

SURFBOAT SWEEP ACCREDITATION

Surf Life Saving Australia Limited (SLSA) is introducing a compulsory Surfboat Sweep Accreditation Scheme from 1st October 2007. The scheme will ensure Surfboat Sweeps will need to achieve a required level of competence and understanding of their role from that date in order to sweep in SLSA competitions and activities.

Further, all Surf Boat Sweeps (which includes currently accredited sweeps) will be required to be accredited SLSA Level 1 Surf Coaches by the start of 2008/2009 season (i.e. 1st October 2008) and to maintain the currency of their SLSA Coach license.

Only those members holding a current SLSA surf coach license are covered for the associations professional indemnity insurance.

From the 1st October 2007(2007/2008 season) novice or unaccredited sweeps will need to complete the following to be able to sweep in SLSA competitions and activities:

- a) Level One Surf Coaching Accreditation
- b) Lodgement with their State Centre of the attached pro-forma Surfboat Sweep Competency checklist endorsing them as 'competent' by a nominated and accredited Surf Boat Sweep

Note: Until the Level 1 Surf Sports Coach accreditation is successfully completed both Novice and unaccredited surf boat sweeps must only operate in the presence of a nominated accredited sweep

All Sweeps will be required to be accredited Level 1 Surf Coaches (or higher) by the start of the 2008/2009 season. (1st October 2008)

The SLSA Level One Coaching Course will include a section on Surfboat Sweeping and Surfboat Rowing. These sections will include surfboat safety awareness.

Novice sweeps are encouraged to attend an approved Sweep School to assist them to improve their competency. Information on Sweep Schools can be obtained by contacting your State Centre.

A list of nominated accredited Sweeps who may agree to act as a mentor is available from your State Centre if you require additional skill development.

Name: _____ Club: _____

SURFBOAT SWEEP COMPETENCY CHECKLIST

Please tick the following boxes to indicate whether you consider yourself competent in the relevant item and sign the bottom of each page. The form is to be endorsed by a nominated and accredited boat sweep and forwarded to your State Centre. *Keep a copy for your own records!*

PRACTICAL COMPETENCIES

BALANCE

1. Ability to maintain a balanced body position and stance :-
 - a) on smooth water
 - b) on choppy water
 - c) in windy conditions
 - d) through broken wave zone

STEERING

2. Ability to steer surfboat in a controlled manner:-
 - a) on smooth water
 - b) in choppy conditions
 - c) through broken wave zone
 - d) Into a strong cross or diagonal wind going to sea
 - e) with a strong cross or diagonal wind returning to beach
3. Ability to steer surfboat in a figure of eight and zig zag course.
4. Ability to steer surfboat off beach in desired direction.
5. Ability to steer a course from the turning buoys to the gate cans and onto the beach.
6. Ability to steer surfboat while on a run.

START

7. Understand correct way to move a surfboat along the shore ensuring no one is on shoreward side.
8. Ability to position surfboat correctly at waters edge.
9. Ability to jump into surfboat at waters edge.

GOING TO SEA

10. Know when to proceed through the wave breaking zone.
11. Know action to take if surfboat is hit by an incoming wave.
12. Know action to take if surfboat backshoots.

BUOY TURN

13. Ability to execute a buoy turn while ensuring surfboat does not interfere with other crews.

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Signature of Unaccredited / Novice Sweep

Name: _____ Club: _____

COMING HOME

- 14. Ability to balance surfboat while on a run.

WAVE CATCHING

- 15. Ability to judge when to row to catch a wave.
- 16. Ability to identify wave catching zone.
- 17. Ability to identify the effect certain types of waves and conditions may have on the surfboat and crew.
- 18. Ability to correctly position angle of surfboat to wave to take off on a wave.
- 19. Understand need to distribute rowers weight in surfboat on certain waves.
- 20. Know when to command crew to "easy oar", trail oars" and "come aft".
- 21. Know action to take on a "late take off".
- 22. Know action to take if surfboat broaches sideways.
- 23. Know action to take if surfboat capsizes.
- 24. Understand importance of checking crew are all accounted for if surfboat capsizes or someone goes overboard.
- 25. Understand need to provide assistance to injured crew or public.
- 26. Ability to hold a "rolling" (spilling) wave :- up to 1½metre
- 27. Ability to hold a "dumpy" (plunging)wave :- up to 1metre

COMING ONTO BEACH

- 28. Know action to take when reaching beach with crew still in seats.
- 29. Know action to take when reaching beach with crew aft.
- 30. Know action to take if the surfboat reaches beach sideways.
- 31. Understand importance of crew being on seaward side of surfboat.

Signature of Unaccredited / Novice Sweep

Name: _____ Club: _____

GENERAL COMPETENCIES

1. Understand need to only participate in conditions that match the capabilities of the sweep and rowers.
2. Knowledge of Safety Induction Course for Sweeps and Rowers.
3. Knowledge and understanding of SLSA membership guidelines to ensure adequate insurance cover.
4. Knowledge and understanding of SLSA Competition Rules.
5. Understand obligation to ensure safety of the public and crew.
6. Knowledge of correct way to lift and move a surfboat.
7. Knowledge to ensure surfboat is adequately equipped and in good working order.
8. Knowledge of setting up (rigging) surfboat to suit individual crews.
9. Knowledge of surf conditions and their impact on a surfboat such as currents, rocks, different types of waves, shallow water and wind.
10. Knowledge of commands and ability to give them at the correct time.
11. Understand safety precautions for rowing a surfboat in the dark.
12. Understand need to report accidents.

COACHING COMPETENCIES

1. Understand basic principles of rowing a surfboat.
2. Ability to instruct novice rowers of action to take when catching a "crab".
3. Understand need to avoid identifying a rowing fault unless the cause and method of correction are known.
4. Understand the need to respect rowers.
5. Understand that the participation by the crew should be enjoyable.
6. Know importance of listening.
7. Know need to avoid over emphasising the importance of winning.
8. Understand need to avoid unrealistic expectations.
9. Understand the need to communicate differently with different divisions and individuals.
10. Understand the effect of rigorous rowing on the crew.
11. Ability to judge maximum level of effort that should not be exceeded by the rowers at training and during races.

Signature of Unaccredited / Novice Sweep

SWEEP'S DECLARATION FORM

A. ASSESSOR'S ENDORSEMENT

On behalf of Surf Life Saving _____ I agree the above assessment
(State)
is indicative of the sweeping ability of

(name)
of _____ SLSC.

I confirm that the candidate **has / has not** demonstrated the requirements on the checklist and is deemed **competent / not competent** for sweep accreditation. (Please strike out which is not applicable)

Assessment Date _____ Location _____

Print Name (assessor): _____

Signed: _____ Date: _____

Sweep Accreditation Number: _____

B. DECLARATION BY SWEEP SEEKING ACCREDITATION

The attached Surfboat Sweep Competency Checklist is a correct assessment of my sweeping ability.

NAME _____

ADDRESS _____

_____ State _____ Postcode _____

PHONE _____ Fax _____

DATE OF BIRTH: _____

EMAIL _____

MEMBER OF _____ SLSC

SIGNED: _____ DATE: _____

Please complete if you hold a current Surf Coach license

SURF COACH LICENSE NUMBER: _____ EXPIRY DATE: _____