



# Surf Life Saving Australia

## Sweep Accreditation Assessment Tool

August 2016



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# Overview

The purpose of this course is to provide participants with the skills and knowledge to become a Surf Boat Sweep allowing them the opportunity to compete in SLSA competitions and activities.

## What is a Surf Boat Sweep?

A surf boat sweep is responsible for the following:

- Steering the boat
- Surf negotiation
- Decision making
- Health, safety and wellbeing of the crew, other boats and members of the public.

Effective Sweeps have excellent communication skills and the ability to inspire and motivate their crew.

## Who can qualify?

### Prerequisites

To attempt a sweep accreditation assessment, candidates will need to:

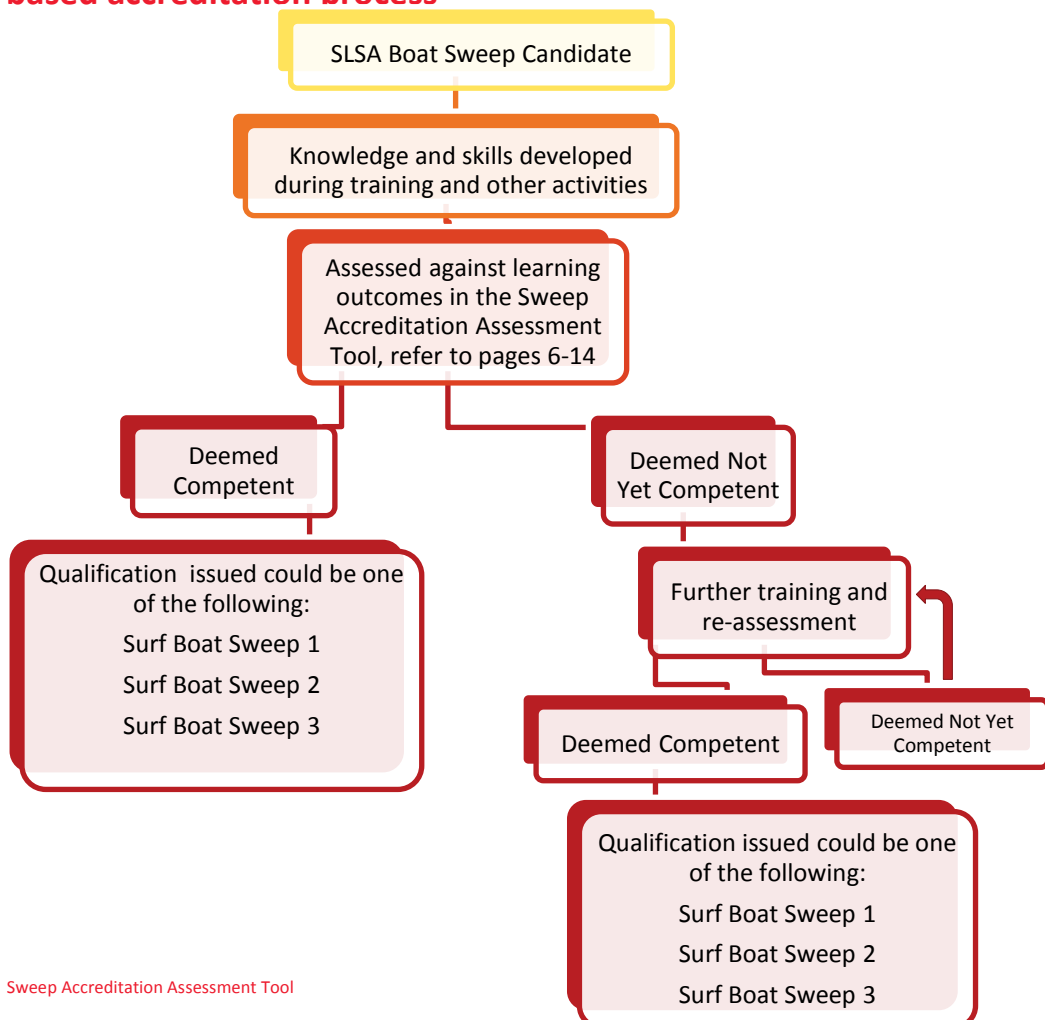
- Hold a SLSA Bronze Medallion and be at least 16 years old

## Assessment

The assessment process includes 3 main stages:

1. **Prepare the assessment** - State and SLS associations to allocate assessors.
2. **Conduct assessment** – assessors will use the assessment tools on pages 6-14.
3. **Record and review the assessment** – assessors will provide State centres completed assessment forms and results. State centres will process and allocate Sweep Accreditation awards.

