



Lifeguard Training Programs 2010

Course description

This 2 day training provide will provide current and/or prospective lifeguards as well as general participants with the necessary skills and certification in First Aid, Advanced Resuscitation Techniques and Spinal Management.

Course content

The courses offered during this program include:

Day One (Saturday 9.00am-4.00pm)

Apply First Aid (Full and Update Course)

This course provides participants with the knowledge and skills needed to manage emergency first aid situations and deliver competent emergency care until the arrival of professional medical support. Once completed, participants will obtain a first aid certificate that is valid for three years. The Apply First Aid course is nationally recognised WorkCover approved training.

Delivery Options

Full Course Flexible delivery – One full day of practical training (8 hours) plus a question and answer workbook (available online or in hardcopy format) to be completed independently prior to the day of practical training.

Update Course – One full day of training and assessment

Accreditation HLTFA301B - Apply First Aid (Valid for 3 years)

*Note: This unit of competence incorporates the content of HLTCP201A Perform CPR

Day Two (Sunday 9.00am-4.00pm)

Advanced Resuscitation Techniques (Full and Update Course)

This course provides participants with the skills, knowledge and application to use advanced resuscitation practices.

Accreditation HLTFA404A– Apply Advanced Resuscitation Techniques (valid for 1 year)

PUAEME003C– Administer Oxygen in an Emergency Situation (valid for 1 year)

PUAOPE010B– Operate a Semi Automatic Defibrillator in an Emergency (valid for 1 year)

Spinal Management (Full Course)

This course provides participants with the skills, knowledge and application to use advanced resuscitation practices.

Accreditation SLSA Spinal Management Certificate (valid for 1 year)

Course fees

- 2 Day Course \$150.00pp
- Day one only \$100.00pp
- Day two only \$100.00pp

Course dates and enrolment details, please see overleaf

training@surflifesaving.com.au or 1300 766 257



Surf Life Saving NSW
PO Box 430 Narrabeen NSW 2101
Ph: 1300 766 257
Fax: (02) 9984 7199
Email: training@surflifesaving.com.au
Web: www.surflifesaving.com.au



AUSTRALIAN LIFESAVING
ACADEMY
NEW SOUTH WALES



Lifeguard Training Programs 2010

2010 Course calendar

Region - Tweed Heads

Dates - Saturday 9th - Sunday 10th October, 2010

Location - Kingscliff Surf Lifesaving Club

Region - Ballina

Dates - Saturday 31st July - Sunday 1st August, 2010

Location - Lennox Head Surf Lifesaving Club (TBC)

Region - Clarence Valley

Dates - Saturday 23rd - Sunday 24th October, 2010

Location - Yamba Surf Lifesaving Club

Region - Nambucca Heads

Dates - Saturday 24th July - Sunday 25th July, 2010

Location - Nambucca Heads Surf Lifesaving Club

Region - Great Lakes

Dates - Saturday 31st July - Sunday 1st August, 2010

Location - Forster Surf Lifesaving Club (TBC)

Region - Port Stephens

Dates - Saturday 24th - Sunday 25th July, 2010

Location - Fingal Bay Surf Lifesaving Club

Region - Pittwater

Dates - Saturday 31st July - Sunday 1st August, 2010

Location - TBC

Region - Shoalhaven

Dates - Saturday 4th - Sunday 5th September, 2010

Location - Mollismook Surf Lifesaving Club

Region - Bega

Dates - Saturday 23rd - Sunday 24th October, 2010

Location - Tathra Surf Lifesaving Club (TBC)

For course enrolments and enquiries

training@surflifesaving.com.au or 1300 766 257



Surf Life Saving NSW
PO Box 430 Narrabeen NSW 2101
Ph: 1300 766 257
Fax: (02) 9984 7199
Email: training@surflifesaving.com.au
Web: www.surflifesaving.com.au