



**SURF LIFE SAVING®**  
NEW ZEALAND



# National Lifeguard School

## Advanced Lifeguard Award

<b>Date:</b>	Friday 3 <sup>rd</sup> December – Sunday 5 <sup>th</sup> December 2021
<b>Venue:</b>	Waihi SLSC, Waihi Beach, Coromandel
<b>Time:</b>	12.00pm start (Friday) – 3:00pm finish (Sunday)
<b>Applications Open:</b>	1 <sup>st</sup> September 2021
<b>Applications Close</b>	30 <sup>th</sup> September 2021
<b>Cost:</b>	\$180pp (includes accommodation, transport and meals)

### COURSE OVERVIEW

National Lifeguard School provides Senior Surf Lifeguards with the skill development, knowledge and further understanding to progress as an Advanced Surf Lifeguard. The school combines dynamic theory sessions with a number of intensive practical and scenario based activities extending Surf Lifeguards both physically and mentally. National Lifeguard School runs over a three-day camp and is something Senior Surf Lifeguards should aspire to.

All Surf Lifeguards that successfully complete this school are awarded their Advanced Lifeguard award – the highest award for Surf Lifeguards in New Zealand.

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### COURSE INFORMATION

<b>Duration:</b>	3 days
<b>Requirements:</b>	Hold all National Lifeguard school pre-requisites (as noted) Attend and participate in the full course Complete all practical requirements and scenario testing Complete all theory requirements – full workbook completion prior to weekend, and theory exam during the school.
<b>Registration:</b>	To apply <a href="#">click here</a> before <b>30<sup>th</sup> September 2021</b>

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## COURSE COST

**\$180 per person\***

The cost includes accommodation, transport and meals across the weekend. All charges will be invoiced directly to clubs once applicants have completed the school. Cost does not cover personal expenses.

*\*Please note: if accepted onto the school and you withdraw your application within a week of the school date or fail to turn up you will be charged the full cost of the course. The Zespri sponsorship of Eastern Region covers the cost of this course for all Eastern Region lifeguards.*

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## PRE-REQUISITES

### National Lifeguard School

18 years of age (on first day of school)  
Current member of a SLS Club  
Surf Lifeguard Award (refreshed)  
Senior Lifeguard Award – IRB Driver (Refreshed and minimum of 20hrs driving time)  
Marine VHF Operators Certificate  
Minimum 3 years patrolling experience  
Senior Lifeguard Award – Patrol Captain  
Current First Aid Level 1 & 2 (refreshed)  
Swim 800m under 14minutes  
Run 3km under 20 minutes  
Club endorsement to attend  
Recommended: Rock Training & Rescue Module

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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. Explain the emotional and physiological response to a crisis
2. Demonstrate water entry, exit and rescue in a rocky surf environment
3. Identify stages of drowning
4. Identify the roles and responsibilities of an Advanced Lifeguard
5. Conduct a search and rescue operation and identify SLSNZ's role in externally controlled search and rescue operations
6. Cope with a variety of complex situations
7. Demonstrate good communication and leadership skills
8. Demonstrate physical competencies
9. Slot in at any beach as a Patrol Captain
10. Demonstrate leadership and team work skills

## CONTACT

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