



ISA Water Safety Course Overview

The ISA requires that all certified instructors hold a valid, recognized water safety certification. This is to ensure that an instructor has the skills and knowledge necessary to provide emergency care and ensure water safety during a lesson. The ISA Water Safety Course is specific to Surf and SUP Instructors and its contents are outlined below:

Course Components

The ISA Surf and SUP Instructor Aquatic Rescue and Safety Course includes both theory and practical components as well as group discussions and group activities.

- The theory components include a PowerPoint Presentation and Participant Workbook.
- The practical components include basic water/surf skills, completing patient rescues using a board, performing basic first aid, performing basic CPR and emergency care techniques and successfully completing a basic fitness test.

The Basic Surf Fitness Test will be as a minimum the following

- 100m run
- Negotiation of the inner surf zone with a swim of at least 100m through the surf and impact zone
- 100m run

This is to be done showing surf skill competency and within a 5 minute time frame. It is based on small to moderate surf conditions. A Course Presenter may extend the course of the Basic Fitness Test, in which case, the time frame might also be adjusted, depending on conditions.

Course Practical Assessments

The ISA Surf and SUP Instructor Aquatic Rescue and Safety Course Assessment is a competency based assessment. Participants have to show competency in the following Practical Skills

- Unconscious Board Rescue
- Basic First Aid techniques in numerous scenarios
- Provision of Basic Emergency Care including CPR

Successful Course Completion

To successfully complete the ISA Surf and SUP Instructor Aquatic Rescue and Safety Course, all participants must

- Satisfy the Course Pre-Requisites
 - Attend and be present for the full Course Training and Assessment sessions as determined prior to the start of a course
 - Show competency in all theory components including successful completion of the Participant Workbook
- Show competency in all practical components of the Course including Board Rescue techniques, basic first aid techniques and satisfy the basic fitness components.