



SurFedAUT Project

European **S**afety **F**ramework
in surf therapy for **A**UTism

Deliverable 2.2

**Report on the capacity-building activity:
“The ESFA Framework in Action: the Cádiz meeting”**



Report of the Cádiz meeting

Authors:

SoloSurf, SS – Spain

“We thank all partners for their participation, involvement, and attitude at the Cádiz Meeting. Their contributions, along with the evaluation reports they have issued, undoubtedly help in the construction path initiated with this project.”

Disclaimer: Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Foreword	4
1. General Description	5
2. Capacity-building activities	5
3. Partners' training evaluation results	8
4. Multiplier events	11
5. Final Observations	12
6. Photographic report	13
Annex 1: Coordination and Logistics Preparation	17
Annex 2: Agenda	18

Foreword

This report describes the capacity-building event "Framework in Action: Demonstration and Fine-tuning of the ESFA" that occurred in Cádiz in May 2024 as part of the SurFedAUT Project.

The objective of the meeting was to introduce the ESFA to all partners and provide training on surf protocols and the use of organizational flow charts, which are part of the ESFA Manual of Best Practices.

The event took place from 8th to 12th of May 2024 in Cádiz, with SoloSurf managing organization and logistics as part of Work Package 2, the Theoretical Framework. All seven partners attended the event, with the following number of participants from each partner:

MHYY: 3 participants

ESC: 1 participant

BSS: 3 participants

HSA: 2 participants

UBI: 3 participants

WF: 2 participants

Participants included therapists, surf therapists, psychologists, experts in adapted surfing, surf instructors, and educators.

The event also included multiplier events to enhance the project's visibility.

In this report, we present a description of the event, of the logistics involved and of the additional multiplier events organized. We describe the challenges encountered and the solutions proposed, and we present the results of the evaluation survey from the participants.



1. General Description

The MEETING in Cádiz aimed to be a gathering of partners, bringing them closer to the knowledge of the SURFEDAUT (TEA G1 ESFA) Good Practices Manual in Surf Therapy. The goal was to establish a clear and defined concept regarding the need to understand its foundation, focusing on the occupational training processes of surf therapy instructors.

Current safety culture in surf therapy activities focuses on the safety of individuals with autism from the beginning of their training. However, there are no occupational risk prevention plans for the surf instructors conducting these activities, leaving these workers exposed to various psychosocial risk factors when working with populations diagnosed with ASD, thus potentially leaving them unprotected.

The objective of the MEETING in Cádiz was to integrate the values of Occupational Preventive Culture, reinforcing the logic that “the safety of individuals with autism in surf activities is directly related to the occupational risk prevention training of the people working with them,” with special attention to the prevention of psychosocial risk factors through a protective measure such as the proposed manual.

This represents a paradigm shift that broadens the vision of safety for everyone, starting with the individuals working for and with people with autism. This need extends not only to the surf sector but also to many other sectors of activities proposed for people with autism, affecting their daily life activities and their inclusion processes.

2. Capacity-building activities

2.1 Fundamental Actions Planned in the Agenda

To achieve this connection with the partner team and align their understanding of the safety framework proposed by ESFA, we evaluated the two actions aimed at implementing knowledge and co-creating the final model of the manual:

Action 1: Specific Consulting and Technical Training at Quirón Prevención, a company specializing in Occupational Risk Prevention (scheduled for Wednesday, May 8)

Objective: To learn from training provided by occupational risk prevention technicians about the criteria for identifying general and specific psychosocial risks in surf therapy.

To highlight the strengths of the SURFEDAUT manual as an organizational work tool and an effective protection measure for the identified psychosocial risk factors, validated by the occupational risk prevention company.

To present the theoretical framework of ESFA and the good practices manual in surf therapy that it develops, as the foundation for applying these measures, for analysis and review of its contents with the partners, guiding them from their occupational risk prevention perspective (work organization).



