



## Surf Rescue Certificate Course Information

### **Commencement Date:**

11<sup>th</sup> October 2016 (Tuesday 6.30pm) and weekend sessions will be 8am Sunday morning.

### **Assessment Date:**

26<sup>th</sup> November

### **Prerequisites:**

Be thirteen (13) years of age on the day of assessment

Complete a 200 metre pool swim in five (5) minutes or less

### **Training Session Times to be confirmed:**

Weekend Session (Dry & Wet Skills)

One evening or afternoon session (Dry Skills)

Each candidate will be issued with a mask and training manual and these should be brought to every training session. The MASK is also essential for their assessment. LOST MASK = \$17.00 !!!!!

The course covers a wide range of skills used in patrolling the beach. These include:

- Resuscitation
- First Aid
- Signals
- Rescue Techniques

Underpinning knowledge will come from an understanding of Work Health and Safety, Surf Skills, communication techniques and working as a member of a team.

### **Assessment:**

- Demonstrate resuscitation – mouth to mouth, mouth to mask, patient management
- Demonstrate signals
- Demonstrate first aid skills
- Run 100m Swim 100m Run 100m in five (5) minutes
- Demonstrate rescue techniques using a rescue tube and rescue board

*NB: Water activities are only conducted after a Risk Assessment has been undertaken. It is a condition of participation that all candidates wear the designated hi-vis vest and cap during water based sessions.*

For more information contact:

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