

# Surf Lifeguard Award Training Timetable

Session	Content	Usual Venue	What to Bring
1	<b>Introduction</b> Training and Examination process Tour of Club House SLSNZ Organisation Health & Safety	Club House 2hrs	Exercise book/pen
2	<b>Pool Session</b> 400m Swim Trial Underwater Retrieval Tube Rescue Escapes, Releases & Tows	The Leisure Centre 2hrs	Togs, towel, swimming goggles (Surf Fins - optional at this stage)
3	<b>Physical Environment</b> Features of the beach including Rips, Waves, Currents	Club House 2hrs	Exercise book/pen SLA Manual/Workbook
4	<b>CPR Introduction</b> Adult to Infant CPR, Choking	Club House 2hrs	Exercise book/pen SLA Manual/Workbook
5	<b>First Aid (Session 1)</b>	Club House 2hrs	Exercise book/pen SLA Manual/Workbook
6	<b>First Aid (Session 2)</b>	Club House 2hrs	Exercise book/pen SLA Manual/Workbook
7	<b>Patrolling</b> Roles & Responsibilities The Patrol Operations Manual Uniform & Public Relations The 3 Reports Incident Management Emergency Services Patrolling Environment	Club House 2hrs	Exercise book/pen SLA Manual/Workbook
8	<b>Lifeguard Skills</b> Equipment Tie a Tube Ins & Outs Surf Swimming Swim in a Rip Tube Rescue Primary Survey Scanning Victim Identification	We usually try to arrange a trip to a West Coast Beach/Orewa ½ day	Togs, towel, swimming goggles Lunch Warm Clothing Wetsuit (highly recommended) Surf Fins (compulsory)
9	<b>Communication</b> Radios, Signals, Sign & Flags	Club House 2hrs	Exercise book/pen SLA Manual/Workbook
10	<b>Revision</b>	Club House 2hrs	Exercise book/pen SLA Manual/Workbook
<b>Exam</b>	<b>Pool Assessment</b> Usually an hour to complete the pre-requisite tasks (400m swim, tube rescue, unaided tows and releases) Beach Assessment Usually ½ to a fully day, depending on the number of candidates to complete the final components (Work Book Check, Theory, First Aid, CPR, Radio, Run Swim Run and Tube Rescue)	Venue for Pool & Beach Assessments will be advised once registrations have closed (2 weeks prior to the beach exam date)	SLA Candidate Workbook (Compulsory) Togs, towel, swimming goggles Lunch Warm Clothing Wetsuit (highly recommended) Surf Fins (compulsory)