Action 2: Participation in Real Surf Therapy Activities Conducted by the SOLOSURF Association at Their Facilities (4 practical work sessions on May 8, 9, and 10)

Objective: To link the training received with the active practice of the manual (framework in action).

To recognize and understand the importance of the work organization proposed in the ESFA theoretical framework as the cornerstone of occupational safety for surf therapy instructors.

To differentiate safety through organization from the application of safe teaching methodology conducted in activities for different participants (ages and levels of autism).

(These two main actions were reinforced by others described in Annex 1, about the multiplier events).

2.2 Difficulties Encountered in the Process

During this training session, scheduled for May 8 in the training room of Quirón Prevención, the tasks planned by the occupational risk prevention technicians and the partners responsible for presenting the SURFEDAUT Good Practices Manual in Surf Therapy were affected in terms of time and location. This was due to some partners proposing to address other matters, although important, unrelated to the objectives of the training at that moment.

Regardless of understanding the natural importance of their arguments and always respecting their value and needs as part of the team, these new proposals and their dedicated time in the training room naturally affected the planned activities. As a result, the initial training with the occupational risk prevention technicians, which was crucial for the common understanding and aligned development of the subsequent activities, could not be conducted.

The theoretical framework of ESFA, with its deliverable D2.1, was also planned to be presented during this training. Its presentation would have been more comprehensible after the training provided by the occupational risk prevention technicians. Therefore, these contents were affected by the unforeseen circumstances. Nonetheless, certain objectives were achieved with some partners regarding proposals to align the interpretation of ESFA and its applicability in their countries of origin.

The rest of the planned activities were impacted by the lack of this training and the resulting natural misalignments. Consequently, the stress levels within the planned system increased, leading us to reduce the planned work process while striving to achieve the objectives as much as possible.

2.3 Proposed Contingencies

As an alternative and in response to the encountered difficulty, the following contingent actions were taken:

- Reinforce the sense of work in practice by changing the role of partners from observers to active participants. Cognitive adaptability plans were implemented for participants with autism and in the work manuals of SOLOSURF specialists. Partners participated in the surf activities for children, young people, and adults with autism as part of the



organizational structure, following guidelines under professional advice to practically reinforce the meaning of the organizational work manual.

- Review the ESFA theoretical framework by updating its deliverable D2.1, implementing the measures observed and proposed by some partners, and supplementing with occupational content those that could not be delivered in the planned training by the occupational risk prevention company, Quirón Prevención. The format was reorganized based on the active learning reinforced in practical activities with the partners.
- This deliverable was presented to the partners in a meeting held on May 27, achieving cohesion among all in understanding and accepting its approach as an exclusive occupational manual, an indispensable resource for the occupational safety of therapeutic surf instructors.

2.5 Strengths, Improvement Proposal, and Final Observations

Strengths and Acknowledgements

The overall synergy established among the partners has been appropriate in terms of attendance and presence at all the proposed agenda contents. Thanks to this and despite the difficulties, very specific needs were identified related to improvement proposals for the manual's approach, always oriented towards its occupational focus rather than a technical one, which was consistently communicated to all partners.

The partners, in general, had the ability to adapt to the circumstances that necessitated changes in the proposed contents, facilitating the development and analysis process.

All partners were able to practically verify the effectiveness of the SURFEDAUT Good Practices Manual in Surf Therapy (TEA G1 ESFA) in terms of its organizational potential in the workplace.

Improvement Proposal

Despite the information provided in general meetings that helps to understand the project's functioning, we consider it important to:

- Strengthen all processes through the creation of very specific meetings prior to events that bring partners together with very concrete goals (such as pilot tests). We believe these can help establish a more defined framework for each partner's roles, identifying limits and competencies always aiming to support the objectives pursued in these specific phases, trying not to affect the scheduled agenda or interfere with the planned tasks.
- Reinforce the challenging idea of creating change as something natural in the project through its manual, implementing the concept of the safety of individuals with autism engaging in surf activities within the occupational training of the workers providing these activities. This should serve as the cohesive axis for the entire work team and the resilient driving force that supports its implementation.

