

## ATTENTION SCHOOL SPORTS ORGANISERS

### 2024 SCHOOL SURFING SUPERVISOR AWARD INSERVICE DATES

The Annual **School Surfing Supervisor Award (SSSA)** in-service program for teachers involved with school surfing is to be held on the following dates during 2024. **Only one in-service is required each year.**

Participating teachers need to bring their own personal surfcraft (surfboard or bodyboard or SUP) and rashvest and/or wetsuit and **have completed the Registration and RPL form** that confirms attainment of a 400m pool swim in 9 minutes or less, currency in Provide CPR or higher level award, confidence in surf craft paddling, wave riding, completion of a surf mission and using a personal surf craft for in-water rescue.

**The format for each 60-80 minutes in-service session** shall be: completing a sign-on sheet: hand-up of Registration and RPL forms; discussion covering knowledge, skills, understandings and requirements for school surfing activity; completion of a theory paper; and the practical including a **surf mission** (200m swim, 200m run, 200m paddle, 200m run) and demonstration of **in-water rescue techniques** like those found on a **You Tube link: APOLA Surfboard Rescue –<https://www.youtube.com/watch?v=SPxwjorGmHs>**

**The cost is \$55 per teacher** and a tax invoice for each school will be created after each in-service. Teachers completing the annual SSSA Inservice course will receive a **SSSA Annual Proficiency Certificate**.

If you have received this notice seeking to book a particular scheduled SSSA session, please see attached a **SSSA Registration and RPL form** for copy and pre-inservice use, as well as other information including a copy of the current **School Surfing Guidelines**.

#### Booking

Please book by email [info@apola.com.au](mailto:info@apola.com.au) or phone/text on **0408 855 267** no later than 48 hours prior to the preferred inservice day. Contact John Andrews (**Phone 0408 855 267 Email [info@apola.com.au](mailto:info@apola.com.au)**) for all booking enquiries including any scheduling of additional sessions (minimum of 8 required).

#### Teacher SSSA Term 1 2024

Toowoan Bay (Central Coast)	3pm Tuesday	6 February 2024
North Broulee (South Coast)	10am Wednesday	7 February 2024
Dixon Park (Newcastle)	2pm Wednesday	7 February 2024
Collaroy Beach (Northern Sydney)	4pm Thursday	8 February 2024
Gerroa Beach (South Coast)	3pm Monday	12 February 2024
Sandon Point (Illawarra)	4pm Thursday	15 February 2024
Lennox Head (North Coast)	4pm Monday	19 February 2024
Byron Bay (Far Nth Coast)	3pm Tuesday	20 February 2024
Flynns Beach (Port Macquarie)	3pm Thursday	22 February 2024
Forster (Mid North Coast)	3.30pm Tuesday	27 February 2024
Kingscliff Beach (Far Nth Coast)	2pm Monday	4 March 2024

#### Teacher SSSA Term 4 2024

Flynns Beach (Port Macquarie)	3pm Tuesday	29 October 2024
Shellharbour North Beach (Illawarra)	2pm Tuesday	5 November 2024
North Cronulla (Southern Sydney)	1pm Thursday	7 November 2024
North Cronulla (Southern Sydney)	1pm Tuesday	12 November 2024
Sandon Point Beach (Illawarra)	1pm Monday	18 November 2024
Mollymook Beach (South Coast)	4pm Tuesday	19 November 2024
North Broulee (South Coast)	10am Wednesday	20 November 2024
Tathra (Far South Coast)	2pm Thursday	21 November 2024
Umina (Central Coast)	4pm Monday	25 November 2024
Toowoan Bay (Central Coast)	2pm Tuesday	26 November 2024
Toowoan Bay (Central Coast)	3pm Tuesday	26 November 2024
Toowoan Bay (Central Coast)	4pm Tuesday	26 November 2024
Byron Main Beach (Far Nth Coast)	10am Friday	29 November 2024
Byron Main Beach (Far Nth Coast)	3pm Friday	29 November 2024
Kingscliff Beach (Far Nth Coast)	2pm Monday	2 December 2024
Catherine Hill Bay (Lake Macquarie)	2pm Tuesday	3 December 2024
Park Beach (Coffs Harbour)	8am Thursday	5 December 2024
Park Beach (Coffs Harbour)	10am Thursday	5 December 2024
Woolgoolga (Coffs Coast)	8am Friday	6 December 2024
Mollymook Beach (South Coast)	2pm Wednesday	11 December 2024
Scotts Head (Mid North Coast)	10am Monday	16 December 2024
Yamba Main Beach (North Coast)	1pm Thursday	19 December 2024

