



## Safe Surfing Program

### What is the Safe Surfing Program?

As well as surf skills, the Safe Surfing program includes topics such as first aid, oceanography and equipment selection. This means the participant gains skills that will enable a lifetime of safe participation in surfing.

The Safe Surfing program takes beginner surfers to a level of competency where they can get the maximum out of their time in the water.

### How is the Safe Surfing Program delivered?

Each certificate course is conducted by qualified Surfing Australia instructors (minimum qualification is Australian Coaching Council Surf Coaching level 1) at a licensed Surf Schools Worldwide surf school. Soft boards, rash vests and wetsuits (where necessary) are supplied. There will be at least one qualified Surfing Australia instructor for every eight participants.

The delivery time is flexible. Participants are awarded the certificate of completion by the surf school at the end of the course.

An optional 64 page work book is available.

### How is the certificate program structured?

“Safe Surfing” is a five-tiered certificate program delivered by Surfing Australia surf schools in which participants obtain a certificate of completion at each level.

This is a nationwide program meaning participants can complete the certificates anywhere there is a Surfing Australia surf school.

# Safe Surfing Program

## What equipment will the participants need?

Participants will need to provide their own swimwear, towel and 30+ water resistant sun block. Participants will be required to sign a participant declaration before entering water.

## How much will it cost?

The cost of the course is determined by each Surfing Australia surf school and includes equipment, instruction by qualified coaches and insurance.

## What are the criteria for completion?

The completion criteria for the safe surfing certificate are divided into four categories.

### (a) Compulsory Assessment Items

Participants must complete these components satisfactorily to gain a certificate of completion.

#### 1. Attendance:

- Participants must have 90% attendance record.

#### 2. Observation & Participation:

- Participants must observe & participate in activities to obtain an understanding of underpinning knowledge and skills.

### (b) Optional Assessment Items

Although this is a participation-based program, there may be benefits in assessing competencies in some situations. These assessment items will be administered by the group supervisor/s in conjunction with Surfing Australia surf school instructors.

Use of these assessment categories needs to be negotiated before the commencement of the course.

#### 3. Theory Assessment:

- Participants must complete student workbook worksheets to a satisfactory level.

#### 4. Skills Assessment:

- Assessment of practical skills involves the participant demonstrating an understanding of underpinning knowledge and skills in an assessment environment and under assessment conditions.



# Learning Outcomes

## What do the participants learn?

The Safe Surfing Program presents participants with physical, social and environmental opportunities. It incorporates action situations of increasing complexity as participants work through the program. In completing the certificate, the participant:

- Performs and repeats linked movements that display consistency and control
- Has an understanding of sun smart behaviour and takes the necessary measures on the beach
- Demonstrates the linking of a series of motor skills using equipment in a situation that requires communication and cooperation
- Has an understanding of the career pathways within the surfing industry
- Has an understanding of the ethical dimensions of various rules and codes of behaviour within the sport
- Has an understanding of the ecological dynamics surrounding a coastal environment and can make a judgment that provides for their own safety and that of their peers
- Interacts confidently with others and contributes to group discussions

Participants in the Safe Surfing Program have the opportunity to gain knowledge in:

- Safe surf condition awareness
- Rules of the surf zone
- Safe surfing procedures
- Tides and currents
- Equipment for surfing
- Marine safety professionals and their role
- Surfers as environmental ambassadors
- Basic surfing first aid

Participants in the Safe Surfing Program have the opportunity to perform the following skills:

- Ability to manoeuvre in various surf conditions
- Application of basic surfing first aid and rescue procedures
- Assessment of beach conditions
- Basic fitness skills for surfing
- Basic paddling skills and surfing skills
- Wave zone negotiation skills



# Certificate Curricula

## Level 1

*Sport safe behaviour*  
*Sunsmart behaviour*  
*Environmental awareness*

### Safe Surfing Skills

- Carrying a surf board
- Entering and exiting the surf zone (dealing with oncoming waves in knee deep water and waist deep water)
- Paddling in flat water
- Wave zone negotiation
- Push up catching broken waves
- Prone to feet
- Catching a broken wave
- Safety involved with wiping out including the cover up and recovery of board
- Ending rides
- Leg rope release
- How to exit surf zone

### Surf Conditions

- Identifying rips and currents
- Reading and obeying beach signs

### Equipment for surfing

- Important parts of a surfboard

### Dangerous conditions

- Dangers of exposures to the sun and the cold
- Dangers in the learning environment

### Fitness for surfing

- Basic warm up for surfing
- Basic warm down for surfing

## Level 2

*Sport safe behaviour*  
*Sunsmart behavior*  
*Environmental awareness*

### Safe surfing skills

- Intermediate wave negotiation
- Demonstrated ability to catch white water waves consistently
- Wave selection
- Turning the surfboard on broken waves
- Paddling through broken waves
- Turning whilst sitting
- Turning whilst paddling
- Dismounting the surfboard
- Surf conditions
- Winds and weather patterns

### Tides

- Waves, types of waves
- Rules of the surf zone
- Basic sense in the surf zone
- Who has right of way
- Tolerance in the surf

### Basic surfing rescue procedures

- Principles of personal safety
- Surfing rescues

### Dangerous conditions

- Dangerous ocean conditions and creatures
- Catching and riding broken waves

### Fitness for surfing

- Introductory training for surfing

## Level 3

*Sport safe behaviour*  
*Sunsmart behaviour*  
*Environmental awareness*

### Safe surfing skills

- Advanced wave negotiation
- Catching and riding unbroken waves
- Riding left and right
- Riding different types of equipment
- Bottom turning

### Equipment for surfing

- How to order the right surfboard for you
- How a surfboard is made
- Surfing accessories
- Looking after your gear

### Marine safety professionals

- The role of key local marine safety providers

### Basic surfing first aid

- Sending for help
- Marine stings, hypothermia
- Sun exposure
- Common injuries

## Level 4

*Sport safe behaviour*  
*Sunsmart behaviour*  
*Environmental awareness*

### Safe surfing skills

- Forehead and backhand cut backs
- Modification of movement to match wave size and strength
- Adjusting equipment and methods to match wave size and strength

### Safe surfing

- Weather
- How the ocean floor affects wave formation

### Surfing Australia

- Getting involved in clubs
- Surfing Australia membership

## Level 5

*Sport safe behaviour*  
*Sunsmart behaviour*  
*Environmental awareness*

### Safe surfing skills

- Performing simple manoeuvres in a simple sequence
- Exit from the wave – kick out
- Picking wave take off points to maximize surfing time
- Choosing a take off area to conserve energy
- Competitive surfing

### Surfers as environmental ambassadors

- Ocean environments
- Beach and dune erosion
- Rubbish
- The surfer's role in protecting their environment
- Acting locally
- Reduce, rescue, recycle
- Thinking globally

### Pathways for future participation

- Events
- Coaching
- Industry opportunities
- Further skill development opportunities