

NSSIA Non-Certified Surf Instructors Training Course

National Surf Schools & Instructors Association

Based on the Following Sources:

Teaching Surf Instructors to Teach

The Complete Surfing Guide for Coaches

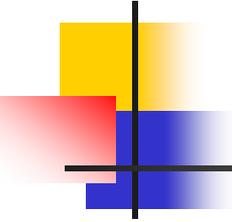
How to Surf.Net

The Surfing Goroo Learn to Surf Guide

The Surfrider Foundation



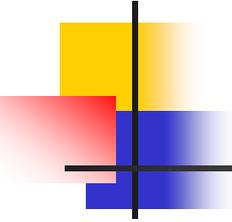
SURF INSTRUCTOR REVIEW – Part I



Surf Schools Have a Problem

- The sport (both SUP and surfing), continues to grow as is the demand for instruction and coaching.
- Many opportunists with little experience have stepped forward to teach at surf schools.
- Advanced skills are necessary to teach surfing without endangering either your employer or your students.

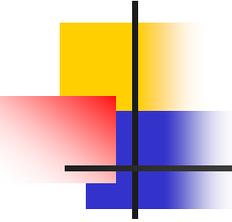




The NSSIA

The National Surf Schools and Instructors Association (NSSIA) is a professional IRS non-profit industry association created by a group of the sports most recognized surf school leaders to establish cooperation between surf schools, surf instructors, and surf coaches.

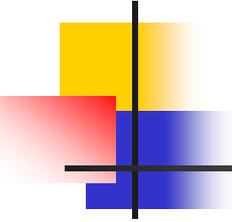




What does this mean to me?

- Although you are not certified, it means you are part of a worldwide organization of recognized professionals and following their recommendations will keep you from having legal problems.
- Many schools around the world seek out instructors who have worked at NSSIA accredited schools.

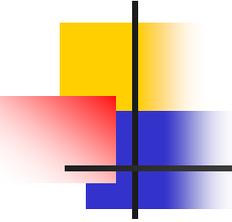




NSSIA Surf Schools

- Owners of NSSIA school want to provide their students with the safest and best instructors available.
- To achieve this goal, all instructors require basic surf training techniques, safety training beyond simple first aid, and a firm understanding of the laws that can impact their actions with students.

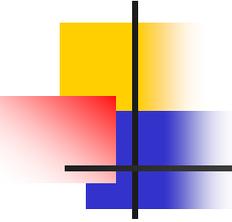




Why This Course

- Your employers want to legally protect themselves from improper actions by their instructors.
- As an instructor, you are the first responder who works directly with students.
- If there is an injury and a lawsuit, “due diligence” is your primary protection.





What does this mean to me?

- It means you are part of a process called “Due Diligence”.
- You work for a NSSIA accredited school.
- Therefore, it is our intent that you perform well above the average instructor and will not cause your school or yourself undue harm.



Protection is a Key Part of Due Diligence

External Risks

Injury/accident

Internal Risks

Sexual Harassment
Injuries
Legal Issues



Risk Management

Good Business Environment

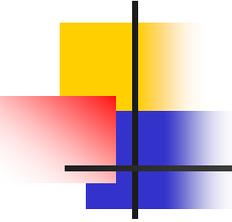
Business Strategy

Due Diligence

Student Warm-up
Student Waiver
Student Safety Training
Student Etiquette Training

Employee Training
Employment Agreement
Good Equipment
Insurance
Emergency Response Plan

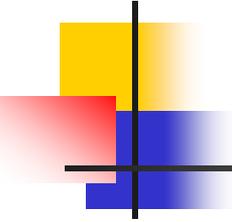




NSSIA is Based on Knowledge Sharing

The NSSIA creates cooperation between surf schools and instructors to share their knowledge in teaching techniques and new ideas, thereby furthering NSSIA's commitment to delivering the best available world class surf instruction.

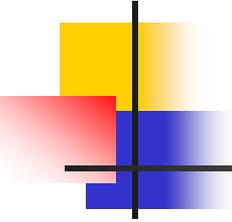




What does this mean to me?

- It means you are being taught most of the absolute best techniques used by surf instructors all over the world.
- Regardless of what anyone says, no one knows everything and everyone can use the knowledge we share.

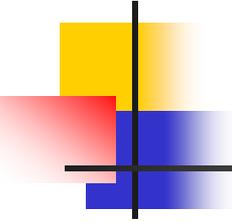




Certification Bodies

- There are many schools who advertise that their instructors are “certified” or that they can certify instructors.
- Besides the NSSIA, there are three “official advertised” certification bodies for surf and one for SUP instructors.
 - The World Surf League (WSL) and by default Surf America, uses a program originally based on an Australian coaching certification course to certify surf instructors and schools.
 - Association of Surfing Instructors (ASI) is a small Australian-based organization that uses an academically accepted format to deliver their instructional program.
 - The World Paddle Association and various others offer a water safety “SUP certification” class.