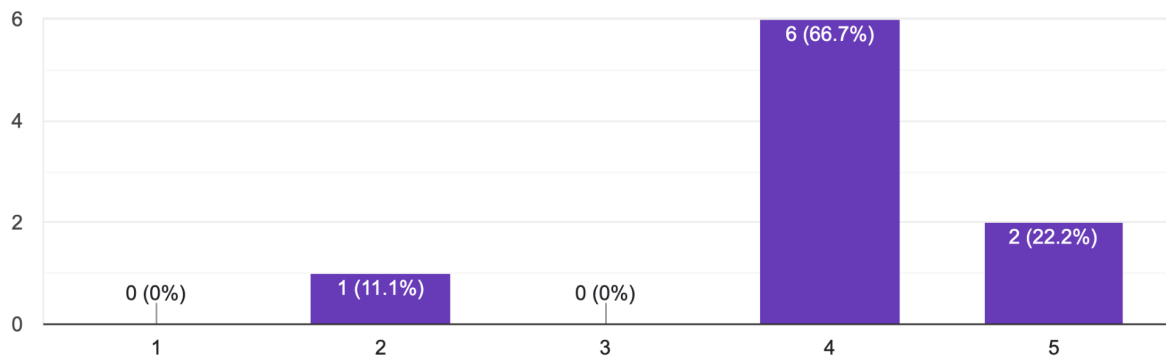


- Conduct a deeper analysis of the reality centered on the diversity represented by the specific needs of the different countries of origin regarding their natural-ecological-environmental, sociocultural, sports and therapeutic culture, as well as regulations that facilitate a functional vision of its occupational applicability. Our work should result in intermediate goals to achieve the objective and not barriers that limit it.

3. Partners' training evaluation results

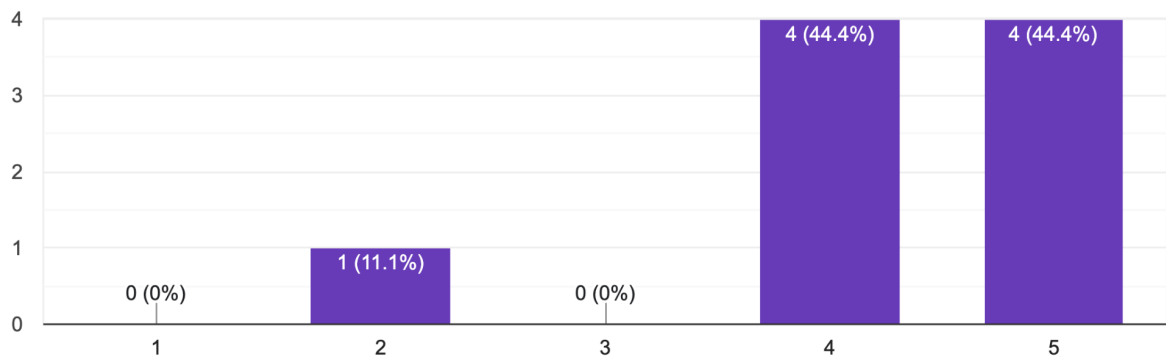
How satisfied are you with the overall quality of the ESFA training?

9 responses



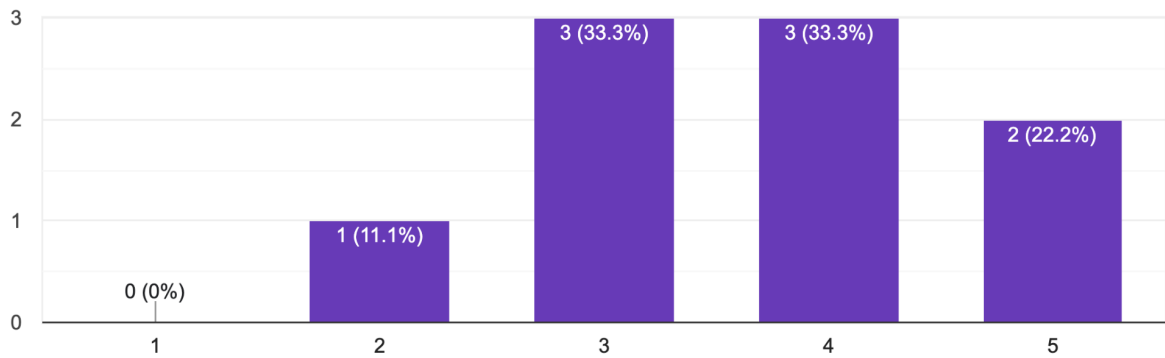
How relevant and useful did you find the content covered in the training?

