments including weather, ocean rescue techniques, risk management, responsibilities and regulations to do with delivering instruction programs in public open space and meeting student safety, learning and medical needs, and as well understanding of the role of ocean lifeguards, other water safety personnel and strategies for effective emergency management.

## Resources and References

*Safe Surf DVD* by Chris Bishop, APOLA Inc Revised Edition 2017

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

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

*Rip Current Heroes*, National Geographic/Australian teachers of Media, (Video and Study Guide) 2020

*Rips – Float to Survive*, Surf Educators International, (Poster) 2022

*Backpack Beach Survival Guide*, APOLA Inc and NSW Government, (Multilingual Pamphlets) 2014

*Stay Safe on Australian Beaches*, APOLA Inc and NSW Government, (Multilingual Videos) 2016

*SharkSmart*, NSW Dpt Primary Industry, (Pamphlet) 2009

*Safe Surfing Workbook*, Surfing Australia, 2001

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