

## Surf Lifeguard Award 2018-19 Information

Thank you for your interest in the Surf Lifeguard Award at Papamoa Surf Lifesaving Club. Please find all course related information below. If you have any questions or concerns, don't hesitate to get in contact with an instructor.

The course will be run by the chief instructor, with help from other instructors and examiners. Instructor: Ryan Hohneck, email [rhohneck@gmail.com](mailto:rhohneck@gmail.com), phone 021 137 5501.

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 to increase your skills and knowledge.

There are so many ways to upskill after getting your Surf Life Guard Award! You can get involved in first aid, IRB crewman and drivers, patrol captains, instructors, examiners, lifeguard schools, as well as Surf Sports.

Our course requires that you attend the training sessions and put in additional study time at home to familiarise yourself with the content of the workbook. This is required to pass the practical and theory exam components. Attending a couple of lessons is not enough.

Each candidate will be assessed and signed-off prior to their chosen exam date to determine whether you are ready to sit and pass the exam. You will be tested on areas of the workbook, and if an instructor thinks you are not ready, then you will need to put in extra hours at home and sit the exam at a later date.

*The reason this is in place is to ensure you pass on your first attempt. As instructors we are accountable, and it is our duty ensure you are ready to sit the exam. We will not send unprepared candidates to an exam.*

Please note candidates must be at least 14 years old on exam day to sit their exam. If you are 13 and your birthday falls within this season, you can start training now and sit an exam after you turn 14.

We will be attending 3 exam dates this season and will arrange training leading up to each exam. Please pick an exam date that suits you and let your instructor know.

You are expected to attend all (or as many as you possibly can) training sessions in order to pass your Surf Lifeguard Award. If you, for example want to do exam 3, you can still attend training sessions for exam 1 or exam 2; the more you attend, the better!

Training sessions will consist of theory and practical work. You must bring your training manual and workbooks to each session, which will be signed off as we complete each section. Swimming gear is required as we will be going into the ocean. Make sure you have warm clothes to change into!

## Papamoa Surf Life Saving Club Office Contact

Email [info@papamoalifeguards.co.nz](mailto:info@papamoalifeguards.co.nz) Phone 07 542 2142

# Registration and Getting Started

Please register with Surf Lifesaving New Zealand to receive an ID number to identify you in the SLSNZ system.

- Register with SLSNZ here <https://webportal.surflifesaving.org.nz/new-membership/> (Skip this if you already have a SLSNZ number)
- Register with Papamoa SLSC by downloading the PDF form and returning it [https://docs.wixstatic.com/ugd/1334d4\\_b781cb975f814845af0fa9e96e82c378.pdf](https://docs.wixstatic.com/ugd/1334d4_b781cb975f814845af0fa9e96e82c378.pdf)
- The cost of the Lifeguard Award is \$95 which includes your cost of uniform and subs. Please see Celeste in the office for a full breakdown of this. Email [info@papamoalifeguards.co.nz](mailto:info@papamoalifeguards.co.nz) or phone 07 542 2142.

## Exam Components

- Candidate workbook filled out and signed-off by the instructor (entry ticket to the exam)
- Pool test (400m swim in under 9 minutes, releases and tows, tube rescue)
- Theory paper (50 question written exam)
- Practical test (run-swim-run, tube rescue, CPR, first aid, radios and signals)

## Exam dates

Surf Lifesaving Eastern Region set the dates for the exams over the season. These are the exam dates that Papamoa will be attending;

- Exam #1 Saturday November 10<sup>th</sup> 2018
- Exam #2 Saturday December 1<sup>st</sup> 2018
- Exam #3 Sunday February 24<sup>th</sup> 2019

You can attend any of the training sessions and pick the exam date that best works for you.

## Course Expectations

You must be able to swim 400m in under 9 minutes, without stopping. Please start swimming now if you are not regularly in the pool, you should be in the pool 2-3 times a week if you don't belong to a swim squad.

Candidates will be handed a training manual and candidate workbook which you need to read and fill out. Workbooks must be filled out prior to the training sessions starting. They have to be signed-off, and serve as your entry to the exam.