9 responses



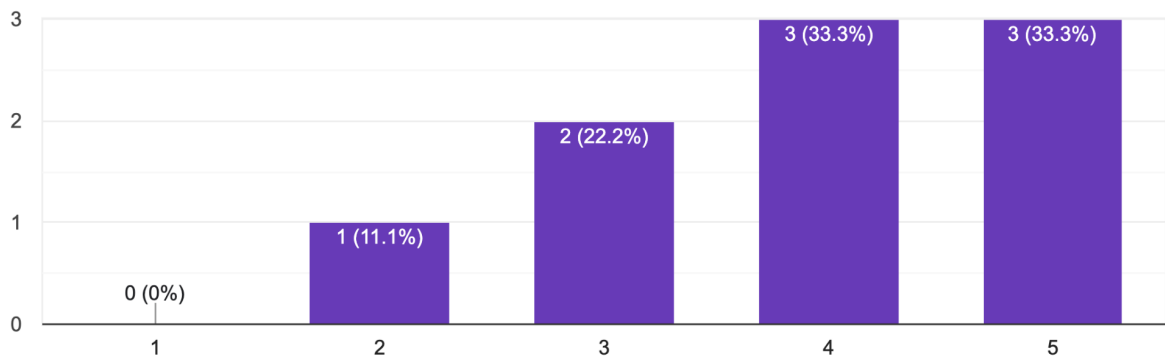
How well did the training materials (presentations, handouts, etc.) support your learning?

9 responses



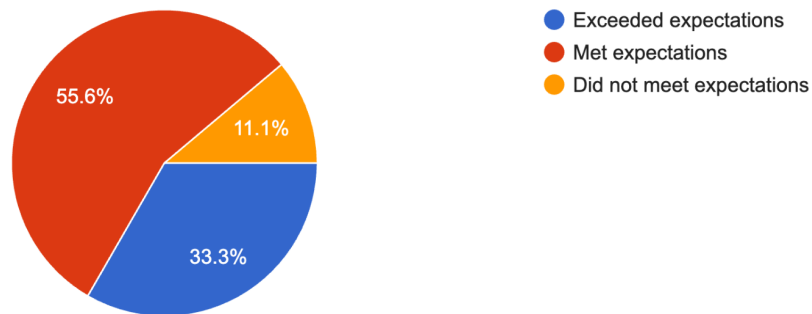
How would you rate the effectiveness of the training facilitator(s) in delivering the content?

9 responses



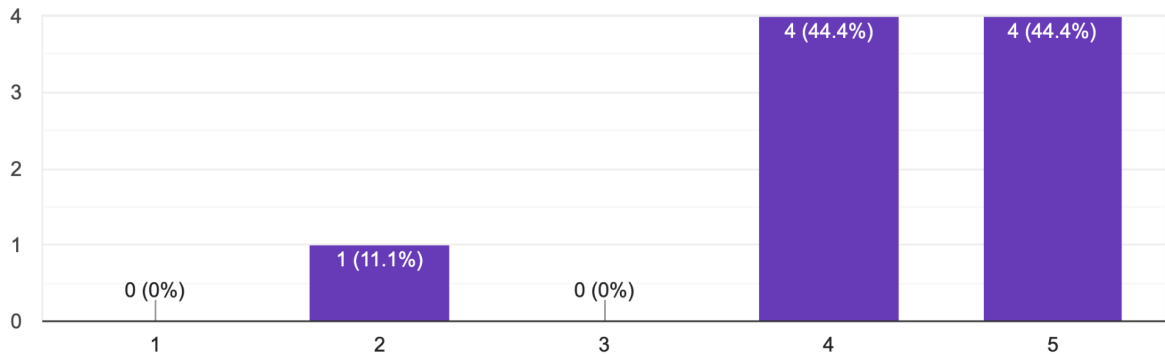
Did the training meet your expectations?

