



# Surf Lifeguard Award EXAMINATION

<b>Date:</b>	26 <sup>th</sup> & 27 <sup>th</sup> October 2022
<b>Venue:</b>	Waikanae SLSC & Gisborne Olympic Pool Complex
<b>Address:</b>	280E Grey Street, Awapuni, Gisborne 4010
<b>Time:</b>	16:30 start – 19:30 finish
<b>Cost:</b>	FREE*

## EXAM OVERVIEW

The Surf Lifeguard Award certifies that the holder has the basic skills and knowledge to be a Surf Lifeguard. This is the entry-level qualification for members to be a patrolling member. The Surf Lifeguard Award is the first step on the Surf Life Saving New Zealand lifeguard pathway.

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## COURSE INFORMATION

<b>Duration:</b>	2 Evening Assessments
<b>Pre-requisites:</b>	14 years of age   Current member of a SLS club
<b>Requirements:</b>	Attend training sessions with the club instructor Complete the SLA candidate Workbook Successfully complete all components of the examination
<b>Registration:</b>	To register contact your local SLS club instructor before – <b>October 19<sup>th</sup> 2022</b> Instructors please email Nick with a complete exam registration form
<b>Disclaimer:</b>	Without a minimum of 10 participants, this exam date will not stand

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## EXAM COMPONENTS

### Waikanae SLSC

#### 26<sup>th</sup> October / Dry Assessment

1. Candidate Workbook
2. Theory Test
3. Station: First Aid
4. Station: CPR
5. Station: Radios & Signals

## EXAM COMPONENTS

### Gisborne Olympic Pool

#### 27<sup>th</sup> October / Water Assessment

6. 400m pool swim (under 9 minutes)
7. Rescue tows and releases (Pool)
8. Tube Rescue (Pool)
9. Run-Swim-Run in surf
10. Tube Rescue (Surf)

## OUTCOMES

**At the completion of the qualification, the candidate will be able to:**

1. Demonstrate knowledge of health, safety, welfare and risk management for all surf lifeguards.
2. Identify and describe the roles and responsibilities you will encounter while on patrol and your responsibilities as members of SLSNZ.
3. Describe the features of the surf environment.
4. Demonstrate knowledge of effective communication and how to communicate effectively.
5. Demonstrate knowledge of effective scanning techniques and patient identification.
6. Communicate using a two-way radio.
7. Demonstrate signals used for communication.
8. Perform releases and tows in an aquatic environment.
9. Perform a tube rescue.
10. Provide resuscitation (no unit standards).
11. Provide first aid (no unit standards).
12. Manage first aid in emergency situations.

## CONTACT

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