

## **Organizing an ISA/ILS International Surf and SUP Instructor Aquatic Rescue and Safety Course**

### **About the Course**

The International Surfing Association (ISA) and International Lifesaving Federation (ILS) have partnered to establish a universally recognized, global standard water safety course for Surfing and Stand-Up Paddle (SUP) coaches and instructors. This course is specific to the Surf and SUP instructing environment and ensures that instructors have the skills and knowledge to provide emergency care and ensure water safety during their lessons.

*\*\*\* This is not a stand-alone beach lifeguarding course and is intended to complement the ISA Coaching and Instructing Program to meet the ISA requirement for all certified coaches to hold a valid, recognized water safety certification.*

*\*\*\* ISA/ILS Water Safety Course is a complement to the ISA Surf and SUP Coaching Courses which cover the technical aspects of coaching. This course focuses on the water safety of coaching and organizers of the ISA/ILS Water Safety Course should collaborate with ISA Course Presenters*

### **Course Details and Requirements:**

The course is run over two days and contains theory, practical components, and group activities. Assessment is competency based and successful completion is based upon the following:

- Full attendance of the training course and all practical assessments
- Basic Surf Fitness Test
- Competency in each of the Practical Assessments
- Completion of course participant workbook

**Basic Surf Fitness Test:** Run-Swim-Run to demonstrate surf skill competency, based on small to moderate surf conditions and to be completed within a 5-minute timeframe: Minimum of 100m run, negotiation of the inner surf zone with a swim of at least 100m through the surf and impact zone, 100m run. Course Presenters may extend the Basic Fitness Test depending on conditions and adjust the time-frame accordingly.

**Practical Assessments:** Unconscious Board Rescue, Basic First Aid Techniques in numerous scenarios, and Provision of Basic Emergency Care including CPR

### **Organizing Requirements:**

- Indoor Venue with a media projector for PowerPoint and Theory presentation
- Outdoor Location for practical components: Beach for Surf (preferably close to the indoor venue)
- Printed Manual and Workbook for all course participants
- Practical Assessments: Boards for Board Rescue and Manikins for CPR
- Refreshments – tea/coffee, lunch, etc. (Recommended but Not Mandatory)

### **Course Costs:**

Course Organizers are authorized to charge a fee of \$150 USD per course participant unless an alternate amount is agreed upon in advance with the ISA.

- Included in this is a ISA/ILS Registration Fee of \$75 USD per course participant which includes an international ISA/ILS Water Safety certification valid for two years
- The Course Organizer keeps the remainder of the registration fee

### **Course Delivery:**

The following are authorized to deliver this course:

- ILS Member Organizations with formal lifesaving qualifications and underpinning knowledge of the course competencies
- Individuals with formal ILS endorsed trainer/assessor qualification or those that demonstrate clear underpinning knowledge and ability to present the course
  - These individuals must submit a CV + qualifications to the ISA/ILS for review and approval. These should be emailed to [alexreynolds@isasurf.org](mailto:alexreynolds@isasurf.org)

### **Course Protocol:**

The proper protocol for organizing the ISA/ILS Water Safety Course is as follows:

1. Course Organizer notifies ISA Membership and Development Department ([alexreynolds@isasurf.org](mailto:alexreynolds@isasurf.org)) of proposed course dates, details, and presenter
2. ISA/ILS authorizes the course to be run
3. Course Participants register and pay for the course to the Course Organizer
4. Course Organizer sends through course registration list with every participant's registration information
5. ISA issues an invoice to the Course Organizer (\$75 USD registration fee per participant)
6. Course Organizer pays the invoice (Within 30 days)
7. ISA issues ISA/ILS Water Safety Certification to participants (within 5 business days)