9 responses



How likely are you to recommend this training to others?

9 responses



Do you have any suggestions or comments for improving future ESFA training sessions open to other surf instructors and practitioners in the field of surf therapy with autism?

Feedbacks from the participating partners:

"We were happy to learn about the technical tools and methodology from Solo Surf, we really liked the hands on approach. However we don't feel this training enabled us to implement and train others in the ESFA framework"

"I think it would be important to understand strategies used in other centers and perhaps compile the best work strategies."

"First of all, I'd like to express my gratitude to the Cadiz team for preparing the first meeting of this consortium, particularly to Solo Surf and Jesus. I would like to make a few comments about this experience.

As this is the first meeting of the consortium, would have been important include a session only with the partners at the start of the working meeting. All the previous meetings were carried out online, so this more personal approach would have been important. Understanding their expectations for the project and their doubts would have helped to solve some of the communication problems and approaches about the project and team management. This initial contact would have been crucial, since language barriers, the culture of each country and the experience of each partner in relation to the central topic of the project could have been clarified in the initial phase of the Cadiz meeting. This first session would have been fundamental for each partner to realise more objectively their role and intervention in the project.

However, in general, it was very positive to have experienced several practical sessions with the partner Solo Surf, observing in loco the application of the labour safety protocol followed by this entity, in order to analyse the viability of its application to other international pilots.

I would also like to highlight the sharing of experiences and commitment among all the partners, who, in a constructive spirit, actively contributed to the several working sessions.

Finally, I would like to highlight the meetings with other stakeholders who are relevant to this type of initiative, namely the parents of autistic patients, local government and education organisations, as well the students who are part of the Solo Surf club structure."

4. Multiplier events

Complementary Actions

As complementary activities, three academic-scientific and institutional dissemination events were held with the following objectives:

1. University Seminars and Workshops

Day 7 Round Table Seminar (Faculty of Education Sciences, University of Cádiz)

"Inclusion, Integral Development, and Health of Individuals with Level 1 Autism. Surfing as a Medium. Presentation of SURFEDAUT PROJECT."

2. Scientific Dissemination Conference

Day 10 Scientific Dissemination Conference (Faculty of Health Sciences, University of Cádiz)

"Therapeutic Surfing for the Integral Development of Child Populations with Autism.

Good Practices Manual SURFEDAUT (ESFA) for Individuals with Level 1 Autism."

Objectives: Presentation of the project by the partner team, establishing a reference process at the origin regarding their proposal for training in occupational risks for surf



instructors, as fundamental in the process of improving individuals with autism themselves.

3. Institutional Dissemination Day

Day 9 Presentation of SurfFedAUT Project at Casa de Iberoamerica (City Council of Cádiz)

Objectives: Dissemination of the project's objectives by the partners, raising awareness about its need for application. Among the relevant figures in attendance were the Mayor of Cádiz and the government team responsible for beaches, sports, and disability, representatives involved in the surfing sector, and relatives of individuals with autism.

5. Final Observations

Despite the difficulties encountered, in the view of the organizer of the event, SoloSurf, we are on the path to implementing an occupational prevention manual that will help improve the quality of life for many people by promoting higher-quality surf therapy activities. This is the first experience aimed at protecting surf instructors by training them in the prevention of psychosocial occupational risks when working with individuals with level 1 autism.

We express our utmost gratitude, respect, and consideration to all the partners who participated in this MEETING in Cádiz.