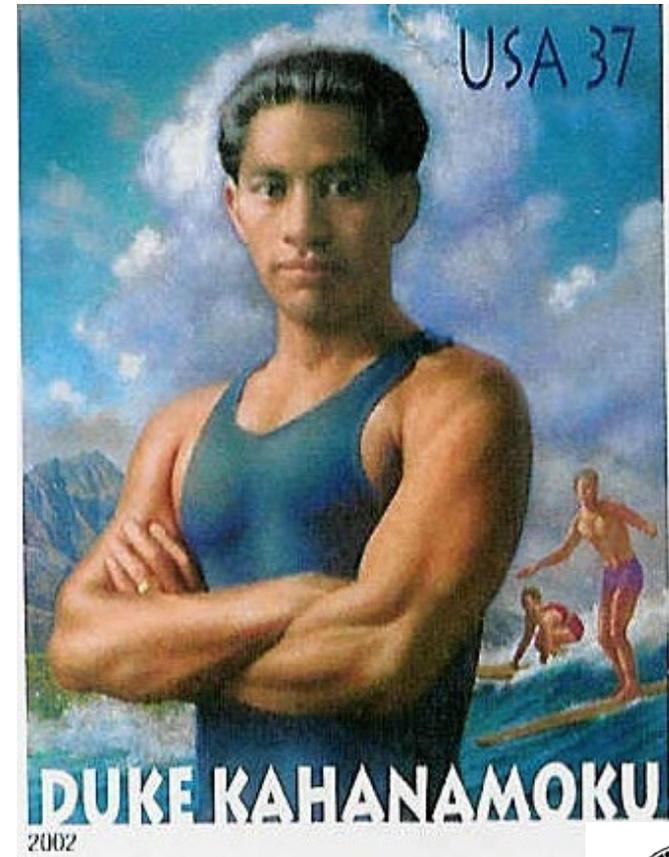
What does this mean to me?

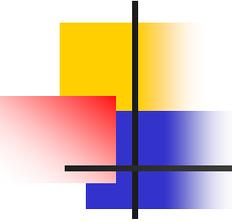
- The NSSIA certification and accreditation program is the only Surf and SUP certification program recognized by governments all over the world.
- It is also your best chance of being successful if you run into legal troubles due to your instruction.



All instructors should know

- The Duke
 - Olympic swimming champion, Duke Kahanamoku 1st brought surfing to Australia and the US.
 - Called the father of modern surfing.

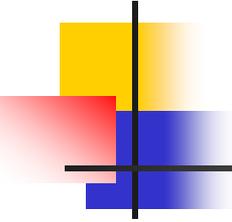




Historical Surfing Organizations

- United States Surfing Association
- Western Intercollegiate Surfing Council
- HB HS District – Sunset League (1st League)
- National Scholastic Surfing Association
- Association of Surfing Professionals
- Interscholastic Surfing Federation
- Surfrider Foundation
- United States Surfing Federation 1990s
- Surf America 2000s
- World Surf League is the current pro league

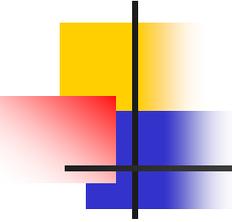




NSSIA's Education Model

- The Mastery Education Model
 - The NSSIA training techniques employ the mastery learning approach
 - Mastery training divides surfing skills into units that have predetermined objectives or expectations.
 - Basically, teach what the student doesn't know rather than just repeating what they know over and over again.
 - This technique is a well known successful technique in the academic world.

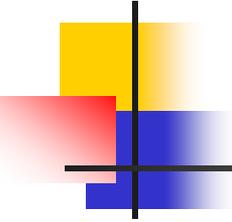




Mastery Model Application

- Mastery approach allow flexibility in teaching both instructors and beginning students.
 - Teaching the missing parts of surfing knowledge can be tailored for each student.
 - The instructor recommends additional information sources for learning outside the formal lesson for those who need it.

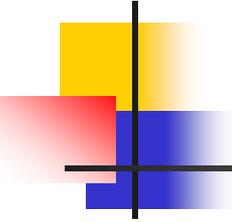




What does this mean to me?

- The model you use for training students is widely understood and accepted in the field of education.
- A better formal training model for beginning surfers and for instructors does not exist.
- This is the basis of the NSSIA's training programs.





