



AUSTRALIAN LIFESAVING  
**ACADEMY**  
NEW SOUTH WALES

## Surf Rescue Certificate

### Course Description

The aim of the course is to provide participants with the knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. This course is also the minimum water safety qualification for Junior Activity supervision.

### Award

Upon successful completion of this course participants will receive the SLSA Surf Rescue award.

### Course Content

- Safety and wellbeing
- Surf awareness and skills
- First aid
- Resuscitation
- Rescue techniques
- Signals

### Entry Requirements

- Participants must be a minimum of 13 years of age on the date of final assessment.
- Participants must have completed a minimum of 200m swim in five minutes or less, in a swimming pool of not less than 25 metres or over a measured open water course before any training starts in the surf and/or deep water.

### General Information

The duration of the course is approximately 35-45 hours.

### Assessment

Assessment is through demonstration, presentation and application of all elements of competency in the workplace. Participants will be required to complete activities that may include oral and written questioning, practical demonstrations and performing scenarios.

### Course Enquiries

Direct your course enquiries to your **Chief Training Officer** at your club.

If you have a general enquiry or are not a Surf Club member, please contact the **Training Hotline (1300 766 257)**.



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