Instructors will teach you about Surf Lifesaving policies, code of conduct, beach environment, wave types, rips, tube rescue and patient care, first aid, CPR, radios and signals, run-swim-runs in the ocean.

# Training Schedule

EXAM #1			
Date	Training	Time	Location
16/09/18	Introduction to the SLGA, and books handed out	4:00pm – 4:30	Papamoa SLSC
06/10/18	Training session #1 – workbooks, lifeguard skills, first aid, CPR, ocean based training. <b>Workbooks should be completed by this session.</b>	9:00am – 2:00	Papamoa SLSC
13/10/18	Training session #2 – workbooks, lifeguard skills, first aid, CPR, ocean based training	9:00am – 2:00	Papamoa SLSC
21/10/18	Training session #3 – workbooks, lifeguard skills, first aid, CPR, ocean based training	9:00am – 2:00	Papamoa SLSC
28/10/18	Training session #4 – Pool based session at Bartlett's Swim School; 15 Market Place, Papamoa Beach (off Parton Road > Enterprise drive)	TBC	Pool
03/11/18	Training session #5 / Assessment + Sign-off to attend the exam	9:00am – 2:00	Papamoa SLSC
??/11/18	Week day evening training session. We'll discuss this as a group to determine what days during the week work.	5:00am – 7:00	Papamoa SLSC
10/11/18	Exam day #1 – location and times TBC closer to the date	TBC	TBC
What to bring to each session: training manual book and workbook, pen, food and drink, swimming gear, warm clothes, fins for pool and ocean sessions. Fins are required for training sessions and as a lifeguard; please get something similar to 'Redback' fins <a href="http://www.mountsurfshop.co.nz/product/redback-fins/redback.aspx">http://www.mountsurfshop.co.nz/product/redback-fins/redback.aspx</a>			
EXAM #2			
Date	Training	Time	Location
??/11/18	Week day evening training session. We'll discuss this as a group to determine what days during the week work.	5:00pm – 7:00	Papamoa SLSC
24/11/18	Training session #6 – workbooks, lifeguard skills, first aid, CPR, ocean based training	9:00am – 2:00	Papamoa SLSC
??/11/18	Week day evening training session. We'll discuss this as a group to determine what days during the week work.	5:00pm – 7:00	Papamoa SLSC
01/12/18	Exam day #2 – location and times TBC closer to the date	TBC	TBC
EXAM #3			
Date	Training	Time	Location
TBC	We may be trailing a joint run program with Omanu SLSC. Details to be confirmed.	TBC	TBC
03/02/19	Training session # – Pool based session at Bartlett's Swim School; 15 Market Place, Papamoa Beach (off Parton Road > Enterprise drive)	TBC	Pool
TBC	We may be trailing a joint run program with Omanu SLSC. Details to be confirmed.	TBC	TBC
24/02/19	Exam day #3 – location and times TBC closer to the date	TBC	TBC

## Lifeguard uniforms

Once you are qualified you will be presented with your lifeguard uniform and we'll get a team photo.

Uniforms can be ordered before the exam date so you can receive it on the day you pass! Talk to your instructor to try on a uniform and receive a form to fill out your order. Alternatively you can arrange to try on the uniform and arrange the correct size to be ordered by contacting Celeste in the office at [info@papamoallifeguards.co.nz](mailto:info@papamoallifeguards.co.nz).

Post exam... now what happens?

Uniform - When you have passed your exam you would like to be able to hand out your uniforms and get a team photo, Email [info@papamoallifeguards.co.nz](mailto:info@papamoallifeguards.co.nz) Phone 07 542 2142 to pre-order yours.

Patrol Team and Rosters – Ask your instructor for a copy of the patrol teams and let us know what patrol you want to join!

Inductions – We will show you around the club, tower, patrol equipment and setup, first aid room, the location of defibrillators, trauma packs, oxygen bottles, health & safety, club vehicles, etc.

Surf Lifesaving Pathways - What qualifications can I get to upskill or other aspects of Surf lifesaving can I get into next? – First aid level 1, 2, 3, IRB crewman/drivers, patrol captains, instructors, surf sport, junior surf, IRB racing! So many options!! Just ask and we'll put you on the right track.