



## **Peer Support**

The Peer Support role is aimed at club members 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.

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.

## **Prerequisites:**

Financial member of a Club

20 years old

Surf Lifeguard Award (refreshed)

First aid level one

Motor vehicle license

Four years patrolling experience

## **Duration:**

One day

## **Facilitated by:**

ClearHeads Psychological Consulting

## **Course Components:**

Information specifically surf lifeguard focused in respect of:

- Potential scenarios in which psychological trauma may occur
- Identifying psychological effects of potentially traumatic experience
- Process of intervention as a peer supporter in a surf life saving context
- Delivery and rehearsal of relevant 'micro-counselling' skills
- Issues of self-care, boundaries, limits of confidentiality, accessing further assistance

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