## Competency based accreditation process



# Terminology Key

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## Surf Boat Sweep Qualifications

Surf Boat Sweep 1 = S1 Pre Competition Sweep

Surf Boat Sweep 2 = S2 Restricted Sweep

Surf Boat Sweep 3 = S3 Unrestricted Sweep

## Sweep Mentor

- The purpose of a Sweep Mentor is to educate and guide new Sweep's through the qualification pathway.
- Accredited Sweeps that currently hold their Level 1, 2 or 3 Coach Award can mentor new Sweeps.
- Sweep Mentors can be identified to SLSA through the ASRL and State Centre's.

## Sweep Assessor

- The purpose of a Sweep Assessor is to assess new Sweep's aiming to progress through the qualification pathway.
- Sweep Assessors can be identified to SLSA through the ASRL and State Centre's.
- At least two Sweep Assessors will be required to sign off Sweeps progressing from S2 to S3.

## Boat Crew

- A boat crew consists of five competitors made up of four rowers and one surf boat sweep.

## Reaccreditation Process

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- This applies to current Sweeps, S2 Sweeps and S3 Sweeps that hold one of the following awards:
  - Level 1 Coach
  - Level 2 Coach
  - Level 3 Coach
  - Development Coach
- Reaccreditation must be attained within the period of the coach license and prior to December 31<sup>st</sup> in the year the license expires.
- Sweeps that currently hold their Level 1, 2 or 3 Coach Award will obtain an S3 award after reaccreditation.
- Complete F064 Surf Coach Re-Accreditation and send to State centres.

## Forms

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- State centres provide allocated assessors the Sweep Accreditation Tool.
- State centres provide F063 the New Surf Coach Application form.
- F064 Surf Coach Re-Accreditation can be found on the Members Portal under: Sport – Coach Education – Accreditation and Reaccreditation.
- Contact SLSA IT Helpdesk for the Water Safety App request form.
- Contact SLSA for the Water Safety Policy 1.1.

**Note:** Prior to the commencement of any training or competition a risk assessment must take place by a qualified Sweep Mentor, Assessor or the Competition Committee. Qualified personnel must be satisfied that the surf conditions are satisfactory for training or competition. Assessment tools may be used to assist in the assessment process, refer to the Water Safety Policy 1.1 or download the SLSA Water Safety App. If at any stage there is unreasonable risk of serious injury to the competitors the qualified personnel should conclude training or competition.

# Sweep Accreditation Pathway

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## **S1 - Pre-Competition Sweep**

- Stage 1 is for beginner Sweeps.
- Under the guidance of a qualified Sweep Mentor the beginner Sweep will learn the art of sweeping on smooth or choppy water.
- This is a pre-competition level designed for beginner Sweeps to fast track their knowledge base, required before commencing in competition.

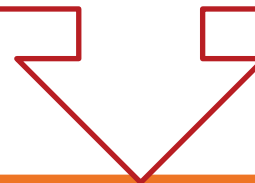


## **S2 - Restricted Sweep**

- Stage 2 is for intermediate Sweeps who wish to progress into the competition phase.
  - S2 Sweeps will remain under the guidance of a qualified Sweep Mentor.
  - S2 Sweeps can compete in Non-Championship events without a coaching award.
- To be able to compete in Championship events, you must obtain the Development Coach certification.
- If conditions exceed level 13 at both non and championship events, you will be ineligible to continue.
- During this phase S2 Sweeps will be continually monitored and assisted by their nominated Sweep Mentor.



- In order to progress to S3, S2 Sweeps must have completed all of the above and be deemed competent by their nominated S3 Sweep Assessors.



