



AUSTRALIAN LIFESAVING
ACADEMY
NEW SOUTH WALES



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 HLTF301B - Apply First Aid (Valid for 3 years)

*Note: This unit of competence incorporates the content of HLTCPR201A 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 HLTF404A– 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



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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

Region - Clarence Valley

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

Location - Yamba Surf Lifesaving Club

Region - Nambucca Heads

Dates - Saturday 21st August - Sunday 22nd August, 2010

Location - Nambucca Heads Surf Lifesaving Club

Region - Great Lakes

Dates - Saturday 21st August - Sunday 22nd August, 2010

Location - Cape Hawke Surf Lifesaving Club

Region - Port Stephens

Dates - Saturday 7th August - Sunday 8th August, 2010

Location - Fingal Bay Surf Lifesaving Club

Region - Pittwater

Dates - Saturday 7th August - Sunday 8th August, 2010

Location - TBC

Region - Shoalhaven

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

Location - Mollismook Surf Lifesaving Club

Region - Bega

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

Location - Tathra Surf Lifesaving Club

For course enrolments and enquiries

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