6. Photographic report









Annex 1: Coordination and Logistics Preparation

For the preparation of the "MEETING Cádiz" event, the timelines and communication channels established by the project management and coordination were followed, organizing the event and informing partners about the planned agenda without receiving any updates that required adaptations and/or modifications on our part. Similarly, all specific needs raised by partners were addressed in a personalized manner, facilitating arrival, accommodation, and coordination at all times.

Services from various providers were contracted, including corporate image resources, audiovisual production resources for the creation of intellectual packages, catering companies, and a company specializing in occupational risk prevention training, to provide quality content and resources for the proposed agenda.

Language was a handicap since, despite hiring a personalized translation service, this resource partially failed due to reasons beyond our control. However, its absence did not affect the core focus of the agenda, which was the occupational risk prevention training by Quirón Prevención.

As an alternative, the general use of Spanish and English facilitated the development of the planned activities in the agenda, while also considering occasional barriers that might arise and the need for self-criticism and improvement proposals for future occasions.

The departments of the Vice-Rectorate of Innovation from the Faculties of Education Sciences and Health Sciences at the University of Cádiz were involved in the academic accreditation of the project presentation and its manual, reinforcing its scientific origin and pioneering nature.

Free time was planned so that partners could use this time for productive activities, including opportunities to decide on group dinners. The organizing team members could not attend these events due to the need to care for their children.

Annex 2: Agenda

Agenda Cádiz Meeting:
“European occupational Safety
Framework in surf therapy for Autism (ESFA)
in Action”

SurFedAUT Project, 1st Capacity-Building event for project partners
about the ESFA (Dev. 2.2)

Cádiz, Spain, Tuesday 7th - Friday 11th

Inputs: partners arrive prepared on the ESFA material (reading DEV. 2.2 and Annex 1 and 2)

Process: theoretical and practical training on the ESFA, see the link with the occupational safety company.

Output: ESFA (Dev. 2.2) finalized and ready for submission; partners trained and ready to provide the pilot in respective countries.

WHAT	FOR WHAT	WHEN	WHERE	COLLABORAT E	AS	LOGISTICS
University Seminar "SURFEDAUT PROJECT, ESFA".	Disclosure Academic SURFEDAUT PROJECT, synergy between UBI and UCA	Tuesday 7 16:00-18:00	Alicia Plaza" Conference Room Faculty of Education Sciences UCA Real Campus	Vice-Deanship for Guidance, Training and Innovation Faculty of Education Sciences, Students of degree in psychology, sports, special education	• Lecture (40') • Round table 3 presentations (20') 1. Davinia - importance therapeutic surfing for autism 2. Jesus - best practices manual 3. João Taborda - Benefits therapeutic surfing • Coffee	Catering University of Cadiz Others
Welcome dinner for members	Networking among partners	Tuesday 2 19:00-22.00	Restaurant to propose			
Capacity-building Partners Company Room	ESFA Manual Revision	Wednesday 8 8.30-13.30	Quirón Prevenciones training room Zona Franca Cádiz	Quirón Prevenciones Group	• ESFA Manual learning and revision • Coffee break • ESFA Manual Revision	Cafeteria Company