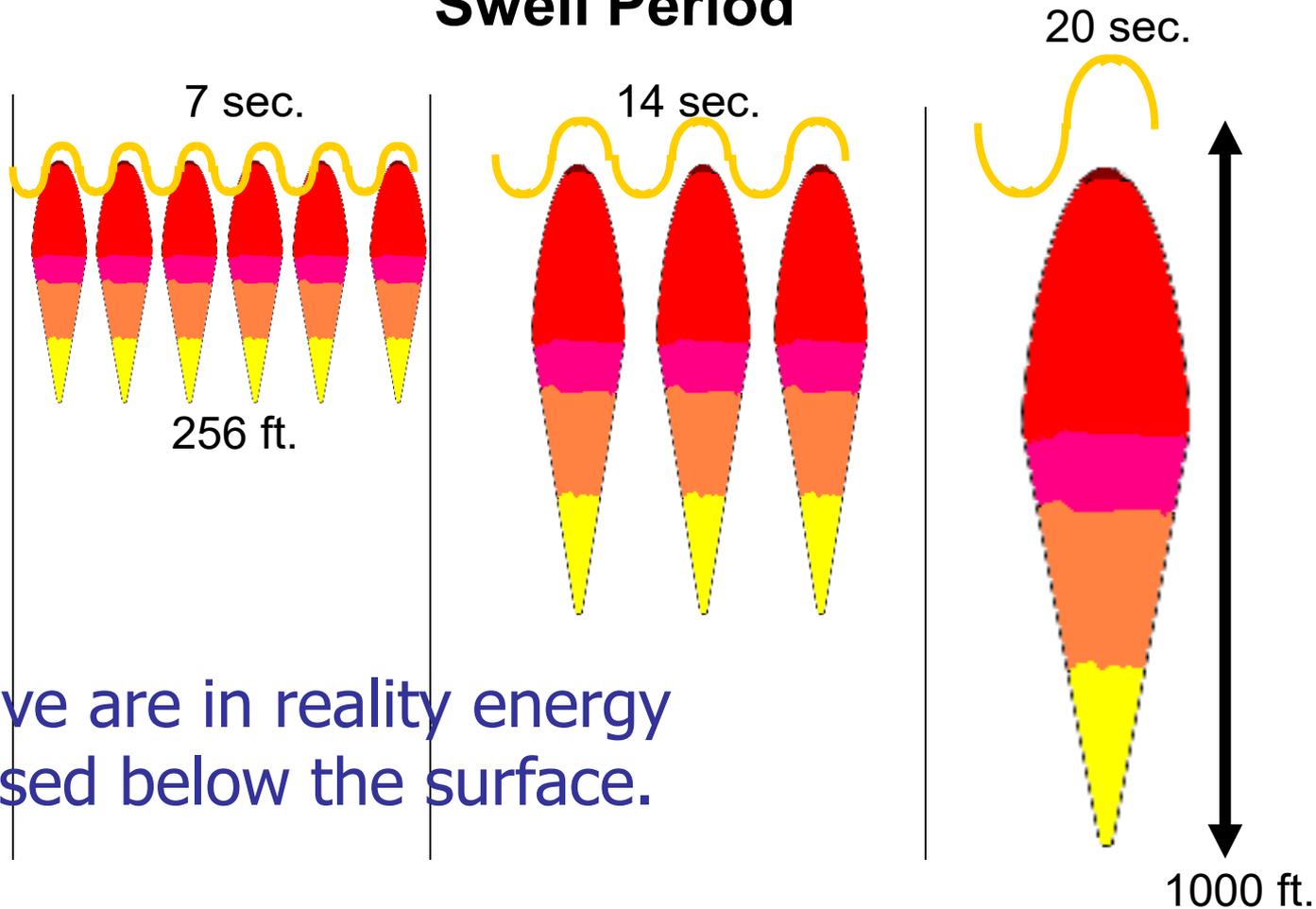
Beaches

- Beach Environment
 - Beaches are not static piles of sand
 - Ocean currents cause beaches to move constantly in the direction of the prevailing currents called drift.
 - Instructors and students must protect our beaches and keep them clean.
- Tell students not to damage sand dunes and to put trash in the proper receptacle.
- “Leave only your Footprints”



