
Surf boat coaching DVD

David Thompson¹, **Rick Wright**¹ and Paul Taylor¹

Surf Life Saving Australia¹

Approximately two years ago SLSA made it mandatory that all Surf Boat sweeps become a minimum of a Level 1 accredited coach to ensure that they had a standard amount of training and were covered by insurance whilst sweeping a boat. Anecdotal evidence suggests that this has had a positive effect on the knowledge and safety of boat sweeps, however it has been identified that the existing resources within the Level 1 course are lacking in content in several key areas.

In conjunction with SLS New Zealand and the Australian Surf Rowers League, SLSA committed to creating a boat sweep DVD resource. This paper will discuss the development of the training resource and present aspects of the DVD. The entire DVD runs for approximately 20 minutes and includes aspects such as the duty of care, physical preparation, equipment, modern training aids, and how to run an efficient training session, in addition to boat sweep specific detail. Highly experienced sweeps from across Australia and New Zealand were used in the filming of this resource to ensure the transfer of a broad base of knowledge.

This resource has been supplied to every club in Australia, will be supplied to all participants in Level 1 coach accreditation courses, and will be the key resource in the delivery of the Boat Sweep practical module of the Level 1 coaching course.

This paper will present the results of an evaluation of the DVD. The evaluation will consist of a peer review of the first cut of the DVD to determine strengths as well as areas of weakness which can be improved.

Corresponding Author

David Thompson
General Manager Sport
Surf Life Saving Australia
Locked Bag 1010
Rosebery NSW Australia 2018
Email: dthompson@slsa.asn.au; pgeorge@slsa.asn.au
Website: www.sls.com.au
Telephone: +61 2 9215 8000