



# Lifeguarding Helmet Use in Lifeguard Operations

## 1.0 SCOPE

This policy applies to all clubs, members and employees of SLSNZ.

## 2.0 PURPOSE

This policy outlines the requirements for the use of helmets during all SLSNZ operations including, patrolling, event safety, and training.

## 3.0 INTRODUCTION

SLSNZ takes the health & safety of Surf Lifeguards seriously. During active patrol & training operations Surf Lifeguards can be exposed to some risks. Wearing helmets during certain operations does help to mitigate these risks.

## 4.0 DEFINITIONS

The following definitions apply to this policy:

1. IRB: Inflatable Rescue Boat
2. RWC: Rescue Water Craft, Jet Ski
3. PPE: Personal Protective Equipment

## 5.0 RELATED DOCUMENT, POLICIES AND PROCEDURES

1. SLSNZ Policy - IRB Operations
2. SLSNZ Policy - RWC Operations
3. SLSNZ Policy - Use of Patrol Vehicles on Beaches
4. SLSNZ Policy - Lifesaving Activities Around Rock
5. SLSNZ NSOPs

## 6.0 EXCEPTIONS

There are no exceptions to this policy

## 7.0 POLICY

All SLSNZ Lifesaving Patrols' support operations shall operate on the following basis:

### 7.1 Rock Rescue Training and Response

All Lifeguards must wear a helmet that meets NZ Standard EN 1385 and is appropriately fitted:

- 7.1.1 During all rock rescues and rock rescue training.
- 7.1.2 Whenever a Lifeguard is intending on landing on an exposed rocky structure from the water.
- 7.1.3 During all training performed amongst or between rocks when swimming where waves are breaking upon rocks or swell is surging between rocks.

**Note:** Surf Lifeguards swimming adjacent to the outside of rocks who have no intention of landing on rocks DO NOT need to wear helmets.



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## 7.2 Helmet use in Powered Craft.

7.2.1 Each Club is to maintain enough helmets to allow crew access to correct fitting sizes and enough to allow for the operating of all the powered craft at any time. Helmets must be kept in good repair and appropriately stored when not in use.

### IRB's

7.2.2 All operators and crewpersons and 'competition patients' must each wear a helmet that meets NZ Standard EN 1385 and is appropriately fitted when operating these craft for all lifesaving operations, training, training for competition, and competition events.

### RWC's

7.2.3 All drivers, crewpersons and training patients must each wear a helmet that meets NZ Standard EN 1385 and is appropriately fitted when operating these craft for training, patrol operations, Search and Rescue work and event guarding.

## 7.3 Side by Side Vehicles

7.3.1 Refer to and follow SLSNZ Policy - Use of Patrol Vehicles on Beaches.

## 8.0 PROCEDURES

There are no procedures associated with this policy.

## 9.0 DOCUMENT MANAGEMENT AND CONTROL

Policy owner	Chief Operations Officer	Date issued	October 2023
Content Manager	National Lifesaving Manager	Revision date	October 2025
Approved By	Chief Operations Officer		