



Sweep Accreditation

Assessment Portfolio

2024



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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 be:

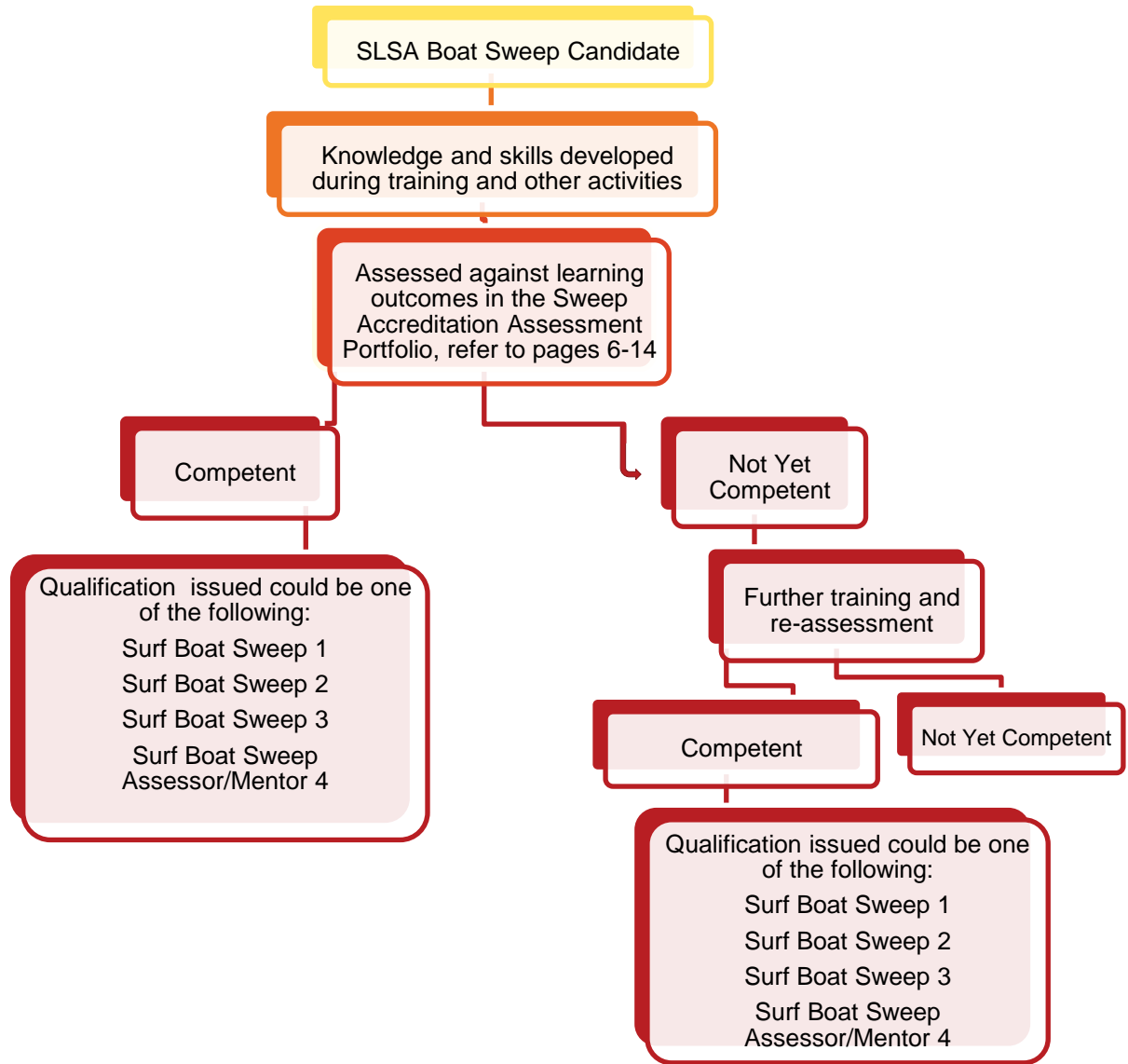
- Current financial SLSA member
- Hold a proficient SLSA Bronze Medallion and be at least 16 years old; and
- An accredited SLSA Development Coach

Assessment

The assessment process includes three main stages:

1. **Prepare the assessment** – where possible, Surf Life Saving Club or Branches will allocate a sweep assessor to the member completing assessment. State/Territory centre will be able to provide a list of sweep assessors where required.
2. **Conduct assessment** – S4 sweep assessor/mentors will use the assessment portfolio contained within this document. Two different accredited S4 sweep assessor/mentors must conduct the assessment for S2 and S3 sweep accreditation.
3. **Record and review the assessment** – S4 sweep assessor/mentors will provide State/Territory centres completed assessment forms and results. State/Territory centres will process and allocate Sweep Accreditation awards.

