



SURF LIFE SAVING
NORTHERN REGION

3 Solent Street, Mechanics Bay, Auckland 1010
PO Box 2195, Shortland Street, Auckland 1140
T 09 303 0663
www.lifesaving.org.nz

Circular 097:17

Date: 6th July 2017

Subject: Peer Support Course - 19th of August

Attention: Club Lifesaving Officers (Club Captains), Club Administrators, Operational Lifeguards

Action: Register for the next Peer Support Course by Friday the 28th of July

Circulars are available at: <http://lifesaving.org.nz/lifesaving/lifesaving-operations-circulars/>

Under the new Health and Safety Act we know that there is a stronger focus on looking after our members not only physically but their Mental Health too - we are dedicated to maintain and build this wider Welfare Programme.

The Peer Support role is aimed at club members to who are willing to respond to their clubs when a critical incident occurs to provide support to club members involved and in conjunction with the Duty Officer, run the debrief. Or to provide support to other members that may want to talk to someone within the membership regarding issues or difficulties they may be experiencing.

Critical incidents may result in people experiencing a range of different reactions to traumatic events including shock, fear, anger, helplessness, sadness and shame.

Peer Supporters operate on a 24/7 basis and are called upon to assist with peer support when critical incidents occur at their beach. This support may include providing initial support to members, assisting members to understand the impact of a stressful event, help in the organizing of formal psychological debriefing, and educate members on stress reactions and natural coping mechanisms.

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Prerequisites:

- SLSNZ member
- SLSNZ Surf Lifeguard Award
- Motor vehicle license
- 20 years old +
- First Aid Level One
- 4 years Lifeguarding experience

The next Peer Support Course will be held on the 19th of August at the Marine Rescue Centre.

[Click here](#) to register, registrations close on Friday the 28th of July 2017

For additional details on this Circular please contact:

Chase Cahalane
Lifesaving Manager

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