



Aim

To establish a standard that creates a level of competence in Life Saving that meets the requirements of the surf coach and enables more location and job specific training and assessment. Surf coaching requires a 1:10 ratio and so most surf coaches will be operating on their own and will need to have life saving skills to deal with situations without immediate assistance.

Pre-requisites

- Minimum of 16 years of age on date of assessment.
- Able to perform a continuous swim for a minimum of 200 metres in a pool.
- Medically and physically fit.

Validity

24 months from the date of the assessment. Subsequent proficiency tests may be completed to maintain status.

Syllabus

1. Fitness Test & Releases

- Complete a swim of 200 metres in the sea, attacking the surf on entry.
- Complete a 200 metre run in under one minute.
- Demonstrate effectively two releases with appropriate management of the situation.

2. Life Saving Skills, Rescue & Knowledge

Demonstrate effectively the ability to carry out the following:

- Board rescue of unconscious casualty 150 metres from the shore using either a rescue board or a surfboard of 8ft minimum length.
- Demonstrate a free swim rescue and tow of casualty without rescue aids at a minimum of 50 metres' swimming distance from the shore.
- Demonstrate management of suspected spinal injury to casualty in the surf zone using public/surf school students to assist.
- Understand and demonstrate knowledge of Lifeguard signals and flags.
- Demonstrate aftercare of conscious and unconscious casualty.

3. Life Support

Demonstrate effectively the ability to carry out the following:

- Using a live simulated unconscious patient demonstrate primary and secondary survey, and recovery position
- Demonstrate CPR on adult, child and infant manikin
- Demonstrate jaw thrust technique
- Demonstrate management of vomiting and choking incident
- The recovery position and aftercare

4. First Aid

Have a thorough knowledge of the recognition and management of the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the Assessor.

- Choking
- Fractures & dislocations
- Cramp
- Fainting
- Strain/Sprain
- Bleeding
- Head injuries
- Shock
- Eye injuries
- Marine & insect stings
- Sunburn
- Heat stroke/exhaustion
- Hypothermia

Assessment

Complete the syllabus for the assessment. The qualification can be Trainer assessed.