

School Surfing Supervisor Award (SSSA)
Term 1 2022 SSSA Theory paper

Name Date

School

This paper covers: SSSA knowledge, skills and understandings relating to the school sport of surfing; student supervision; safety and emergency procedures; student requirements for approved student awards; and procedures for school surfing sport organisation.

Exam Instructions

- All answers are to be written on this test paper.
- Read each question in full before answering.
- Please circle the best answer, be it a), b), c) or d).
- For non-multiple choice, use the provided spaces.
- Group discussion is encouraged.

QUESTIONS

History of School Surfing

1. School surfing in NSW was created by:

- a surfing school teacher Jim Bradley in 1980
- b champion surfer Mark Richards in 1990
- c champion surfer Layne Beachley in 2000
- d champion surfer Stephanie Gilmore in 2010

Teacher requirements for School Surfing

2. Minimum Emergency Care qualifications required of teachers for SSSA include:

- a Provide Advanced Resuscitation
- b Provide CPR or Provide First Aid
- c Diploma of Paramedical Science
- d Bachelor of Nursing

Teacher skill and fitness for School Surfing

3. Minimum fitness levels required of teachers for the SSSA include:

- a 200m pool swim in less than 5 minutes and competence in surfboard rescue
- b 400m pool swim in under 9 minutes and competence in wave riding, surfboard rescue, completing a course comprising 200m ocean swim, 200m beach run, 200m paddle and 200m beach run
- c 500m pool swim in under 10 minutes and competence in wave riding, simulated rescue, and completing a course comprising 300m ocean swim, 300m run, 300m craft paddle and 300m run
- d 800m pool swim in under 14 minutes and competence in use of rescue board, rescue tube; completing a course comprising 600m ocean swim, 800m beach run, 600m paddle and 800m beach run

Student requirements for School Surfing

4. Minimum pre-requisite student qualifications for school surfing include:

- a Professional Ocean Lifeguard (POL) Award
- b School Surfing Supervisor Award (SSSA)
- c APOLA Ocean Safety Surfer Award (OSSA) or SLSA Surf Survival Certificate (SSC)
- d Ocean Safety Surf Coach Award (OSSCA)

Teacher responsibilities for School Surfing

5. Teachers conducting school surfing programs at or near patrolled beaches should:

- a Avoid contact with beach lifeguards
- b Ignore advice from beach lifeguards
- c Disregard beach signage
- d Liaise with beach lifeguards beforehand

6. The 3-digit emergency services contact number from landline or mobile phone is:

- a 000 or 112 or 911
- b 123
- c 119
- d 321

7. Supervision for surfing groups is organised so the teacher to student ratio must as a minimum:

- a not exceed 1:50, with only on-beach student observers when students are in the water
- b not exceed 1:40, with no more than 20 qualified students in the water at any one time
- c not exceed 1:20, with a teacher observer and no more than 10 students during instruction programs
- d not exceed 1:16, with an on-beach teacher observer at all times, and for instruction programs the ratio must not exceed 1:8 when students are in the water

8. The student buddy system facilitates safety in the supervision of students by:

- a allowing students to bring a friend to sport
- b ensuring students are always paired with a buddy for observation when they are in the water
- c allowing friends to help with gear and travel together to and from the surfing venue
- d allowing friends and family to watch and film the school surfing sports activity

9. Students wearing wetsuits and a distinctive single coloured school issued rash-vests assists:

- a protection from skin rashes
- b protection from sunburn and cold
- c in identification of surfers as a school group
- d all of the above

10. Stand-up paddle and wave ski activities:

- a need not be segregated from other surfers
- b must always take place with other surfers
- c can be conducted at reef break locations
- d must be segregated from other school surfers

11. List 6 items required by students/teachers for a school surfing session.

1	2
3	4
5	6