



Advanced Lifeguard Award National Lifeguard School



SURF LIFE SAVING®
NEW ZEALAND

Course Overview

National Lifeguard School is something that lifeguards aspire to. They combine dynamic theory sessions with a number of intensive practical and scenario based activities extending participants both physically and mentally - honing already advanced skills.

If you successfully complete a National Lifeguard School with all the required prerequisites you will be awarded your Advanced Lifeguard Award - the highest award for surf lifeguards in New Zealand.

Information

Pre requisites

- 18 years of age
- Current Level 1 & 2 First Aid (refreshed)
- Senior Lifeguard Award - Patrol Captain
- IRB Driver Award (refreshed + a minimum of 20 hours logged driving time)
- Marine VHF Radio Operators Certificate
- Min 3 years patrolling experience
- Current member of a SLS club
- Surf Lifeguard Award (refreshed)
- Swim 800 metres sub 14 minutes
- Club Endorsement to attend NLS
- Run 3km in under 20 minutes

Duration

2 ½ days

Delivered by

SLSNZ Instructors

Who should complete it

Anyone interested in gaining the highest Surf Lifeguard qualification

Candidate requirements

Obtain all NLS prerequisites
Complete the NLS pre learning workbook
Fully participate and pass all learning elements of the course

Course Details

Date	6 th , 7 th & 8 th December 2019
Venue	Fitzroy, New Plymouth
Applications Open	1 st October 2019
Applications Close	31 st October 2019

Topics covered

1. SLSNZ structure and purpose
2. Leadership and team work
3. Advanced first aid / patient treatment and care
4. Crisis management and scene management
5. Patrol Scenarios
6. Rock navigation
7. Search and Rescue
8. Stages of Drowning and scanning
9. Advanced IRB Skills
- 10 Professionalism and Image



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Outcomes

The role of an Advanced Lifeguard

An Advanced Lifeguard should be able to demonstrate leadership, experience and capability, specifically:

1. Cope with a variety of complex situations
2. Demonstrate good communication and leadership skills
3. Experience working with and knowledge of stake holders and other external agencies
4. Demonstrate physical competencies
5. Slot in at any beach as a Patrol Captain
6. Demonstrate or utilise those with advanced skills appropriately
7. Demonstrate high levels of fitness
8. Draw on experience and expertise

Application process

All applications via the SLSNZ website once the applications open. [here](#)

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Further Information

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