



Surf Lifeguard Award Exam One

Date: Sunday 10th November 2013
Venue: Otaki SLSC
Address: Marine Parade, Otaki Beach
Time: 9:00am Pool Assessment/10:30am Surf Theory/Practical Assessments

Course Overview

The Surf Lifeguard Award certifies that the holder has the basic skills and knowledge to be a Surf Lifeguard. This is the entry level qualification for members to be a patrolling member.

The Surf Lifeguard Award is the first step on the Surf Life Saving New Zealand lifeguard pathway and a prerequisite for the IRB Crewpersons Module.

Course Information

Pre requisites	14 years old and a current member of SLSNZ and a SLS Club
Duration	Approx. Two – Four Hours
Delivered by	Capital Coast Examiners
Candidate requirements	Complete all theory and practical assessments
Exam Components	Submit completed (and signed) workbook 400m Swim in under 9mins Demonstrate Releases and Tows Demonstrate Tube Rescue (Pool and Surf) Theory Assessment (achieving 80% or higher) Demonstrate Marine VHF Radio use Demonstrate First Aid and CPR skills Complete Run-Swim-Run
Registrations	Register via your Club Instructor or Patrol Officer

