

## **Australian Professional Ocean Lifeguard Association Incorporated (APOLA Inc.)**

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## **Ocean Safety Surfer Award (OSSA)**

### **OSSA Requirements**

- ❑ Minimum age of 12 years and attending secondary schooling, or over 12 years of age and participating in an aquatic vocational/educational training course
- ❑ Competency in surfcraft riding (either surfboard, bodyboard, wave ski or stand-up paddle)
- ❑ Successful completion of the APOLA OSSA program that includes theoretical and practical demonstrations on knowledge, skills and understandings about the inshore coastal environment relating to safe surfing, hazard identification, aquatic rescue, first aid, resuscitation and care and respect for the environment and other surfers.

*OSSA was developed in consultation with the School Surfing Association to provide students with safe surfing competencies required for participation in school surfing activity.*

### **General**

- ❑ OSSA programs can be delivered by teachers who have a current School Surfing Supervisor Award or higher qualifications, or in the absence of qualified teachers by approved accredited Surf Coaches and qualified Professional Ocean Lifeguards with Certificate IV in Assessor & Workplace Training
- ❑ OSSA practical skills including 200m pool swim in less than 5 minutes, surf mission, simulated rescues, marine hazards identification, patient assessment & resuscitation and simulated emergency management scenarios must be assessed annually.

### **OSSA Content**

#### **Practical**

- ❑ Swim 200m (in a 25m to 50m length pool) in a time less than 5 minutes
- ❑ Demonstrate competency in surfcraft riding (either surfboard, bodyboard or wave ski) by paddling, negotiating surf break, catching a wave, recovering lost craft and returning to shore
- ❑ Complete a Surf Mission set as an M shape course commencing with 200m swim, followed by 200m beach run, a 200m surfcraft paddle and concluding with a 200m beach run demonstrating fitness and competence in negotiating the surf and controlled riding of waves
- ❑ Demonstrate surfcraft rescues using personal surfcraft such as: paddle to rescue an unconscious and/or conscious patient; demonstrate patient approach; demonstrate rollover, duck-dive and leg-hook patient pick-up techniques; patient return to beach demonstrating patient care including DRABCD assessment and placing patient in recovery position
- ❑ Identify potential hazards in the marine coastal environment
- ❑ Demonstrate patient assessment (DRABCD) and simulated resuscitation techniques
- ❑ Participate in simulated emergency management scenarios

#### **Theory**

- ❑ Participate in group discussions, undertake private study, view audio-visual presentations and complete written tasks using worksheets that relate to surfing in coastal environments. Topics include wave and rip formations, weather, beach topography, rock platforms, hazard identification, surfing strategies, rescue, first aid, resuscitation, care and respect for the natural inshore coastal environment and other ocean users.

### **Resources and References**

APOLA, *APOLA OSSA Teachers Resource Kit*, 2005

Video Education Australia, *Safe Surf*, 2002

NSW DET, *Excursions Policy (PD/2004/0010/V003)*, 25 October 2004

NSW DET, *Guidelines for the Safe Conduct of Sport and Physical Activity in School*, 1999

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

Surfing Australia, *Safe Surfing Workbook*, 2001