

SLSGB SURF LIFE SAVER COURSE INFORMATION

Course Fee:	£30
Minimum GLH:	40 hours prior to assessment
Pre-requisites:	<ul style="list-style-type: none">• Be a current member of SLSGB• Be at least 14 years of age on the date of assessment• Be able to swim 400m in under 9 minutes 30 seconds• Be able to complete a 200m beach run in under 1 minute
Compulsory units to be completed in order to achieve overall award:	<ul style="list-style-type: none">LG1 Foundation surf competence and knowledgeLG2 Foundation lifeguard knowledge and skillsLG3 Foundation paddle board competence and knowledgeLG4 Foundation rescue tube competence and knowledgeLG9e Surf Life Saver Fitness TestFA1 Adult Basic Life SupportFA2 Aquatic First Aid
Optional Units:	<ul style="list-style-type: none">FA5 Supplementary Oxygen AdministrationLG10 Radio ProceduresFA3 Spinal Injury ManagementFA6 Automated External Defibrillation (AED)

Aim:

This award is designed to enable participants to provide lifesaving skills when providing safety cover as part of a wider water safety team or when working in close proximity of participants, such as when working as a coach delivering a session in the sea or a volunteer environment

Course Learning Outcomes:

The Learner will:

Demonstrate the knowledge and skills required in order to provide lifesaving skills when providing safety cover as part of a wider water safety team.

Course Assessment Criteria:

- See Unit learning outcomes

Please note that you need to refer to specific unit specifications to identify the learning outcomes and assessment criteria. These can be found by requesting through SLSGB or through the SLSGB MIS System.

Typical format of delivery:

40 hours delivery including water and theory based sessions, structure will usually take one of the following formats:

- 6 Day course with assessment taking place on the 6th day
- Weekly training sessions run over a number of months

Supporting information:

Guidance:

- This is a practical based course and it is therefore advised that candidates are competent in varying sea conditions and can demonstrate high levels of fitness.

Forms:

- Observation forms
- Assessor guidelines

Progression: It is possible to progress on to the SLSGB Surf Lifeguard, or through mentored training delivery specialise into a specific SLSGB discipline.

Who can assess:

SLSGB Trainer Assessors with endorsement to deliver rescue and lifeguard roles