Competency Based Accreditation Process



Terminology Key

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

Surf Boat Sweep 4 = S4 Sweep Assessor/Mentor

Sweep Mentor

- The purpose of a Sweep Mentor is to educate and guide new Sweeps through the qualification pathway and progress sweeps through the stages from S1 to S2 and beyond.
- Accredited S3 Sweeps that currently hold their Development or Performance Coach Award can mentor new Sweeps.

S4 Sweep Assessor/Mentor

- The purpose of a Sweep Assessor/Mentor is to assess the competency of Sweeps aiming to progress through the qualification pathway.
- At least two (2) Sweep Assessor/Mentors will be required to sign off Sweeps progressing from S2 to S3.

Criteria:

- Min 5 years as a Sweep.
- Current financial SLSA member.
- Hold a proficient SLSA Bronze Medallion and be at least 16 years old.
- Must have a genuine interest in Sweep development and have a proven record of such.
- Must submit a written application to the relevant State/Territory Surf Boat Board/Panel.
- Application to be endorsed by the State/Territory Surf Boat Panel, State/Territory Sport Manager and confirmed by SLSA.
- S4 Sweeps carry out the same reaccreditation process as required by S3 Sweeps, which includes Australian Sports Commission Community Coaching, SLS Development Coach and Sport Integrity Australia requirements.

Boat Crew

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

Surf Sports Manual

The Surf Sports Manual (SSM) is a comprehensive publication that deals with all aspects of SLSA competition. The SSM located at www.sls.com.au/ssm. Refer to [Section 5](#) for Surf Boat Events.

Reaccreditation Process

- This applies to current S2, S3 Sweeps and S4 Sweep Assessor/Mentors that hold one of the following awards:
 - Development Coach
 - Performance Coach
- Reaccreditation must be attained within the period of the coach license and prior to December 31st in the year the accreditation expires.
- Complete the [SLS Surf Sports Coach Reaccreditation Form](#) located in the SLS Members Area > Document Library and send to your State/Territory centre.

Sweep Accreditation Pathway

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

In Stage 2, Sweeps will progress into the competition phase, under the guidance of a qualified Sweep Mentor.

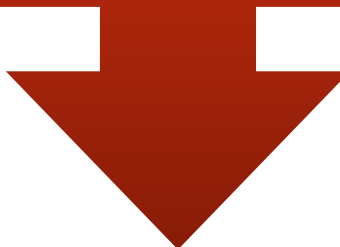
To sweep in competition, sweeps must have completed Development Coach certification.

If conditions exceed level of the Surf Risk Rating of 15 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.

To progress to S3 Sweep

S2 Sweeps must have completed all the above and be deemed competent by two accredited S4 Sweep Assessor/Mentors.



S3 – Unrestricted Sweep

Stage 3 is for 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 S4 Sweep Assessor/Mentors are chosen by the ASRL
and/or**

State/Territory Centre's. No further qualifications are required.



S4 – Sweep Assessor/Mentor

**Stage 4 the purpose of a Sweep Assessor/Mentor is to assess the competency of new Sweeps
aiming to progress through the qualification pathway.**

**S4 Sweep Assessor/Mentors are approved by the State/Territory Surf Boat Panel and confirmed by
SLSA.**

Sweep Accreditation Assessment Portfolio

S1: Pre-Competition Sweep Assessment

Candidate Details Name:	
Email:	
Club:	
Sweep Mentor Name:	
Date of Assessment:	
Assessment Location:	

