

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

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## School Surfing Supervisor Award (SSSA)

### SSSA Requirements

- ❑ Teaching qualifications and current approval to teach in schools or other vocational and/or tertiary educational centres including TAFE colleges and universities
- ❑ Current qualifications in emergency care and cardio-pulmonary resuscitation from an accredited provider, or a higher level award such as a Senior First Aid Certificate from an accredited provider
- ❑ Competency in surfcraft riding (either surfboard, bodyboard or wave ski)
- ❑ Successful completion of the APOLA SSSA Inservice that includes practical demonstration of surfing supervision competencies and a written examination.

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

### SSSA Inservice Prerequisites

- ❑ Documented evidence of currency in emergency care and cardio-pulmonary resuscitation award, or a higher level award such as a current Senior First Aid Certificate from an accredited provider
- ❑ Documentation signed by a School Principal/Sports Organiser/Faculty Head/APOLA Assessor and Workplace Trainer identifying completion of a 500m pool swim in a time less than 12 minutes

### General

- ❑ SSSA currency is for 12 months, however currency for the purposes of maintaining competency is for 30 days after the elapsed period (to facilitate sufficient time for attending a re-certification inservice)
- ❑ Recognised prior learning (RPL) for the 500m pool swim will be accepted when the 500m pool swim is performed within 30 days prior to the SSSA Inservice (as certified by a School Principal/Sports Organiser/Faculty Head/APOLA Assessor)
- ❑ APOLA Assessor and Workplace Trainers reserve the right to prevent prospective candidates commencing the practical components in the case that prospective candidates present themselves as incapable of meeting the fitness and/or surf and rescue skill demands required of the inservice
- ❑ The APOLA Inc. SSSA Inservice must be conducted by an approved APOLA Assessor and Workplace Trainer with minimum Certificate IV in Assessment & Workplace Training qualifications.
- ❑ The SSSA Inservice should be completed in one day - each section of the inservice must be performed satisfactorily for advancement to the next phase.

### SSSA Components

#### Practical

- ❑ Swim 500m (in a 25m to 50m length pool) in a time less than 12 minutes
- ❑ Complete a Surf Mission over a set M shape course commencing with 200m swim, followed by 200m beach run, followed by 200m surfcraft paddle and concluding with a 200m beach run demonstrating fitness and competence in negotiating the surf
- ❑ 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; deep water resuscitation, patient return demonstrating patient care including DRABCD assessment and placing patient in recovery position.

#### Theory

- ❑ Participate in a presentation covering knowledge, skills and understandings for surfing supervision competencies such as location safety check, liaison with lifeguards, emergency procedures and understandings of student requirements for school surfing activity.
- ❑ Written examination.

### References

APOLA, *APOLA OSSA Resource Kit*, 2005 Edition. Video Education Australia, *Safe Surf*, 2002. NSW DET, *Excursions Policy (PD/2004/0010/V003)*, 2004. NSW DET, *Guidelines for the Safe Conduct of Sport and Physical Activity in School*, 1999. Surfing Australia, *Safe Surfing Workbook*, 2001.

**The SSSA has a currency of 12 months - all fitness components must be assessed annually.**