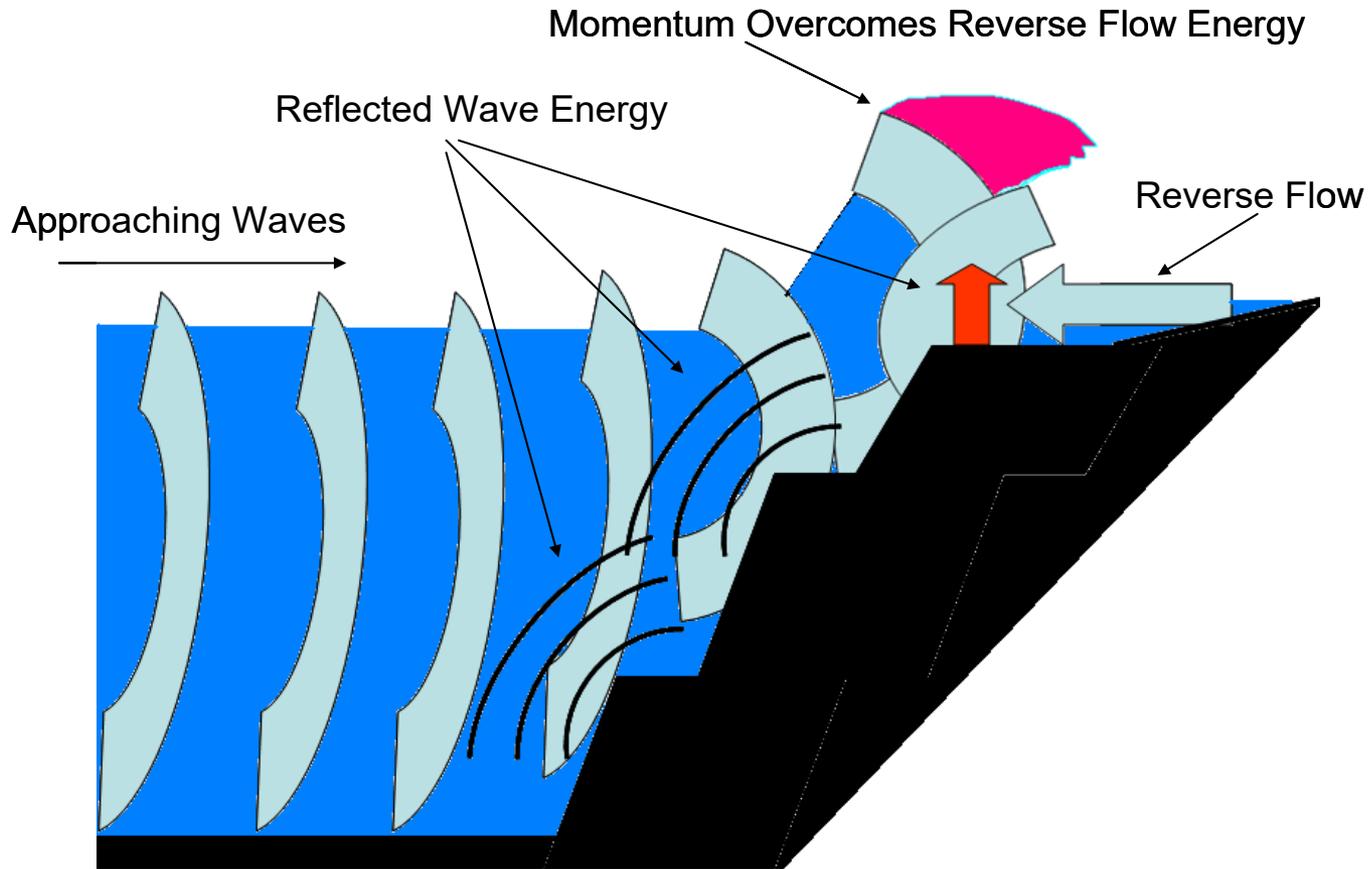
Wave are formed by wind traveling across the water