			Business Park			
Practice Partners SURF THERAPY	TEA infant pool and Grades 2-3 Beach	Wednesday 8 15.30-17.30 group 1 pool 16.00-18.30 group 2 beach	Santa Maria del Mar Beach Astilleros Swimming Pool	SOLOSURF Association IMD Cadiz	Guided tour and participation in the SOLOSURF surf therapy programs.	
Dialogue with partners to resolve doubts and finalize the ESFA, Deliverable 2.2	Comments and dialogue on the ESFA to finalize Deliverable 2.2	Thursday 9 10.00-11.30				
Institutional Presentation "SURFEDAUT PROJECT, ESFA"	Disclosure Social SURFEDAUT PROJET, feedback from the Association Autismo Cadiz	Thursday 9 11.30-13.30 (definitive schedule to be defined)	Colombia Room and central patio Casa de Iberoamerica, Cadiz	Cádiz City Hall Casa de Iberoamerica	- Mayor's presentation - SURFEDAUT PROJET Presentation Table (20') - Davinia - importance therapeutic surfing for autism - Jesus - best practices manual - João Taborda - Benefits therapeutic surfing - Shared table with guests in the room and in the coffee-lunch area	Streaming Catering central patio Casa Iberoamerica Media and press assistance
Practice Partners SURF THERAPY	TEA infant pool and Grades 2-3 Beach	Thursday 9 15:30-17:30 group 2 swimming pool 16.00-18.30 group 1 beach	Santa Maria del Mar Beach Astilleros Swimming Pool	SOLOSURF Association IMD Cadiz	Guided tour and participation in the SOLOSURF surf therapy programs.	
University Seminar "SURFEDAUT PROJECT, ESFA".	Disclosure Academic SURFEDAUT PROJET (to engage more students to take the online training of the	Friday 10 10:00-12:00	Faculty of Health Sciences, Cádiz, Physical therapy, nursing, medicine		- Presentation (40') Davinia - Round table 3 presentations (20') - Davinia - importance therapeutic surfing for autism - Jesus - best practices manual	

	SurFedAUT Project)				3. João Taborda - Benefits therapeutic surfing	
					• Coffee	
ESFA MANUAL PRACTICE SESSION	ESFA Manual Implementation with adolescents and adults (min 5 max 10 participants with ASD 1) + normal population models	Friday 10 15.30-18.30	Santa Maria del Mar Beach	SOLOSURF Association Quiron Preventions Audiovisual Company	• Participation as teams in the SURFEDAUT ESFA MANUAL	
Optional Activity - ESFA Practice	ESFA Manual Implementation with adolescents and adults (min 5 max 10 participants with ASD 1) + normal population models OPTIONAL	Saturday 11 10.30 - 12.00	Santa Maria del Mar Beach	SOLOSURF Association Quiron Preventions Audiovisual Company	• Participation as teams in the SURFEDAUT ESFA MANUAL	

***Contents of the Capacity-building activities with PARTNERS (SURFEDAUT PROJECT, WP2. D2.2)**

Therapeutic Surfing Process	Flow Diagram	Description	Resources
RECORRIDO (therapeutic surfing consumers with population cessation) + MHYYY experience	ANNEX 2. DEV 2.1 Page 9	PPT Approaches • ST Specialist • Occupational Risk	DEV 2.1 ESFA Page 27-29 • Description of the TS process ANNEX 2. DEV 2.1 Page 14-26 • FICHES F1, F2, F3, F4 Participant evaluation worksheet
RELEVANT FIGURES, COMPETENCIES (therapeutic surfing providers)	ANNEX 2. DEV 2.1 Pages 10, 11	PPT Approaches • ST Specialist	DEV 2.1 ESFA Pages 19, 20, 21, 22

		Occupational Risk	- TABLES OF COMPETENCES ANNEX 2. DEV 2.1 Page 14-26 - FICHES - F1 Questionnaire - F2 health - F3 manual guidelines - F4 work plan
THERAPEUTIC SURFING SESSION	ANNEX 2. DEV 2.1 Page 2	PPT Approaches - ST Specialist - Occupational Risk	
ST SESSION PROTOCOLS - PREVISION - PREPARATION - DEVELOPMENT (TECHNICAL) - END	ANNEX 2. DEV 2.1 Page 3,4,5,6	PPT RELATED VIDEOS Approaches - ST Specialist - Occupational Risk	ANNEX 2. DEV 2.1 Page 27-36 - FICHES - F5 CHECKIN - F6 FEEDBACK participant - F7 Participant evaluation - F8 CHECKOUT
SECURITY PROTOCOL - Seasonal Beach - Off Season Beach	ANNEX 2. DEV 2.1 Page 7,8	PPT RELATED VIDEOS Approaches - Health expert - ST Specialist - Occupational Risk	