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# Intermediate Lifeguard School

## Course Overview

Intermediate Lifeguard School is designed to provide junior lifeguards with the skill development, knowledge and further understanding to develop as a lifeguard. The school is a dynamic combination of theory and practical based sessions to enhance the candidate's learning through a variety of situations. The Intermediate Lifeguard School is delivered via a two day camp and is a great opportunity for junior lifeguards to become more confident and capable lifeguards.

The target audience for this course is lifeguards who have been patrolling for 1-2 seasons and are ready to further develop their lifeguarding skills.

## Course Details

|                    |  |
|--------------------|--|
| Date               | 14 <sup>th</sup> & 15 <sup>th</sup> April 2018 |
| Venue              | Titahi Bay SLSC                                |
| Applications Open  | Monday 26 <sup>th</sup> February 2018          |
| Applications Close | Monday 26 <sup>th</sup> March 2018             |

## Information

|                        |  |   |
|------------------------|--|---|
| Pre requisites         | <ul style="list-style-type: none"> <li>- 15 years of age or above</li> <li>- Current Level 1 First Aid (refreshed)</li> <li>- Marine VHF Radio Operators Certificate</li> <li>- Min 1 season of full active patrolling</li> <li>- IRB Crewperson Module (recommended)</li> </ul> | <ul style="list-style-type: none"> <li>- Current member of a SLS club</li> <li>- Surf Lifeguard Award (refreshed)</li> <li>- Swim 400 metres sub 8 minutes</li> <li>- Club Endorsement to attend</li> </ul> |
| Duration               | 2 days   |   |
| Delivered by           | SLS Instructors  |   |
| Who should complete it | Lifeguards who have been patrolling for 1-2 seasons and are ready to further develop their lifeguarding skills.  |   |
| Candidate requirements | Obtain all Intermediate Lifeguard School prerequisites<br>Attend the full course   |   |
| Course cost            | Fully participate in all activities and pass all learning elements of the course<br>Course fee is \$50 per person. If a candidate fails to show up to the course they will be invoiced the course cost for their place.  |   |



## Topics covered

1. Roles and Responsibilities
2. Tube & Board Rescue
3. First Aid Scenarios
4. Scanning and Surveillance
5. Helicopter landing zones
6. Intro into Rock navigation
7. Intro into Search and Rescue
8. Patrol Scenarios
9. Goal Setting
- 10 Professionalism and Image
- 11 Run/Swim/Run
- 12 Working with external agencies

## Outcomes

### The role of an Intermediate Lifeguard

1. Demonstrate good communication
2. Knowledge of how to request and work with key external agencies
3. Demonstrate physical competencies
4. Demonstrate leadership and team work skills
5. Demonstrate high levels of fitness
6. Demonstrate water entry and exit on rocks
7. Identify safety procedures when working around helicopters
8. Demonstrate how to set up a helicopter landing zone
9. Perform tube and board rescue skills

## Application process

All applications via the SLSNZ website calendar event once the applications open.

## Further Information

Please Contact Netta Cagney – Lifesaving Manager, Central Region  
P 027 844 6758  
E [netta.cagney@surflifesaving.org.nz](mailto:netta.cagney@surflifesaving.org.nz)

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## 400m Swim Time Endorsement

In order to meet the pre-requisite for Intermediate Lifeguard School, candidates are required to complete a 400m timed swim in less than 8 minutes.

This swim must be supervised by any of the following people:

- SLSNZ Staff Member
- Current Examiner or Chief Examiner
- Club Committee Member
- Current Club Instructor

Please complete the form below, and email it before the application closing date.

[netta.cagney@surflifesaving.org.nz](mailto:netta.cagney@surflifesaving.org.nz)

Candidate name: \_\_\_\_\_ Club: \_\_\_\_\_

400m swim time: \_\_\_\_\_ Location (pool): \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Supervisor (please print): \_\_\_\_\_ Role: \_\_\_\_\_

Signed (supervisor) \_\_\_\_\_

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