Swell Period

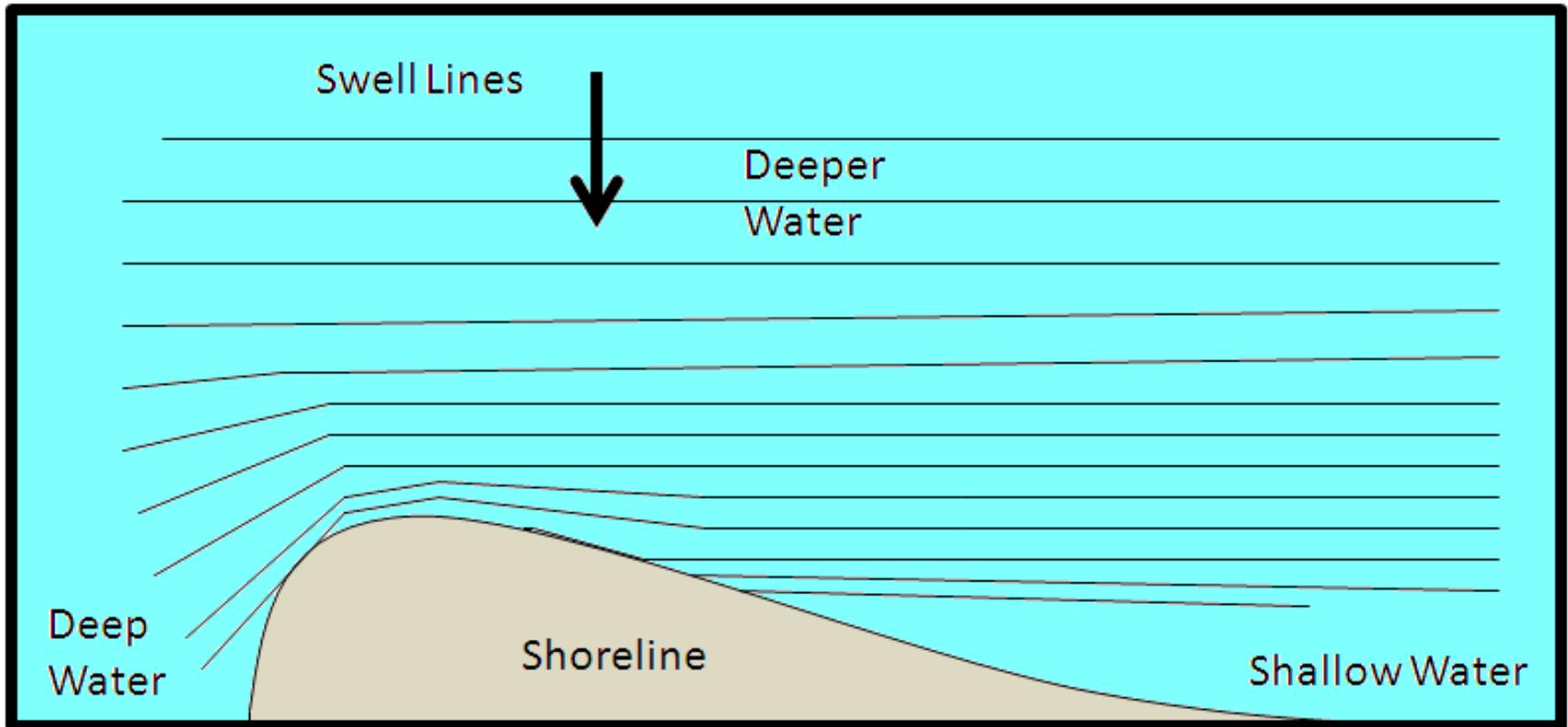


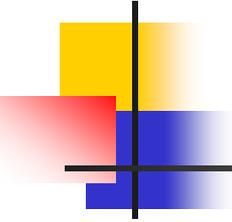
Wave are in reality energy pulsed below the surface.

Wave Energy Reflections



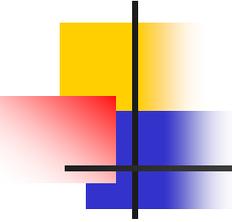
Wave Refraction Viewed from Above





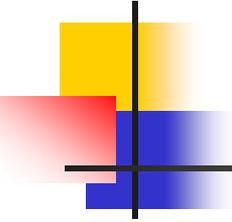
Teaching in Various Conditions

- Surf schools must be able to deal with four types of situations regarding surfing conditions:
 - **1. big ugly, nasty surf 2. small, tiny surf 3. perfect surf 4. no surf.**
 - Perfect surf can be any size, depending on whom you are teaching.
 - *When in doubt – cancel out*



Psychosocial Development

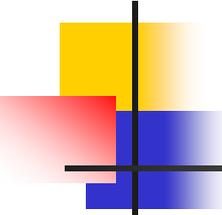
- A major driving factor in why youth want to surf.
- Personality develops in a series of stages.
 - One of the main elements is the development of ego identity.
 - Ego identity is the conscious sense of self that we develop through social interaction.



Importance of Recreation

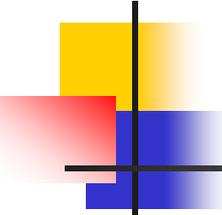
- The importance of recreation in developing the physical, psychological and social abilities of children and youth is well documented.
 - Personal development is based on personal experience plus the contribution of recreation to fostering the biological development and moral, social and civic activities of youth.
 - Sport Psychology is the “study of the mental factors that affect and are affected by participation and performance in sport, exercise, and physical activity”.





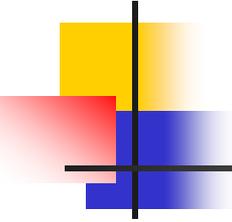
Accomplishing Surf Goals

- Surfing provides a sense of competence that also motivates behaviors and actions, plus supports peer pressure acceptance.
- If the young person learns to surf they will feel a sense of mastery, which is sometimes referred to as ego strength or ego quality.
- Once started, if their surfing does not go well, the person may emerge with a sense of inadequacy.



Putting it All Together

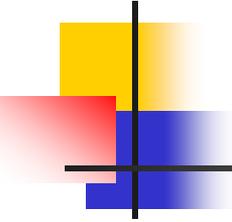
- The motivation for young people learning to surf can be summarized below.
- Youths themselves do not necessarily realize these motivators.
 - sense of competence
 - biological development
 - acquisition of physical skills
 - moral and social abilities
 - development of personal identity
 - self exploration
 - self esteem and ego
 - peer pressure and acceptance



Adult's Learn Differently

- Adults usually come with experience around the water
- Adults prefer to participate rather than just listen
- Adults need to maintain their self-esteem even when they are physically challenged
- Adults are motivated by results and want to see their own progress from lesson beginning to end
- Adults respond more favorable to collegial, self directed approach to learning rather than a directive approach, i.e. show them how and then let them try themselves
- Adults prefer practical information

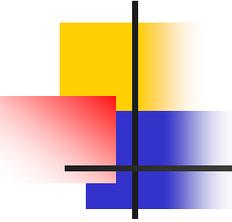




What does this mean to me?

- It means adults and children learn differently and their motivations are usually different.
- The instructor must be aware of the differences and teach accordingly.
- Small group lessons of not more than 3 work best teaching either adults or kids.



