



# Surf Lifeguard Award Training Course 2018

## Become a Surf Lifeguard

This year Nelson Surf Life Saving Club will start the Surf Lifeguard Award Training Course on Sunday the 23rd of September.

### Qualifying as a Surf Lifeguard

To be a qualified lifeguard you must be 14 years or older and pass your Surf Lifeguard Award exam. The exam comprises:

- 400m pool swim in under 9 minutes
- run/swim/run in the surf
- resuscitation test
- rescue test
- theory questions
- practical surf knowledge test

All training sessions will be on either Sunday afternoons starting at 2pm or Thursday evenings starting at 5pm. Sessions will run for about an hour and a half each, with the first session being held at Riverside Pool to test our swimming.

Course outline and training timetable.

Day	DATE	TIME	PLACE	SESSION
Sunday	23rd Sept	2pm	Riverside Pool	Intro, pool swim, tows, releases
Thursday	27th Sept	5pm	Rescue Centre (Rocks Rd)	Risk Management, the physical environment
Sunday	14th Oct	2pm	Rescue Centre	Communication, Radios
Thursday	18th Oct	5pm	Beach Base	Roles and Responsibilities
Thursday	25th Oct	5pm	Beach Base	Lifeguard skills and knowledge
Sunday	28th Oct	2pm	Beach Base	First Aid, CPR
Thursday	1st Nov	5pm	Beach Base	Lifeguard skills and knowledge
Sunday	11th Nov	2pm	Riverside Pool	Timed 400m pool swim Revision – everything.
Saturday	17th Nov	8:30am	Rarangi	Exam!

To register for this please send an email to our training officer Mary Seelen  
[NSLSC.trainingofficer@gmail.com](mailto:NSLSC.trainingofficer@gmail.com) or text to 0275486894

We look forward to seeing you at the first session at the pool!

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**Cost: \$100 (this covers SLSNZ Surf Lifeguard Manual and workbook, pool hire, Lifeguard Uniform, and Club Membership for one year).**

**Benefits of Surf Life Saving membership**

Surf Life Saving offers a range of activities in a great environment. As a member of a club you are entitled to use the clubs facilities and appropriate equipment. Surf Life Saving also offers a range of awards, training and courses through your club or region to increase your skills and knowledge.

You are eligible as a surf lifeguard to compete in Surf Sports events and enjoy access to regular coaching programmes. Regions have representative teams and development squads are actively seeking new talent.