



Intermediate Lifeguard School

The Intermediate Lifeguard School is designed to provide extensive training, skill development and experience for lifeguards who have been patrolling for 1-3 seasons.

This course is an excellent opportunity for lifeguards to become more confident and capable and learn from some of the most experienced and skilled lifeguards in the Region.

Prerequisites:

Financial member of a Club

15 years old

Surf Lifeguard Award (refreshed)

400m swim in under 8min

First aid level one

One full season of patrolling

Duration:

Two days (overnight)

Facilitated by:

SLSNR approved instructors and mentors

Course Components:

Team building

Image and professionalism

Rock navigation module

Search and rescue

Lifeguarding techniques

Helicopter and scene management

Board rescue module

Incident management

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