Hazard & Safety

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

<ul style="list-style-type: none"> Understand how injuries can occur and how best to mitigate the risk 			
<p>Understand principles of coaching and communicating with crew.</p> <ul style="list-style-type: none"> Continue researching so that you are up to date with rules and regulations Crews need to be able to trust that you have their best interest as a priority and that you know what you're doing Provide constructive feedback, don't blame the crew for your mistakes Understand the crews individual learning styles 			

General Technique			
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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 front on verses side on stance			
Understand the benefits and effect of one handed verses two handed sweeping methods			
Show a developed understanding of trimming the crew on a wave using the various options			

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

Steering			
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Display ability to steer the surfboat in a controlled manner:	C	NYC	Comments
<p>On smooth water.</p> <ul style="list-style-type: none"> Learn to run with an almost flat blade Learn the art of steering with slight handle movement adding pressure Do not steer the boat with a vertical sweep blade, that is used in a surf zone <u>only</u> 			
<p>In choppy conditions.</p> <ul style="list-style-type: none"> Attempt after mastering flat water steering 			

<ul style="list-style-type: none"> • Anticipate any side chop, transfer weight through feet • As a general rule steer the boat into the chop, this can vary during competition depending on the turn can position 			
<p>In windy conditions.</p> <ul style="list-style-type: none"> • Balance and weight distribution is critical • Use the wind to steer the boat at an angle then straighten as and when required 			
<p>Through broken wave zone (half a metre).</p> <ul style="list-style-type: none"> • Negotiate the surf • Start learning in unbroken small swell • Judge boat speed and distance travelled • Understand how many strokes are required in-between waves • Set the boat up to steer into the wave, avoid side on positioning 			

SLSA Sweep Assessor Recommendations for S1 Sweep

The candidate is assessed as competent in all S1 Sweep areas above.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Feedback to candidate:

Date of Assessment:		Location of Assessment:	
S3 or S4 Sweep Assessor Name:		S3 or S4 Sweep Assessor Signature:	

Please forward S1 endorsed Assessment Portfolio to your State/Territory centre.

S2: Restricted Sweep Assessment

Candidate Details Name:	
Email:	
Club:	
Surf Risk Rating No.:	
Sweep Mentor Name:	
Date of Assessment:	
Assessment Location:	

General Knowledge

Outcomes:	C	NYC	Comments
Understand Surf Sport Manual rules and regulations.			
Respect competition officials. <ul style="list-style-type: none"> Understand the importance of officials Build rapport with the officials Work with the officials not against them 			
Exhibit a heightened level of surf awareness. <ul style="list-style-type: none"> Demonstrate ability to identify dangers Riding a boat or ski is a great way to understand the run of the ocean Understand surf boat weight and acceleration Always assess changes in surf conditions with tide and wind 			
Understand capabilities of the crew. <ul style="list-style-type: none"> Each crew will operate the boat differently Understand what those differences are; speed, power, experience 			
Understand your own capabilities. <ul style="list-style-type: none"> Test yourself Set goals, ask questions, ask higher level sweeps to assess you from time to time 			
Understand the need to be aware of surrounding crew capabilities. <ul style="list-style-type: none"> Understand capabilities of other sweeps and crews around you There is heightened risk when selecting waves during competition, be mindful of this 			

Sweeping Fundamentals

Outcomes:	C	NYC	Comments
Display ability to control the boat in large surf (over one metre). <ul style="list-style-type: none"> Surf negotiation Balance and steering 			
Demonstrate ability to remain on your feet. <ul style="list-style-type: none"> Sweeping without sitting down or bending over Stand tall, the power for sweeping starts in the foot platform and comes up through the body 			
Maintain pressure on the blade. <ul style="list-style-type: none"> A blade allowed to lose contact with the water is a blade out of control You are steering an eight metre displacement hull that has a mind of its own so constant pressure at the required degree is essential 			