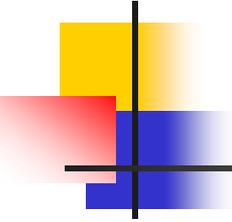


Instructor Competencies

- Delivery Formats

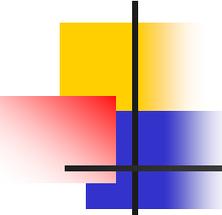
- **Hard skills are the methods, processes, procedures, techniques and the use of outdoor equipment to gain competencies in surfing.**
 - Hard skills are the commonly addressed and developed skills exhibited by surf instructors.
- **Soft skills are defined as interpersonal and human relations skills; in other words "people skills."**
 - The social component of soft skills incorporates the group interaction and welfare of the surf program participants.





The Pre-Lesson Process

- Set up your board stand, drying rack, beach chairs, sun tent, table and everything else you might need.
- Address all the legal issues that must be taken care of.
- Absolutely tell your students that surfing is an extreme sport and they can get hurt if they don't listen.



Legal Issues During Lessons

■ Liability Laws

- *Make students/guardians read and sign the waiver.*
- *Tell students that surfing is an extreme sport and injuries are possible.*
- *Tell students to notify you immediately if something doesn't feel right*
- *Learn safety training and have first-aid kit available.*

■ Sports Coaching Laws

- *Make sure you tell students to warm-up*

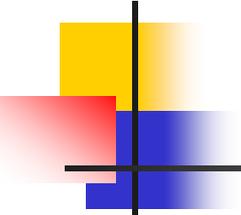
■ Sexual Harassment Laws

- *Tell students you may need to grab them on an ankle or leg to prevent injury (implied consent)*

■ Littering Laws

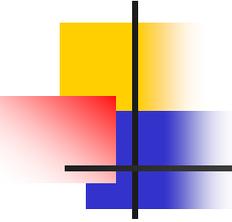
- *Bring a trash bag and tell students to leave only their footprints.*





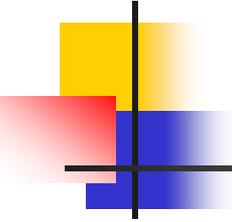
Who must comply

- Liability Laws
 - Instructor and Owner
- Sports Coaching Laws
 - Instructor
- Sexual Harassment Laws
 - Instructor and if no training for instructor – the owner
- Littering Laws
 - Owner and Instructor



Serious Injuries

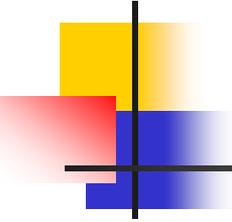
- **You must absolutely explain about injuries before the lesson starts**
- Tell students to let you know immediately if they feel light headed, dizzy, shortness of breath, lower back pain, or numbness in their legs or back.
- Any of the above and the lesson ends.



Endangerment - You are Responsible

- **Some issues with the Child Endangerment Act you must realize.**
 - If you are trying to teach a juvenile and the cry or do not want to go in the water, you must end the lesson regardless of what the parent says.
 - Failure to end the lesson is a violation of the Act and federal law. You can go to jail, not your employer.





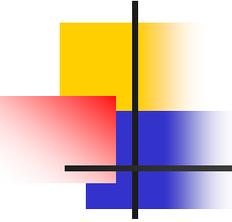
Endangerment - You are Responsible

- If you are teaching more than one child and one wants to go in before the lesson ends.
 - You must directly hand that child off to a parent or another responsible adult or instructor on the beach.
 - Otherwise, if the child gets hurt on the beach, YOU are directly responsible.

What does all this mean to me?

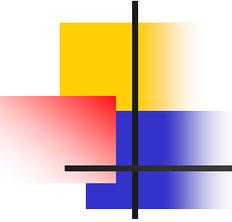
- It means there are both federal and state laws that instructors and business owners must comply with.
- You can go to jail for doing certain things and so can your employer.
- Don't put yourself or your employer in jeopardy or cause a massive fine for the business





Learning Names

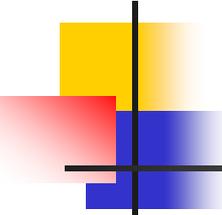
- Being able to call out to your students by name is one of the hardest skills to master but it will greatly help to improve your ability to teach amid the noise of waves rolling in, and the constant talking going on while in the surf.
 - Four to five is the practical limit on how many names an instructor can immediately learn?