# School Surfing Supervisor Award (SSSA) Information 2024

## Introduction

The SSSA was developed in consultation with the School Surfing Association to provide teachers with supervision competencies required for supervising students engaged in school surfing activity.

Teachers successfully completing annual SSSA In-service courses will be awarded a SSSA certificate that is recognized by school systems as providing teachers with that necessary to supervise students participating in school surfing activity. Teachers with a current SSSA are also qualified to delivery APOLA Community Awards for students including the **Ocean Safety Surfer Award (OSSA)**. Student OSSA programs can be delivered by teachers independently or in concert with approved accredited surf coaches or approved Professional Ocean Lifeguards.

Teachers successfully completing a scheduled annual SSSA Inservice course will receive a SSSA certificate that has a currency period of 12 months will be charged at a rate of **\$55** per teacher.

## SSSA Requirements

- ❑ Teaching qualifications and current approval to teach in schools or other vocational and/or tertiary educational centres including Registered Training Organisations, TAFE colleges and Universities, or teacher/education assistants supporting outdoor school sport programs
- ❑ Current qualifications in emergency care and cardio-pulmonary resuscitation such as Provide CPR or higher levels such as a Provide First Aid
- ❑ Competency in swimming (400m pool swim in less than 9 minutes) and capable in surfcraft paddling and wave riding (with a surfboard or bodyboard or wave ski or stand-up paddle board)
- ❑ Successful completion of an APOLA SSSA In-service session that includes demonstration of fitness (surf mission) surf rescue skills (simulated surf rescues) and a written theory paper.

## SSSA Competencies Assessment

- ❑ APOLA Assessor and Workplace Trainers deliver the SSSA to teachers and reserve the right to prevent prospective candidates commencing the practical components whenever prospective candidates present themselves as incapable of meeting the fitness and/or surf and rescue skill demands required of the in-service
- ❑ As a **pre-requisite** participating teachers must provide a completed **Registration and RPL form** prior to the commencement of an APOLA SSSA In-service session. The completed Registration and RPL form provides a statement of recent completion of a 400m pool swim in a time less than 9 minutes and **currency** in cardio-pulmonary resuscitation such as Provide CPR or higher levels such as a Provide First Aid. The RPL form must also be signed by a School Principal/Deputy Principal/Sports Organiser/Faculty Head/School Surfing Co-ordinator/Lifeguard/Swim Coach or an APOLA Assessor and Workplace Trainer.

## At the in-service:

- ❑ Hand the completed **Registration and RPL form** to the Assessor and Workplace Trainer
- ❑ Complete the sign-on attendance sheet and declare any personal health issues with trainer
- ❑ Participate in a **discussion** covering knowledge, skills and understandings of effective supervision of students engaged in school surfing activity and complete **the theory paper** that covers content including location safety check, emergency procedures and student requirements
- ❑ Complete a **Surf Mission** course commencing with 200m swim, followed by 200m beach run, a 200m surfcraft paddle and concluding with a 200m beach run demonstrating sound physical fitness, competence in negotiating the surf and skill in controlling use of personal surfcraft
- ❑ Demonstrate **surfcraft rescues** using personal surfcraft such as paddling to rescue someone demonstrating **patient approach** and **patient pick-up techniques** including **side-by-side, rollover, duck-dive and leg-hook**, and **patient return** to shore demonstrating DRSABCD. The **board rescue techniques** can be viewed at the **APOLA website** or on **YouTube - APOLA Surfboard Rescue** (<https://www.youtube.com/watch?v=SPxwjorGmHs>).

**All participants are required to observe the latest government health orders and health advice relating to COVID-19 pandemic that may include completing a COVID-19 Safe Attendance Register on the training day.**

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