

ASI Surf Safety and Awareness
Level 1

Course Outline

Aim	Demonstrate surf awareness, safety and self-rescue skills to safely participate in activities in the surf environment.
Conditions	Ocean surf – swell up to ½ metre (1 ½ feet)
Outcomes	<ul style="list-style-type: none"> • Understand the surf environment • Types of waves and their dangers • Identify rips and how to get out of them • Understand beach information and warning signs • Identify surf hazards and how to avoid them • Choose a safe swimming location • Demonstrate skills in swimming, bodysurfing, floating and treading water • Methods to negotiate through the surf • Methods to come in from the surf • Use self rescue techniques
Pre-requisites	<ul style="list-style-type: none"> • Swim 50 metres
Resources	<ul style="list-style-type: none"> • ASI Surf Safety & Awareness manual & student workbook
Qualification	ASI Certificate of Achievement Level 1 Surf Safety & Awareness
Units of Competency	<ul style="list-style-type: none"> • Apply surf awareness and self-rescue skills



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