

## **Surf Lifeguard Award Training Timetable**

Session	Content	Usual Venue		What to Bring
1	Introduction	Club House	2hrs	Exercise book/pen
_	Training and Examination process			
	Tour of Club House			
	SLSNZ Organisation			
	Health & Safety			
2	Pool Session	The Leisure Centre	2hrs	Togs, towel, swimming goggles
	400m Swim Trial			(Surf Fins - optional at this stage)
	Underwater Retrieval			(100 100 100 100 100 100 100 100 100 100
	Tube Rescue			
	Escapes, Releases & Tows			
3	Physical Environment	Club House	2hrs	Exercise book/pen
	Features of the beach including	Clab House	25	SLA Manual/Workbook
	Rips, Waves, Currents			SECTION AND CONTROL OF THE CONTROL O
4	CPR Introduction	Club House	2hrs	Exercise book/pen
7	Adult to Infant CPR, Choking	Club House	21113	SLA Manual/Workbook
5	First Aid (Session 1)	Club House	2hrs	Exercise book/pen
,	וווע אות (פניסוטוו ב)	Club House	۱۱۱۵	SLA Manual/Workbook
6	First Aid (Session 2)	Club House	2hrs	Exercise book/pen
	ו וואנ אוע (ספאוטוו ב)	Clab House	21113	SLA Manual/Workbook
7	Patrolling	Club House	2hrs	Exercise book/pen
/	Roles & Responsibilities	Club House	21115	SLA Manual/Workbook
	The Patrol Operations Manual			SLA IVIAITUAI) VVOI KDOOK
	Uniform & Public Relations			
	The 3 Reports			
	Incident Management			
	Emergency Services Patrolling			
	Environment			
8		Mo usually try to array	2222	Togs, towel, swimming goggles
•	Lifeguard Skills Equipment	We usually try to arraitrip to a West Coast	nge a	Lunch
	Tie a Tube		l/ day	
	Ins & Outs	beacii/Orewa ,	½ day	Warm Clothing Wetsuit (highly recommended)
	Surf Swimming			Surf Fins (compulsory)
	_			
	Swim in a Rip Tube Rescue			
	Primary Survey			
	Scanning			
	Victim Identification			
9	Communication	Club House	2hrs	Exercise book/pen
7		Club House	۷1115	•
10	Radios, Signals, Sign & Flags  Revision	Club House	2hrs	SLA Manual/Workbook
10	REVISION	Club nouse	2hrs	Exercise book/pen SLA Manual/Workbook
Exam	Pool Assessment	Venue for Pool & Bead	-h	SLA Candidate Workbook (Compulsory)
EAGIII	Usually an hour to complete the pre-	Assessments will be		Togs, towel, swimming goggles
	requisite tasks (400m swim, tube	advised once registrations		Lunch
	rescue, unaided tows and releases)	have closed (2 weeks prior		Warm Clothing
	Beach Assessment	to the beach exam dat		Wetsuit (highly recommended)
	Usually ½ to a fully day, depending on	to the beach examinat	,	Surf Fins (compulsory)
	the number of candidates to complete			Surfillis (compuisory)
	·			
	the final components (Work Book			
	Check, Theory, First Aid, CPR, Radio,			
	Run Swim Run and Tube Rescue)			