



Surf Lifeguard Award EXAMINATION

Date:	Saturday 26 th Nov 2022
Venue:	TBC
Address:	TBC
Time:	9:00am start 3:00pm finish
Cost:	FREE*

COURSE 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.

COURSE INFORMATION

Duration:	1 Day
Pre-requisites:	14 years of age Current member of a SLS club
Requirements:	Attend training sessions with the club instructor Complete the SLA candidate Workbook Successfully complete all components of the examination
Registration:	To register, please email Nick Wagstaff before – November 18th 2022
Disclaimer:	Without a minimum of 10 participants, this exam date will not stand

EXAM COMPONENTS

1. 400m pool swim (under 9 minutes)
2. Run-Swim-Run in surf
3. Tube Rescue in the pool and surf
4. First Aid and CPR
5. Communication Signals
6. Radio Communication
7. Theory Test
8. Rescue tows and releases

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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