Maintain blade in contact with water.			
<ul style="list-style-type: none"> The only time a blade should clear the water is when the surf boat is punching through a wave When returning to shore the blade should maintain contact with the water otherwise the Sweep could lose control 			
Steering and positioning to avoid collisions.			
<ul style="list-style-type: none"> Know your planned course by pre-reading the surf Safety first so if another craft drifts into your line then shift, two boats coming together never ends well 			
Demonstrate ability to control the boat in surf conditions whilst proceeding out to sea and returning to shore.			
<ul style="list-style-type: none"> Display ability to balance and steer the boat in surf conditions Remember the key rule is to always keep the nose or tail of the boat facing into the wave Important that every crew member understands this so they can control the boat when the Sweep isn't in the boat 			
Ability to control the boat whilst on a run and in the surf zone.			
<ul style="list-style-type: none"> This is all about balance, preparation and selecting the correct wave Don't take any wave that comes, pick the one you can control 			
Knowledge of handling a boat in a slew or broach situation and of maintaining crew safety.			
<ul style="list-style-type: none"> Crew must be taught the principle of high side Crew must understand no fingers on gunwales Crew can assist in control and straightening boat by shifting the weight from side to side 			
Knowledge of commands and ability to deliver them clearly and punctually.			
<ul style="list-style-type: none"> Develop your set of calls for all in boat activity and stick to them Under pressure your calls must be loud, clear and consistent 			
Understand principles of coaching and communicating with crew.			
<ul style="list-style-type: none"> Continue researching so that you are up to date with rules and regulations Crews need to be able to trust that you have their best interest as a priority and that you know what you're doing Provide constructive feedback, don't blame the crew for your mistakes Understand the crews individual learning styles 			
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			
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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 front on verses side on stance			
Understand the benefits and effect of one-handed verses two handed sweeping methods			
Show a developed understanding of trimming the crew on a wave using the various options			

SLSA Sweep Assessor Recommendations for S2 Sweep

The candidate is assessed as competent in all S2 Sweep areas above.

Yes

No

Feedback to candidate:

Date of Assessment 1:		Location of Assessment 1:	
S4 Sweep Assessor 1 Name:		S4 Sweep Assessor 1 Signature:	
Date of Assessment 2		Location of Assessment 2:	
S4 Sweep Assessor 2 Name:		S4 Sweep Assessor 2 Signature:	

Please forward S2 endorsed Assessment Portfolio to your State/Territory centre.

S3: Unrestricted Sweep Assessment

Candidate Details Name:	
Email:	
Club:	
Surf Risk Rating No.:	
Sweep Mentor Name:	
Date of Assessment:	

NOTE: Assessment to be completed over a simulated racecourse e.g.: pre carnival or a set can in a training environment.

Sweeping Competencies			
Outcomes:	C	NYC	Comments
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			
Demonstrates ability to call crew 'aft' at the right time and maintain boat control to the shore			
Overall Boat Control			
The sweep will have advanced knowledge, skills and understanding in all areas including:	C	NYC	Comments
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 for S3 Sweep

The candidate is assessed as competent in all S3 Sweep areas above.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Feedback to candidate:			
Date of Assessment 1:		Location of Assessment 1:	
S4 Sweep Assessor 1 Name:		S4 Sweep Assessor 1 Signature:	
Date of Assessment 2		Location of Assessment 2:	
S4 Sweep Assessor 2 Name:		S4 Sweep Assessor 2 Signature:	

Please forward S3 endorsed Assessment Portfolio to your State/Territory centre.

SLSA Sweep Assessor Recommendations for S4 Sweep

Candidate Details	
Name:	
Email:	
Club:	
Date of Assessment:	

Competencies		
Checklist:	Y	N
Minimum five (5) years as a Sweep		
Current financial SLSA member		
Hold a proficient SLSA Bronze Medallion and be at least 16 years old		
Genuine interest in Sweep development and has a proven record of such		
Submitted a written application to the relevant State/Territory Surf Boat Board/Panel		
Endorsed application by their State/Territory Surf Boat Panel and confirmed by their State/Territory		
Candidate has completed all eLearning modules - Australian Sports Commission Community Coaching, SLS Development Coach and Sport Integrity Australia requirements		
Understands a Sweeps progress through the qualification pathway		

Comments:

State/Territory Boat Panel Endorsement	
Name of Boat Panel Representative:	
State:	
Representative Signature:	
Date of Endorsement:	

State/Territory Endorsement	
Name of Representative:	
Position of Representative:	
Representative Signature:	
Date of Endorsement:	

After receiving S4 endorsement from your State/Territory Boat Panel, please forward the Assessment Portfolio to your State/Territory centre. Your State/Territory will forward to SLSA for final processing.