## **S3 - Unrestricted Sweep**

- Stage 3 is for advanced Sweeps who can demonstrate a high level of knowledge across the field.
  - S3 Sweeps can compete in all levels of competition.
  - Once deemed competent as a S3 Sweep, all restrictions are lifted.
- This is also the pool from which Sweep Mentors and Sweep Assessors are chosen by the ASRL and/or State Centre's. No further qualifications required.

# Sweep Accreditation Assessment Tool

## S1: Pre-Competition Sweep

<b>Candidate Details</b>	
Name:	
Email:	
Club:	
Sweep Mentor:	
Date of Assessment:	

### Hazard & Safety Assessment

Outcomes:	C	NYC	Comments
Understand how to identify the following hazards in a surf environment: <ul style="list-style-type: none"> <li>Rip currents</li> <li>wave type, shore dump</li> <li>debris, seaweed</li> <li>sand bars, holes</li> </ul>			
Understand the principles of boat positioning. <ul style="list-style-type: none"> <li>Dangers of sideways craft</li> <li>Capsizing</li> </ul>			
Crew members must understand how to control a surf boat. <ul style="list-style-type: none"> <li>Unattended oars</li> <li>Crew holding against current</li> <li>Keeping the boat level</li> <li>Surf boat positioning</li> <li>Concentration</li> </ul>			
Understand how to seek assistance when making decisions. <ul style="list-style-type: none"> <li>Utilise experienced Sweeps</li> <li>Never be afraid to ask</li> </ul>			
Understand your duty of care towards the crew and members of the public. <ul style="list-style-type: none"> <li>Understand surf conditions</li> <li>Brief the crew so they know what to expect</li> <li>Ensure crew are concentrating</li> <li>Know your capability level and the capabilities of your crew</li> <li>Never take risks</li> <li>Be vigilant, always look out for boats and swimmers</li> <li>Allow space for error when operating near swimmers and craft</li> </ul>			
Understand how to maintain a surf boat and its equipment. <ul style="list-style-type: none"> <li>Regularly check screws and foot stretchers</li> <li>Make sure the boat has no sharp edges</li> <li>Demonstrate boat setup and stowage</li> </ul>			
Demonstrate safe lifting techniques. <ul style="list-style-type: none"> <li>Straight back when lifting</li> <li>Make sure you have enough manpower</li> <li>Lifting towards the centre provides better control and clearance</li> <li>Understand how injuries can occur and how best to mitigate the risk</li> </ul>			

Balance			
Display ability to maintain a balanced position and stance:	C	NYC	Comments
On smooth water. <ul style="list-style-type: none"> <li>• Must be able to stand</li> <li>• Take movement through legs, don't stand stiff legged</li> <li>• Learn correct foot positioning</li> </ul>			
On choppy water (not yet waves). <ul style="list-style-type: none"> <li>• Develop balance and correction through the legs</li> <li>• Position feet correctly to set up correct stance and balance</li> </ul>			
In windy conditions. <ul style="list-style-type: none"> <li>• Judge the need to lay off or travel into the wind as required</li> <li>• Boat may have a different track to heading depending on wind strength</li> </ul>			
Through broken wave zone (half a metre). <ul style="list-style-type: none"> <li>• Progress to wave area once balance and steering have been mastered</li> <li>• Start on small slow waves</li> </ul>			
Keeping boat balanced for crew. <ul style="list-style-type: none"> <li>• Key role for any sweep</li> <li>• An unbalanced boat can't be rowed properly</li> <li>• Learn the skill on flat water</li> <li>• Watch the gunwales and understand when the boat is level</li> </ul>			

Steering			
Display ability to steer the surfboat in a controlled manner:	C	NYC	Comments
On smooth water. <ul style="list-style-type: none"> <li>• Learn to run with an almost flat blade</li> <li>• Learn the art of steering with slight handle movement adding pressure</li> <li>• Do not steer the boat with a vertical sweep blade, that is used in a surf zone <u>only</u></li> </ul>			
In choppy conditions. <ul style="list-style-type: none"> <li>• Attempt after mastering flat water steering</li> <li>• Anticipate any side chop, transfer weight through feet</li> <li>• As a general rule steer the boat into the chop, this can vary during competition depending on the turn can position</li> </ul>			
In windy conditions. <ul style="list-style-type: none"> <li>• Balance and weight distribution is critical</li> <li>• Use the wind to steer the boat at an angle then straighten as and when required</li> </ul>			
Through broken wave zone (half a metre). <ul style="list-style-type: none"> <li>• Negotiate the surf</li> <li>• Start learning in unbroken small swell</li> <li>• Judge boat speed and distance travelled</li> <li>• Understand how many strokes are required in-between waves</li> <li>• Set the boat up to steer into the wave, avoid side on positioning</li> </ul>			

