



## SURF LIFE SAVING NEW SOUTH WALES SURF BOAT SWEEPS ACCREDITATION CHECKLIST

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

EMAIL \_\_\_\_\_

\_\_\_\_\_ SLSC

### SURFBOAT SWEEP ACCREDITATION

Surf Life Saving Australia has introduced a compulsory Sweep Accreditation Scheme to ensure sweeps achieve a required level of competence and understanding. From the 2007/2008 season onwards all novice surfboat sweeps will be required to comply with the following:-

- a) Level One Surf Coaching Accreditation
- b) Lodgment of an endorsed Surfboat Sweep Competency Checklist endorsed by an accredited sweep.

All Sweeps will be required to be accredited Level 1 Surf Coaches by the start of the 2008/2009 season.

# SURFBOAT SWEEP COMPETENCY CHECKLIST

Please tick the following boxes to indicate whether you consider yourself competent in the relevant item. The completed form is be given to an Accredited Sweep for endorsement on behalf of your State / Territory and then forwarded to your State / Territory Centre. A list of Sweeps who may agree to act as a mentor is available from your State Boat Panel if there are areas where you require additional skill development.

## PRACTICAL COMPETENCIES

### BALANCE

1. Ability to maintain a balanced body position and stance:-

- |                             |                                    |  |
|-----------------------------|------------------------------------|--|
| a) On smooth water          | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| b) On choppy water          | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| c) In windy conditions      | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| d) Through broken wave zone | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

### STEERING

2. Ability to steer surfboat in a controlled manner:-

- |  |                                    |  |
|--|------------------------------------|--|
| a) On smooth water   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| b) In choppy conditions  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| c) Through broken wave zone  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| d) Into a strong cross or diagonal wind going to sea                                     | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| e) With a strong cross or diagonal wind returning to beach                               | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 3. Ability to steer surfboat in a figure of eight and zig zag course.                    | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 4. Ability to steer surfboat off beach in desired direction.                             | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 5. Ability to steer a course from the turning buoys to the gate cans and onto the beach. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 6. Ability to steer surfboat while on a run.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

## START

- |  |                                    |  |
|--|------------------------------------|--|
| 7. Understand correct way to move a surfboat along the shore ensuring no one is on shoreward side. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 8. Ability to position surfboat correctly at waters edge.  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 9. Ability to jump into surfboat at waters edge.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

## GOING TO SEA

- |   |                                    |  |
|---|------------------------------------|--|
| 10. Know when to proceed through the wave breaking zone.        | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 11. Know action to take if surfboat is hit by an incoming wave. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 12. Know action to take if surfboat backshoots.                 | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

## BUOY TURN

- |   |                                    |  |
|---|------------------------------------|--|
| 13. Ability to execute a buoy turn while ensuring surfboat does not interfere with other crews. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
|---|------------------------------------|--|

## COMING HOME

- |   |                                    |  |
|---|------------------------------------|--|
| 14. Ability to balance surfboat while on a run. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
|---|------------------------------------|--|

## WAVE CATCHING

- |   |                                    |  |
|---|------------------------------------|--|
| 15. Ability to judge when to row to catch a wave.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 16. Ability to identify wave catching zone.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 17. Ability to identify the effect certain types of waves and conditions may have on the surfboat and crew. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 18. Ability to correctly position angle of surfboat to wave to take off on a wave.                          | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 19. Understand need to distribute rowers weight in surfboat on certain waves.                               | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 20. Know when to command crew to “easy oar”, trail oars” and “come aft”.                                    | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 21. Know action to take on a “late take off”.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 22. Know action to take if surfboat broaches sideways.  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 23. Know action to take if surfboat capsizes.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

- |  |                                    |  |
|--|------------------------------------|--|
| 24. Understand importance of checking crew are all accounted for if surfboat capsizes or someone goes overboard. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 25. Understand need to provide assistance to injured crew or public.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 26. Ability to hold a “rolling” wave:-   |                                    |  |
| a) Up to 1 metre   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| b) 1-2 metres  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| c) Over 2 metres   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 27. Ability to hold a “dumpy” wave:-   |                                    |  |
| a) Up to 1 metre   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| b) 1-2 metres  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| c) Over 2 metres (not recommended)   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

#### **COMING ONTO BEACH**

- |   |                                    |  |
|---|------------------------------------|--|
| 28. Know action to take when reaching beach with crew still in seats. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 29. Know action to take when reaching beach with crew aft.            | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 30. Know action to take if the surfboat reaches beach sideways.       | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 31. Understand importance of crew being on seaward side of surfboat.  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

#### **GENERAL COMPETENCIES**

- |   |                                    |  |
|---|------------------------------------|--|
| 1. Understand need to only participate in conditions that match the capabilities of the sweep and rowers. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 2. Knowledge of Safety Induction Course for Sweeps and Rowers.  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 3. Completion of a current Level One Coaching Course.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 4. Knowledge of S.L.S.A. membership guidelines to ensure adequate insurance cover.                        | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 5. Knowledge of S.L.S.A. Competition Rules.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 6. Understand obligation to ensure safety of the public and crew.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 7. Knowledge of correct way to lift and move a surfboat.  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 8. Knowledge to ensure surfboat is adequately equipped and in good working order.                         | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

- |  |                                    |  |
|--|------------------------------------|--|
| 9. Knowledge of setting up (rigging) surfboat to suit individual crews.  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 10. Knowledge of surf conditions and their impact on a surfboat such as currents, rocks, different types of waves, shallow water and wind. | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 11. Knowledge of commands and ability to give them at the correct time.  | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 12. Understand safety precautions for rowing a surfboat in the dark.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |
| 13. Understand need to report accidents.   | <input type="checkbox"/> Competent | <input type="checkbox"/> Not Yet Competent |

**COACHING COMPETENCIES**

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

## SWEEPS DECLARATION FORM

**Course Date:** \_\_\_\_\_

**Course Venue:** \_\_\_\_\_

I agree the Surfboat Sweep Competency Checklist is a correct assessment of my sweeping ability.

Print Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

### ENDORSEMENT

On behalf of Surf Life Saving \_\_\_\_\_ I agree the above assessment is indicative of the  
(State)

sweeping ability of \_\_\_\_\_

of \_\_\_\_\_ SLSC.

I recommend that the candidate is competent for sweep accreditation

Print Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Sweep Accreditation Number: \_\_\_\_\_