



SURF LIFE SAVING®
NEW ZEALAND



National Lifeguard School

Advanced Lifeguard Award

Date:	Thursday 30 th November 5pm – Sunday 3 rd December 3pm
Venue:	Waihi Beach Lifeguard Service, Waihi Beach, Coromandel
Applications Open:	1 st September 2023
Applications Close	30 th September 2023
Cost:	\$250pp (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. Candidates will be extended both physically and mentally and a good level of fitness is required.

If a candidate can achieve their Advanced Lifeguard Award, they are among the fittest and most capable lifeguards on the beach. They will have demonstrated highly competent skills in all lifeguarding aspects in a patrol setting.

COURSE INFORMATION

Duration:	3.5 days
Requirements:	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 – including full completion of online learning modules prior to weekend, and theory exam during the school.
Registration:	To apply click here before 30th September 2023

COURSE COST

\$250 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.*

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 4 seasons patrolling experience
Senior Lifeguard Award – Patrol Captain
Surf First Aid (current)
Swim 800m under 14minutes
Run 3km under 20 minutes
Club endorsement to attend
Recommended: Rock Training & Rescue Module

OUTCOMES

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

- Cope with a variety of complex situations and scenarios
- Demonstrate good communication and leadership skills
- Knowledge of stakeholders and other search and rescue partner agencies
- Attain a high standard of physical fitness and mental fortitude
- Adaptability and ability to fulfil the role of Patrol Captain at any beach
- Demonstrate and utilise advanced lifeguarding skills appropriately, specifically; IRB skills, rock rescues, advanced first aid & patient care & basic search and rescue skills.
- Effective delegation and ability to use team strengths for best patient outcomes
- An ability to draw on personal and other expert experience during times of crisis.
- Provide professional advice to other agencies where required.

CONTACT

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