APOLA Surf Coach Training Dates 2026

Surf coach **Ocean Safety Surf Coach Award (OSSCA)** training dates for 2026, that may include nationally accredited training in first aid and CPR (**Provide first aid** and **Provide CPR)** as indicated below, are **fixed training dates** that will run no matter how many coaches register for a listed date. Other **non-listed training dates** will be available when **APOLA Registered Trainers** in NSW, QLD, WA and VIC (as listed below) independently organize local training days in their local region**.**

To book a **fixed training date** contact the **APOLA Office** (M 0408 855 267 E info@apola.com.au) and to enquire about training on another date in your local area contact one of the listed **Registered Trainers.**

Fixed Training Dates 2026 (NSW)

Date	Time	Program	Time	Program	Location
Friday 6 February	8am	OSSCA	10am	CPR/First Aid	North Cronulla NSW
Saturday 7 March	8am	OSSCA	10am	CPR/First Aid	Woolgoolga NSW
Saturday 11 April	8am	OSSCA			North Broulee NSW
Saturday 12 Sep	8am	OSSCA	10am	CPR/First Aid	Newcastle NSW
Saturday 26 Sep	8am	OSSCA	10am	CPR/First Aid	Sawtell NSW
Saturday 3 October	8am	OSSCA			Maroubra NSW
Friday 16 October	8am	OSSCA			Sandon Point NSW
Friday 23 October	8am	OSSCA	10am	CPR/First Aid	Yamba NSW
Friday 6 November	8am	OSSCA	10am	CPR/First Aid	North Cronulla NSW
Tuesday 17 November	2pm	OSSCA			Ulladulla NSW
Thursday 19 November	1pm	OSSCA			Tathra NSW
Tuesday 24 November	8am	OSSCA	10am	CPR/First Aid	The Entrance NSW
Friday 4 December	8am	OSSCA	10am	CPR/First Aid	Woolgoolga NSW
Saturday 5 December	8am	OSSCA			Sandon Point NSW

APOLA Registered Trainer Contact List

NSW		
North Coast	Katie Hookings	**M** 0421 003 059 **E** info@australianrescuefirstaid.com.au
Coffs Coast	Greg Hackfath	**M** 0408 855 267 **E** info@apola.com.au
Mid-North Coast	Paul Evans	**M** 0404 483 172 **E** scottsheadsurfschool@gmail.com
Newcastle	Noel Burns	**M** 0437 048 185 **E** noelburns@live.com.au
Central Coast	Ian Vaughan	**M** 0403 502 757 **E** ihv2009@gmail.com
Sydney north	Beau Mitchell	**M** 0421 061 219 **E** beauym@gmail.com
Sydney north	Damien McClellan	**M** 0415 121 648 **E** info@ecotreasures.com.au
Sydney south	Jon Lavers	**M** 0425 290 661 **E** jonsurf2001@yahoo.com.au
Sydney south	Adam Seminara	**M** 0439 995 238 **E** adamseminara01@gmail.com
Wollongong	Terry Hagan	**M** 0421 818 973 **E** terryhagen38@gmail.com
Wollongong	Ken Holloway	**M** 0422 889 813 **E** info@lifeguardtowers.com.au
South Coast	Paul Andrews	**M** 0438 697 855 **E** sabrepaul8@gmail.com
QLD		
Gold Coast	Steve Sharpe	**M** 0418 757 896 **E** aquaticsharpy@hotmail.com
Sunshine Coast	Matt Hadland	**M** 0449 008 047 **E** oceanguardservices@gmail.com
VIC		
Melbourne/Surf Coast	Kelvin Benson	**M** 0458 701 482 **E** kelvin@trainupnow.com.au
Melbourne/Surf Coast	David Nankervis	**M** 0416 023 652 **E** blsts.australia@gmail.com
WA		
Perth/Broome	Kevin Emery	**M** 0418 909 935 **E** kevin@wcws.com.au

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). **The cost of training** at the **fixed training dates** are as follows, however the cost of training for all **other dates** with APOLA Registered Trainers **may be higher when group sizes are less than 8.**

Fixed surf coach training day rates - Surf coach OSSCA Annual Proficiency Certificate **$99 (or $77 recertification)**. Provide First Aid (currency 3 years) **$154 (or $143 at package rate),** Provide CPR (currency 1 year) **$66**. **Discount package rates -** OSSCA with Provide First Aid **$220**, OSSCA with Provide CPR **$143**.

For information about scheduling additional training days and other training for **lifeguards, school teachers, outdoor activity leaders and guides,** check the APOLA website or contact the APOLA Office.

Australian Pool and Ocean Lifeguard Association Incorporated (APOLA Inc.)
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Ocean Safety Surf Coach Award (OSSCA) Annual Proficiency Certificate

Introduction
The Ocean Safety Surf Coach Award (OSSCA) was developed in consultation with **Surfing Australia** in the mid 1990s for surf coaches to gain access to best practice in aquatic rescue and emergency care.

Coaches that demonstrate on an annual basis that they have the necessary knowledge, skills and understandings for effective safe practice in the delivery of open water surf programs can attain the **Ocean Safety Surf Coach Award Annual Proficiency Certificate**. Annual proficiency assessment includes 400m pool swim, ocean mission, simulated in-water recues and a theory paper. Surf coaches successfully completing these components and the following shall be issued with an **Ocean Safety Surf Coach Award Annual Proficiency Certificate**.

OSSCA Annual Proficiency Assessment Requirements

- Current **Provide First Aid**
- Proficiency in **surfcraft riding** (either surfboard, bodyboard, wave ski, stand-up paddle)
- Completion of the OSSCA surf coach instruction program or annual proficiency assessment day.

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 components if prospective candidates present themselves as incapable of meeting fitness demands required for the annual proficiency assessment day.

Practical

- **Swim 400m** in a pool in a time less than 9 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 demonstrating skill in negotiating and riding the surf and continuous (non stop) activity
- 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.

NOTE 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 **interactive discussion** and complete a **theory paper** covering the role of surf coaches including fitness, the beach and ocean environment, risk management, land management regulations, instruction strategies that meet student learning and medical needs, ocean rescue techniques, an understanding of the role of lifeguards and other water safety personnel and site specific aspects 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, 2010
Nick Carroll's Surf Safety Series, YouTube, (Video clips Episodes 1-6) 2019
The Surfer's Code – a beginners guide to staying safe in the surf, NSW Dpt Sport & Rec., 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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