Instructor Motivation

- To get extraordinary results out of your instructors, school owner needs to?
 - Get to know them personally
 - Learn their strengths and weaknesses
 - Help them to eliminate their weaknesses through structured training
 - Treat each instructor fairly and objectively
 - **Instructors should expect this**

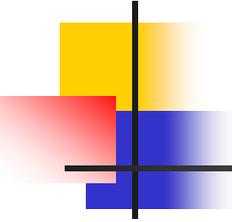




Waivers that Protect

- The signed waiver is the **first line of defense**.
- To protect everyone waivers must address:
 - The signer must recognize that surfing is an extreme sport and that participants can and do get injured on occasion.
 - The signer specifically and forever releases both the instructor and the business from all liability for injuries or damages sustained during the lesson, including sunburns, while going to and from the lesson, and while participating in future surfing activities.
 - The signer accepts all responsibility for their personal actions and behavior that may cause injury to other students or surfers in the water.
 - The signer agrees to obey safety and surf etiquette as described by the instructor.
 - The signer consents to the release and use of any pictures taken during the class for marketing purposes.
 - The name of each family member who is a student is included in the waiver signed by his or her legal guardian.





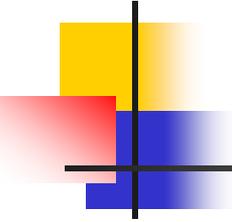
What does this mean to me?

- It means that the instructor must absolutely make sure each student and/or responsible adult has read the waiver before signing it.
- Someone who signs quickly can claim after that you didn't give them time to read it.

General Liability Insurance

- Liability insurance for your school is the best protection you and your school can have.
- One to three million dollar bonds are common.
- Most insurance carriers require instructor training.
 - The failure to take appropriate action immediately can lead to insurance coverage problems.

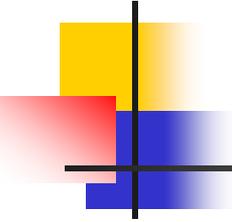




Instructor Training

- **READ THE FINE PRINT:** Common insurance carrier training requirements for surfing instructors include:
 - Providing safety instruction for students
 - First Aid (including handling blood)
 - Injury Reporting
 - Sexual Harassment
 - Ethics/Discrimination
- **If you aren't trained the insurance won't cover an accident.**

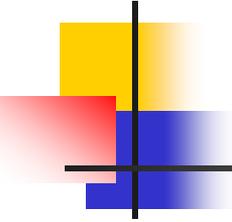




The Laws

- In addition to legal liability from injury, two laws can seriously impact your school.
 - Sexual harassment.
 - Laws impacting employers who hire instructors.
- Know the laws and you will be protected.

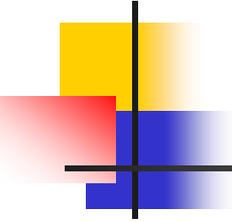




Sexual Harassment

- Under Title VII of the Civil Rights Act and Title IX of the Education Amendments Act of 1972, sexual harassment is illegal sex discrimination.
 - Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature.
 - **Basically – almost everything**

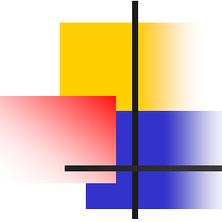




Instructor Issues

■ Sexual Harassment

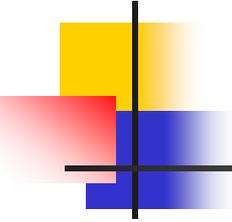
- *The following guidelines should help protect instructors from sexual harassment charges.*
 - *Remain professional at all times*
 - *Do not comment on the looks or clothing of attractive students*
 - *It might accidentally happen but seriously try not to touch students of the opposite sex inappropriately*



NSSIA Response Requirements

- Schools formulate a written policy that details appropriate and inappropriate behavior.
 - The policy should clearly explain the sanctions for sexual harassment between employees and with students.
- Schools ensure procedures for reporting sexual harassment protect the privacy of any employee or student involved are followed.
- Don't violate these policies as an instructor or you risk a violation of federal law.

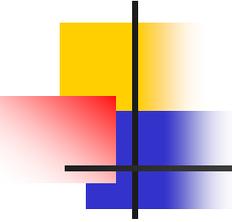




Golden Rule on Treatments

- Understand that the treatments suggested by the NSSIA are for information to the instructor only.
- Because of liability concerns, **at no time should an instructor advise a student of potential treatments, only advise seeing a physician.**
 - **This is the third line of defense for an instructor**

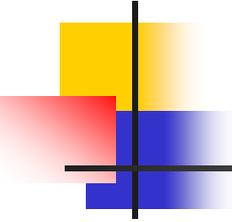




Injuries and Responses

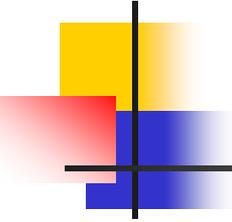
- Since the instructor is the first responder, your immediate action can mean the difference between you having to defend in a law suite for neglect or you being praised as a hero.
- Know what to do.





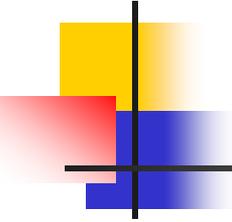
Most Common Injuries

- Cuts to the head, lower leg and foot are the most common.
- Next are soft-tissue injuries, ranging from contusions to acute strains or sprains
- Fractures occur mostly to the head involving the nose and teeth, or ribs that get broken.
- Eye injuries result from impacts, excessive UV light, drying effect from winds, and exposure to salt water.
- The surfer's ears can suffer in two specific ways: perforate or collapse eardrums or a chronic condition called "Surfers Ear."



