

# NATIONAL COACHING ACCREDITATION SCHEME

## LEVEL 1 SURFRIDING COACH ACCREDITATION COURSE



### INFORMATION SHEET

Surfing Queensland Inc presents the **Surfing Australia Level 1 Surf riding Coach Accreditation Course** as part of the Australian Sports Commission's **National Coaching Accreditation Scheme** (NCAS). This course covers the necessary theory components & sports specific practical requirements to operate as a surf coach / instructor in surf school & club programs on Australian beaches. Participants are invited to attend the **2 day theory course** after which they will be required to **complete all the necessary practical elements before becoming accredited**. NCAS approved courses are recognized nationally and by some international affiliates of Surfing Australia's Licensed Surf school Network.

#### Level 1 Surf riding Coach Accreditation Course Pre-requisites:

- Competence in Surfing Skills and Surf Zone Survival Skills. (NB: Beginner Surfers can not be accredited)
- Good English language comprehension, reading and writing skills.

#### Level 1 Surf riding Coach Accreditation requirements:

- Attend 16 hours of lectures (2 day theory course)
- Complete 20 hours coaching practice with Mentor Coaches approved by Surfing Queensland.
- Be a Surfing Queensland member or State Branch member.\*
- Hold a current Surf Life Saving Australia Bronze Medallion or approved equivalent.\*
- Complete and return a Practical / Assessment Workbook (supplied during the course)

\*extra costs may apply, details given during the course

**Next Course:                    October 7 & 8, 2010**

**Place:                             Sunshine Coast. Venue TBA.**

**Time:                              9.00am to 3.00 pm both days**

**Cost\*\*:**                         **\$440.00 including GST**

\*\*Cost includes course manual, course notes, course material, NCAS registration fee, lectures & assessments.  
(SLSA Bronze and Surfing Australia Membership **NOT** included)

Course size is limited, so the first registrations received **with payment** will get priority on allocations.  
If your application arrives after the course is full, you will be notified ASAP and have your payment refunded.  
Final confirmation and detailed venue information will be given by Fri Oct 1<sup>st</sup> via email, text or phone.  
Notice of cancellation is required **5 days prior** to the course commencement.

Course fees are **non-refundable** in the event of late cancellations.

Please register & pay online at [www.surfingqueensland.com](http://www.surfingqueensland.com) or return Registration Form and payment to  
**Surfing Queensland, PO Box 3031, Currumbin DC, 4223**



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### Course Content

Course format

16 hours over two days

- Module 1
- Role of the Coach
  - Qualities of a good coach
  - The coach's role in the community
  - The Coach's Code of Ethics
- Module 2
- Safety of the surfer in your care
  - Duty of Care
  - Safety Guidelines
  - Surf & Weather conditions
  - Marine Creatures
  - Risk Management
  - Venue analysis
- Module 3
- Coaching methods
  - How to teach surfing skills
  - Teaching methods
  - Effective learning
  - Inclusive coaching
  - Presenting a lesson
- Module 4
- Skill development
  - Skill definitions
  - Skill development stages
  - Core skills
- Module 5
- Program planning theory
  - Lesson Planning workshop (group participation)
  - Delivering the planned lesson
  - Assessing effectiveness of delivered lesson

Module 6 - Equipment for beginner surfers

Demonstrate basic surfing skills (coaching candidate)

Steps to Level One Accreditation

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### Accreditation Requirements

- Attend 2 day Level 1 Coaching Course theory lectures (and complete assessment tasks)
- Complete 20 hours coaching of beginner surfers guided by an approved Supervisor/ Mentor Coach. Prac hours to be completed after attending the 2 day theory course. Prac hours to be completed within 12 months of attending the theory course
- Read, understand and sign the “Code of Conduct” agreement in the Prac Workbook
- Complete and / or be currently proficient in Certificate 2 in Public Safety (Aquatic Rescue PUA21004 & PUASAR012A Apply Surf Awareness) or approved equivalent e.g. SLSA Surf Bronze, Surf Rescue Certificate, RLSS Ocean Rescue  
(photocopy of the certificate or supporting documents will be required)
- Be a current Surfing Australia/Surfing Queensland member  
(photocopy of the card or supporting documents will be required)

### Extra qualifications needed to coach on Queensland beaches:

- Senior First Aid (HLTFA301B Apply First Aid)
- Advanced Resuscitation Certificate (PUAEME003B Administer Oxygen in an Emergency situation)
- Working with Children Blue Card
- \$20 million Public Liability Insurance & \$5 million Professional Indemnity
- Local Government Beach Permit or License