## SLSA Sweep Assessor Recommendations

The candidate is assessed as competent in all of the areas	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Feedback to candidate:			
Summary of feedback provided to candidate:			
Date:			
Sweep assessor name:		Sweep Assessor Signature:	



## S2: Restricted Sweep

<b>Candidate Details</b>	
Name:	
Email:	
Club:	
Sweep Mentor:	
Date of Assessment:	

General Knowledge			
Outcomes:	C	NYC	Comments
Understand Surf Sport Manual rules and regulations.			
Respect competition officials. <ul style="list-style-type: none"> <li>Understand the importance of officials</li> <li>Build rapport with the officials</li> <li>Work with the officials not against them</li> </ul>			
Equipment management and boat handling techniques. <ul style="list-style-type: none"> <li>Reinforce what was taught in S1</li> </ul>			
Exhibit a heightened level of surf awareness. <ul style="list-style-type: none"> <li>Demonstrate ability to identify dangers</li> <li>Riding a boat or ski is a great way to understand the run of the ocean</li> <li>Understand surf boat weight and acceleration</li> <li>Always assess changes in surf conditions with tide and wind</li> </ul>			
Understand capabilities of the crew. <ul style="list-style-type: none"> <li>Each crew will operate the boat differently</li> <li>Understand what those differences are; speed, power, experience</li> </ul>			
Understand your own capabilities. <ul style="list-style-type: none"> <li>Test yourself</li> <li>Set goals, ask questions, ask higher level sweeps to assess you from time to time</li> </ul>			
Understand the need to be aware of surrounding crew capabilities. <ul style="list-style-type: none"> <li>Understand capabilities of other sweeps and crews around you</li> <li>If in doubt never take off on a wave beside another crew</li> <li>There is heightened risk when selecting waves during competition, be mindful of this</li> </ul>			
Demonstrates excellent decision making and the ability to avoid taking risks. <ul style="list-style-type: none"> <li>Understand your own and crews capabilities</li> <li>Practice putting yourself under manageable pressure during training and not in competition</li> <li>Taking risks requires a high level of experience and the ability to read and understand the surf conditions</li> <li>Analyse more advanced crews and sweeps to improve your knowledge and understanding of surf negotiation</li> </ul>			

