Rookie Lifeguard Award Level 7 (13 year olds)

* This work sheet is designed to assist Junior Surf Coordinators in the assessment of the Junior Surf Achievement Award levels.
* This form is to be completed in Duplicate. Original copy sent to Surf Life Saving Northern Region, other copy retained by Club.

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| Club:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Please tick appropriate column ☞ | | Pool swim 200 metres in 4 minutes 30 secs | Run Swim Run (100m run inclu wade, 100m swim, 100m run) in under 5 mins | Tow a patient in a Rescue Tube a min distance of 30m. Rescuer must wear fins. | Perform Tube Rescue and Board Rescue at a beach setting | Attend four Patrols (no less than 12 hours in total) | Demonstrate basic CPR | Complete all Rookie Lifeguard log book modules | LEVEL 7 COMPLETED |
| Given Name | Surname |
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I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ endorse that the above named have satisfactorily completed the required criteria for the Award as indicated.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Examiners Signature) (Day/Month/Year)

**Examiner is to be an appointed club member – this person must be a qualified and refreshed lifeguard.**