

SLSGB SURF LIFEGUARD 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 16 years of age on the date of assessment• Be able to swim 400m in under 7.30 minutes• Be able to complete a 200m beach run in under 40 secs
Compulsory units to be completed in order to achieve overall award:	<p>LG1 Foundation surf competence and knowledge</p> <p>LG2 Foundation lifeguard knowledge and skills</p> <p>LG3 Foundation paddle board competence and knowledge</p> <p>LG4 Foundation rescue tube competence and knowledge</p> <p>LG9a Surf Lifeguard Fitness Test</p> <p>FA1 Adult Basic Life Support</p> <p>FA2 Aquatic First Aid</p>
Optional Units:	<p>FA5 Supplementary Oxygen Administration</p> <p>LG10 Radio Operations</p> <p>FA3 Spinal Injury Management</p> <p>FA4 Trauma and the pre-hospital environment</p> <p>FA6 Automated External Defibrillation (AED)</p>

Course Aim:

The Learner will:

Demonstrate the knowledge and skills required in order to provide professional patrolling and water services, in surf conditions, with rescue skills and advanced fitness requirements.

Course Learning Outcomes:

- See Specific 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 Trainer Assessor, 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