## Sweeping Fundamentals

Outcomes:	C	NYC	Comments
Display ability to control the boat in large surf (over one metre). <ul style="list-style-type: none"> <li>Surf negotiation</li> <li>Balance and steering</li> </ul>			
Demonstrate ability to remain on your feet. <ul style="list-style-type: none"> <li>Sweeping without sitting down or bending over</li> <li>Stand tall, the power for sweeping starts in the foot platform and comes up through the body</li> </ul>			
Maintain pressure on the blade. <ul style="list-style-type: none"> <li>A blade allowed to lose contact with the water is a blade out of control</li> <li>You are steering an eight metre displacement hull that has a mind of its own so constant pressure at the required degree is essential</li> </ul>			
Maintain blade in contact with water. <ul style="list-style-type: none"> <li>The only time a blade should clear the water is when the surf boat is punching through a wave</li> <li>When returning to shore the blade should maintain contact with the water otherwise the Sweep could lose control</li> </ul>			
Steering and positioning to avoid collisions. <ul style="list-style-type: none"> <li>Know your planned course by pre-reading the surf</li> <li>Safety first so if another craft drifts into your line then shift, two boats coming together never ends well</li> </ul>			
Demonstrate ability to control the boat in surf conditions whilst proceeding out to sea and returning to shore. <ul style="list-style-type: none"> <li>Display ability to balance and steer the boat in surf conditions</li> <li>Remember the key rule is to always keep the nose or tail of the boat facing into the wave</li> <li>Important that every crew member understands this so they can control the boat when the Sweep isn't in the boat</li> </ul>			
Ability to control the boat whilst on a run and in the surf zone. <ul style="list-style-type: none"> <li>This is all about balance, preparation and selecting the correct wave</li> <li>Don't take any wave that comes, pick the one you can control</li> </ul>			
Knowledge of handling a boat in a slew or broach situation and of maintaining crew safety. <ul style="list-style-type: none"> <li>Crew must be taught the principle of high side</li> <li>Crew must understand no fingers on gunwales</li> <li>Crew can assist in control and straightening boat by shifting the weight from side to side</li> </ul>			
Knowledge of commands and ability to deliver them clearly and punctually. <ul style="list-style-type: none"> <li>Develop your set of calls for all in boat activity and stick to them</li> <li>Under pressure your calls must be loud, clear and consistent</li> </ul>			
Understand principles of coaching and communicating with crew. <ul style="list-style-type: none"> <li>Continue researching so that you are up to date with rules and regulations</li> <li>Crews need to be able to trust that you have their best interest as a priority and that you know what you're doing</li> <li>Provide constructive feedback, don't blame the crew for your mistakes</li> <li>Understand the crews individual learning styles</li> </ul>			

Starts and Turns			
Display ability to steer the surfboat in a controlled manner:	C	NYC	Comments
Understand basic principles of start techniques			
Respect and read the surf, demonstrate ability to negotiate the surf safely			
Understanding that punching all types of waves can result in safety issues, this needs to be avoided			
Understand the various types of buoy turns			
Show ability to undertake buoy turns and not impede other crews			
Understand the steering line required to return through the gate can			

Reading the surf			
Display ability to steer surfboat in a controlled manner:	C	NYC	Comments
Understand different wave types and its effect on the surf boat whilst proceeding out to sea			
Respect when to proceed and when to sit in the surf zone			
Understand the difference in speed, power and ability between crews and adjust accordingly			
Understand how the surfboat will react to different wave types whilst returning to shore			

General Technique			
Display ability to steer surfboat in a controlled manner:	C	NYC	Comments
Display good body position in all aspects of the race			
Understand the use of the quarter bar			
Understand the benefits and effect of <b>front on</b> verses <b>side on</b> stance			
Understand the benefits and effect of <b>one handed</b> verses <b>two handed</b> sweeping methods			
Show a developed understanding of trimming the crew on a wave using the various options			

## SLSA Sweep Assessor Recommendations

The candidate is assessed as competent in all of the areas		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Feedback to candidate:			
Summary of feedback provided to candidate:			
Date:			
Sweep assessor name:		Sweep Assessor Signature:	
Sweep assessor name:		Sweep Assessor Signature:	

## S3: Unrestricted Sweep

<b>Candidate Details</b>	
<b>Name:</b>	
<b>Email:</b>	
<b>Club:</b>	
<b>Sweep Mentor:</b>	
<b>Date of Assessment:</b>	

### Sweeping Competencies

<b>Outcomes:</b>	<b>C</b>	<b>NYC</b>	<b>Comments</b>
Provide crew constructive feedback			
Respect all rowers			
Participation by the crew should be enjoyable			
Listen to the crew			
Demonstrate ability to avoid unrealistic expectations in training and competition			
Communicate effectively with different personality types			
Exhibit knowledge and understanding of effective rowing technique			

### Overall Boat Control

<b>The sweep will have advanced knowledge, skills and understanding in all areas including:</b>	<b>C</b>	<b>NYC</b>	<b>Comments</b>
Pre-race crew and boat preparation			
Negotiating surf break			
Wave selection and boat trimming on the wave			
Keeping the boat trimmed			
Boat and oar gearing and general setup			

## SLSA Sweep Assessor Recommendations

The candidate is assessed as competent in all of the areas	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Feedback to candidate:			
Summary of feedback provided to candidate:			
Date:			
Sweep Assessor name:		Sweep Assessor Signature:	
Sweep Assessor name:		Sweep Assessor Signature:	