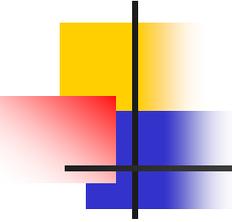
The RICER Regime

- The most effective, initial treatment for soft tissue injuries is the R.I.C.E.R. regime.
- This involves the application of **(R)** rest, **(I)** ice, **(C)** compression, **(E)** elevation and obtaining a **(R)** referral for appropriate medical treatment.



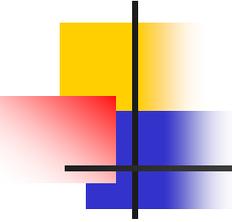
Applying Ice

- Application of ice to the injured area for 20 minutes will have the greatest effect on reducing bleeding, swelling and pain.
- Apply ice as soon as possible after the injury has occurred.
 - Crushed ice in a plastic bag or commercial cold packs are usually best
 - When using ice, be careful not to apply it directly to the skin.
 - This can cause "ice burns" and further skin damage.
 - Wrapping the ice in a damp towel provides the best protection for the skin.



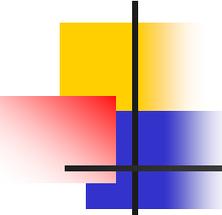
Rotator Cuff Injury

- Call the doctor in the event of a shoulder injury:
 - If shoulder pain lasts more than two days
 - If shoulder problems (pain) prevent working
 - If you are unable to reach overhead
 - If you are unable to surf , paddle, or swim without pain
 - In some cases, shoulder pain can be a symptom of other illnesses such as a heart condition.
 - If your student has unexplained shoulder pain that is not affected by movement, advise them to call the doctor.



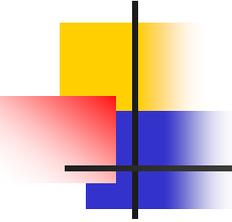
Surfer's Myelopathy

- Surfer's myelopathy is a serious condition that must be recognized as possible by the instructor immediately.
- It is not the result of an obvious accident or trauma, but does effect first time students.
 - It normally effects a beginner who goes surfing for the first time, develops low back pain, comes out of the water, feels that their legs are weak, and then can't urinate well. Over the next hour or so, they have varying degrees of weakness. Finally, they can't walk, becoming paralyzed from the waist down.



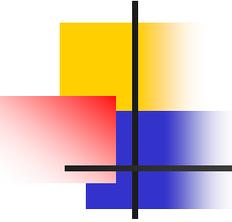
Sore Back

- At some point most surfers will suffer from a sore back
 - Prone paddling and pop ups will cause constant pressure on the spine
 - Surf and SUP students often have sore backs after their lessons.
 - **DO NOT confuse a sore back with Myelopathy.**
 - **Better to be safe than sorry.**
 - **If there is any possibility of numbness, end the lesson immediately.**



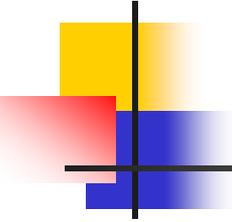
STROKE

- S.T.R. - Ask the victim:
 - S *Ask the individual to SMILE.
 - T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)
 - R *Ask them to RAISE BOTH ARMS.
- If he or she has trouble with ANY ONE of these tasks, call your emergency number immediately and describe the symptoms to the dispatcher.



First Aid – Box Jellyfish

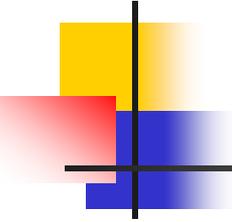
- Douse or spray the sting liberally with vinegar.
- Pluck off any visible tentacles carefully - try not to use your fingers, use your fins, a towel, etc. instead to brush them away.
- For severe pain, try applying a hot pack. If heat makes the sting feel worse, try applying a cold pack or ice to the sting.
- Get medical help for severe reactions.
 - IMMEDIATE MEDICAL ATTENTION MAY BE REQUIRED when blisters are formed as their stinging may bring about anaphylactic shock.



Sunburns and Sun Screen

- The NSSIA strongly recommends providing sunscreen to students.
- However, while surf instructors must try to make sure their students do not overexpose themselves and receive sunburns during a lesson, telling and convincing aren't the same.
 - If you use caution and provide preventative sunscreen, you have taken care of your liability.





Instructor Blood Exposure

- Occupational Safety and Health Standards – 1910.1030
 - If during a lesson a student is injured and the instructor gets blood or other potentially infectious materials in eyes, nose, mouth, or on broken skin, they must immediately flood the exposed area with water and clean any wound with soap and water or a skin disinfectant if available.
 - Exposure must be immediately reported to the employer and the employee must seek immediate medical attention.

