



# 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 start)

**Entry Requirements**—A current Apply (senior) First Aid certificate is a pre-requisite for both ARTC and Spinal Management.

**Pre-course material is required to be completed by participants prior to commencing training (Further pre-requisite course information can be found at [www.surflifesaving.com.au](http://www.surflifesaving.com.au) or at the time of enrolment)**

#### Advanced Resuscitation Techniques (Upgrade Course)

Participants are required to already hold an ARC and/or Defibrillation Certificate. 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**



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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 - Clarence Valley**

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

**Location - Yamba Surf Lifesaving Club**

#### **Region - Shoalhaven**

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

**Location - Mollymook Surf Lifesaving Club**

#### **Region - Bega**

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

**Location - Tathra Surf Lifesaving Club**

*Please note— The confirmation of all courses will be subject to the minimum enrolments being reached*

### **For course enrolments and enquiries**

**[training@surflifesaving.com.au](mailto:training@surflifesaving.com.au) or 1300 766 257**



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