

**THE SURF LIFE SAVING  
ASSOCIATION  
OF WALES  
WATER SAFETY AWARDS ~ BEACH**

**Masters Surf Competition  
Award**

## **MINIMUM RECOMMENDED COMPETENCIES**

An award designed for potential competitors to prove that they have the minimum fitness and skills available to enter a lifeguard competition.

### **LEARNING OUTCOME 1 - Introduction to Surf Life Saving.**

#### **Assessment Criteria:**

- Demonstrate understanding of surf life saving in Wales and identify the surf club as a welcoming place.
- Explain how weather and the tides can affect both the beach environment and beach users.
- Identify and understand 10 SLSA Wales beach safety tips.
- Identify the consequences of not being sunsmart.
- Identify the four different types of rip currents, how to manage rips in a beach environment, and how to use rip currents to assist in surf swimming and rescues.

### **LEARNING OUTCOME 2 - Demonstrate communication techniques.**

#### **Assessment Criteria:**

- Recognise the importance of communicating with beach users.
- Identify ways to communicate with beach users and other emergency services.
- Demonstrate the use of signal flags.

### **LEARNING OUTCOME 3 - Perform swimming and running based fitness skills in a surf environment.**

#### **Assessment Criteria:**

- Demonstrate surf swimming and beach running skills in a 100m run followed by a 400m swim.
- Perform a tube rescue on a conscious victim 100m from shore.

### **LEARNING OUTCOME 4 - Craft preparation and maintenance.**

#### **Assessment Criteria:**

- State what checks are needed on a racing Malibu board prior to use.
- Describe what routine maintenance should be carried out on Malibu boards in general.
- Identify and describe the aspects of a rescue board and how it can be used to secure and support a conscious casualty,

## **LEARNING OUTCOME 5 - Demonstrate the use of a Malibu Boards.**

### **Assessment Criteria:**

- Be able to perform a competent start.
- Be able to paddle to a marker not less than 200m from shore,
- To be able to act on signals given by the Assessor from shore.
- Perform a board rescue on a conscious casualty 200m from shore, according to guidelines for board rescue endorsed by ILS.

### **ASSESSMENT STRATEGY**

These learning outcomes are best assessed using some of the following common assessment of the learning outcomes.

- Oral assessment on course content.

### **RANGE OF VARIABLES**

There are a number of variables, which will affect the performance and assessment of the learning outcomes. These may include:

#### **Variable Scope**

- Pre-requisite Candidates must be able to swim 400m confidently.
- The facilities and conditions of the open water venue and the identification of equipment that is available for use at that location.
- Candidates may be required to wear their recognised club uniform.
- Candidates will be at least 30 years of age
- ILS member organisations will list and identify the use of theoretical and practical resources available to them.
- Distances can be altered  $\pm 25\%$  by the Assessor to take into account sea conditions and beach topography
- Malibu racing boards or surf rescue full size boards are to be used for this assessment (Nipper type boards are not allowed.)