



## Return to Lifeguard Duty Form

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<i>Claim Number</i> (if applicable)	<i>Date:</i>
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### Privacy

These personal details are being collected by the Australian Lifeguard Service for the purpose of assessing whether an employee is fit to return to lifeguard duties following injury. The personal information will be disclosed to the ALS general practitioner and/or the Lifeguard Manager for the purpose of determining whether the employee should return to duties. You have the right to access the information held about you by the Australian Lifeguard Service.

### Employee Details:

<i>First Name:</i>	<i>Last Name:</i>
<i>Date of birth:</i>	<input type="checkbox"/> <i>Male</i> <input type="checkbox"/> <i>Female</i>
<i>Lifeguard Service Name:</i>	
<i>Region:</i>	<i>State:</i>
<i>Job Title:</i>	
<i>Has the employees returned to their pre-injury role?</i>	<input type="checkbox"/> <i>Yes</i> <input type="checkbox"/> <i>No</i>
<i>If Yes, have you attached a Work Cover authority to return to Work Form?</i>	<input type="checkbox"/> <i>Yes</i> <input type="checkbox"/> <i>No</i>

### Employee Details:

<i>Please tick the duties below that the injured employee is involved in:</i>
<input type="checkbox"/> <i>Administrative / Management</i>
<input type="checkbox"/> <i>Lifeguard Duties</i>
<input type="checkbox"/> <i>Other:</i>

**Surf lifesaving duties summary:** (to be completed by a general practitioner)

<b>Date of Satisfactory Completion</b>	<b>General Physical Restrictions</b> (for other restrictions refer to WorkCover Return to Work Form and Medical Certificates)
	<i>Manual Handling &lt; 5kg / &lt; 10kg / &lt; 15kg / &lt;20kg (write the appropriate weight in space provided)</i>
	<i>Reassess Proficiency Test: 400m swim / 800m run / 400m board paddle / 800m run in less than 25 minutes</i>
	<b>Lifeguarding</b>
	<i>Length of Lifeguard Patrol (average patrol length is 8 hours), (Write time in space provided)</i>
	<i>Surveillance duty (walking/sitting on beach or tower or equivalent)</i>
	<i>Use of Radio</i>
	<i>Light First Aid duties (for example bluebottles, stings, dressings, ice packs)</i>
	<i>Drive quad bike (Could be fully laden with trailer and equipment)</i>
	<i>Emergency Care / First Aid / Resuscitation</i>
	<i>Rescue Board / Tube rescues - paddle rescue board or swim with tube for 400m out surf break, pick up patient and return to shore</i>
	<i>Inflatable Rescue Boat (IRB) Driver – drive and steer an inflatable boat (weight 200kg+) using out board motor in/out surf break ~400m, assist crewperson with lifting persons (up to 110kg+) into craft</i>
	<i>IRB Crewperson – crew inflatable boat whilst crouching in bow of craft going in/out surf break, adjust weight back and forth and keep balance while negotiating waves, lift/assist persons into craft (up to 110kg+) from surf by kneeling/wedging knees into pontoon, and bending over pontoon</i>
	<i>IRB Maintenance – deflate and dismantle craft by removing floor boards, etc and hose down, re-inflate and make the craft ready for use</i>
	<i>Rescue Water Craft (RWC) Driver – drive and steer an RWC (weight 200kg+) in/out surf break ~400m, assist crewperson with lifting persons (up to 110kg+) into craft</i>
	<i>Rescue Water Craft (RWC) Grabber – crew an RWC whilst lying on the rescue board going in/out surf break, adjust weight back and forth and keep balance while negotiating waves, assist persons (up to 110kg+) onto board and secure for return to beach</i>
	<i>Other:</i>