



SURF LIFE SAVING



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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 over two full days 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	7 th & 8 th March 2020
Venue	Spencer Park SLSC & Sumner Coastguard
Applications Open	31/01/2020
Applications Close	17/02/2020

Information

Pre requisites	<ul style="list-style-type: none"> - 15 years of age or above - Current Level 1 First Aid (refreshed) - Marine VHF Radio Operators Certificate - Min 1 season of full active patrolling - IRB Crewperson Module (recommended) 	<ul style="list-style-type: none"> - Current member of a SLS club - Surf Lifeguard Award (refreshed) - Swim 400 metres sub 8 minutes - Club Endorsement to attend
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 Attend the full course	
Course cost	Fully participate in all activities and pass all learning elements of the course 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.	

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Intermediate Lifeguard School

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

[Click Here to Register](#)

Swim Time endorsement form below

Further Information

Please Contact Chris Jeffery
 P 027 457 1010
 E chris.jeffery@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.

chris.jeffery@surflifesaving.org.nz

Candidate name: _____ Club: _____

400m swim time: _____ Location (pool): _____

Date: _____ Time: _____

Supervisor (please print): _____ Role: _____

Signed (supervisor) _____

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