

# APOLA TRAINING DATES 2020 – OCEAN LIFEGUARDS

## Professional Ocean Lifeguard & Surf Coach Training Dates 2020.

Date	Time	Programs	Time	Programs	Location
<b>Friday 17 January</b>	<b>8am</b>	<b>OSSCA/POL</b>	<b>11am</b>	<b>CPR/SFA</b>	<b>North Cronulla, NSW</b>
Friday 31 January	8am	OSSCA/POL	11am	CPR/SFA	Woolgoolga, NSW
<b>Friday 7 February</b>	<b>8am</b>	<b>OSSCA/POL</b>	<b>11am</b>	<b>CPR/SFA</b>	<b>North Cronulla, NSW</b>
Friday 28 February	8am	OSSCA/POL	11am	CPR/SFA	Woolgoolga, NSW
<b>Friday 20 March</b>	<b>8am</b>	<b>OSSCA/POL</b>	<b>11am</b>	<b>CPR/SFA</b>	<b>North Cronulla, NSW</b>
Friday 3 April	8am	OSSCA/POL	11am	CPR/SFA	Woolgoolga, NSW
<b>Friday 22 May</b>	<b>8am</b>	<b>OSSCA/POL</b>	<b>11am</b>	<b>CPR/SFA</b>	<b>Lennox Head, NSW</b>
Saturday 18 July	7am	OSSCA/POL			Kiama, NSW
Friday 31 July	8am	OSSCA/POL	11am	CPR/SFA	Coffs Harbour, NSW
<b>Friday 4 September</b>	<b>8am</b>	<b>OSSCA/POL</b>	<b>11am</b>	<b>CPR/SFA</b>	<b>North Cronulla, NSW</b>
Saturday 5 September	7am	OSSCA/POL	10am	CPR/SFA	Newcastle, NSW
Friday 18 September	8am	OSSCA/POL	11am	CPR/SFA	Woolgoolga, NSW
<b>Friday 16 October</b>	<b>8am</b>	<b>OSSCA/POL</b>	<b>11am</b>	<b>CPR/SFA</b>	<b>North Cronulla, NSW</b>
Friday 30 October	8am	OSSCA/POL	11am	CPR/SFA	Lennox Head, NSW
<b>Friday 13 November</b>	<b>8am</b>	<b>OSSCA/POL</b>	<b>11am</b>	<b>CPR/SFA</b>	<b>North Cronulla, NSW</b>
Thursday 26 November	1pm	OSSCA/POL			Bega-Tathra, NSW
Tuesday 1 December	8am	OSSCA/POL	10am	CPR/SFA	Central Coast, NSW
Friday 4 December	8am	OSSCA/POL	12 noon	CPR/SFA	Byron Bay, NSW
<b>Friday 11 December</b>	<b>8am</b>	<b>OSSCA/POL</b>	<b>11am</b>	<b>CPR/SFA</b>	<b>North Cronulla, NSW</b>
Saturday 12 December	8am	OSSCA/POL	11am	CPR/SFA	Woolgoolga, NSW
Thursday 17 December	9am	OSSCA/POL	12 noon	CPR/SFA	Yamba, NSW

Training in Queensland, Victoria, Western Australia, ACT or Far South Coast NSW - please contact Coordinators:

QLD Gold Coast training contact Rod Clayfield-Hoskin

Email [rodney42@optusnet.com.au](mailto:rodney42@optusnet.com.au)

QLD Sunshine Coast training contact Matt Hadland

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Victoria (Surf Coast) training contact Kelvin Benson

Email [trainupnow@gmail.com](mailto:trainupnow@gmail.com)

or David Nankervis

Email [blsts.australia@gmail.com](mailto:blsts.australia@gmail.com)

Western Australia (Perth) training contact Kevin Emery

Email [kevin@westnet.net.au](mailto:kevin@westnet.net.au)

ACT or Far South Coast NSW training contact Paul Andrews

Email [sabrepaul8@gmail.com](mailto:sabrepaul8@gmail.com)

NB Additional training days for surf coaches will be scheduled on the Friday before Surfing NSW Level 1 Coaching weekend courses as well as additional dates for ocean lifeguards requiring annual proficiency assessments. Revised dates are emailed monthly on request and additional training days for surf coaches can be arranged when a group of 8 or more require an alternate date.

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

### Legend

POL - Professional Ocean Lifeguard Award Annual Proficiency Certificate Assessment

OSSCA - Ocean Safety Surf Coach Award Annual Proficiency Certificate Assessment

SFA - Provide First Aid

CPR - Provide CPR

ARC - Provide Advanced Resuscitation/

First aid, provide CPR and advanced resuscitation courses are aligned to the National Vocational Framework and are delivered by assessor and workplace trainers from a nominated registered training organization (RTO).

### Cost

OSSCA - Ocean Safety Surf Coach Award (OSSCA) Annual Proficiency \$ 99\* or \$ 77 recertification

POL - Professional Ocean Lifeguard (POL) Award Annual Proficiency \$ 99\* or \$ 66 recertification

SFA - Provide first aid (currency for 3 years) \$ 154\* or \$ 143 package rate

CPR - Provide CPR (currency of 1 year) \$ 66

ARC - Provide advanced resuscitation (currency of 1 year) \$ 132\* or \$ 110 package rate

NB Discounts\* apply when multiple courses are completed at package rate:

Surf coach OSSCA and SFA package \$ 220

Surf coach OSSCA and CPR package \$ 143

Lifeguard POL and ARC package \$ 187

Lifeguard POL, SFA and ARC package \$ 330

NB whenever training is arranged for less than 8 people, the prices per person will be higher.

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

Web [www.apola.com.au](http://www.apola.com.au) Email [info@apola.asn.au](mailto:info@apola.asn.au) Mobile 0408 855 267

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## **OCEAN LIFEGUARD**

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

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

1. Current Provide First Aid certificate
2. Current Provide Advanced Resuscitation certificate
3. 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**

- (i) **Pool Swim** (800m pool swim in a time less than 14 minutes)
- (ii) **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.
- (iii) 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)
- (iv) 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)
- (v) **Emergency management scenario simulation**

##### **Theory**

- (vi) 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.

**Ocean lifeguards completing annual proficiency re-certification must complete the practical and written paper.**

## **SURF COACH**

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

*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/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 and annual re-certification includes completing a timed pool swim, ocean mission, simulated in-water rescue and a written paper.*

#### **OSSCA Annual Proficiency Requirements**

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

#### **OSSCA Annual Proficiency Assessment**

OSSCA surf coach competencies assessment involves a number of components and ideally all practical assessment components should be completed in a single day. APOLA Assessor and Workplace Trainers reserve the right to prevent prospective candidates commencing assessment activity if prospective candidates present as incapable of meeting the fitness and/or surf and 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.
- **Simulated 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 an **audio-visual 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.

**Surf coaches completing annual proficiency re-certification must complete the practical and written paper.**