

Course title:

SLSGB Surf Coach Safety and Rescue

Aim:

To establish a standard that creates a level of competence in Life Saving that meets the requirements of the surf coach and enables more location and job specific training and assessment. Surf coaching requires a 1:10 ratio and so most surf coaches will be operating on their own and will need to have life saving skills to deal with situations without immediate assistance.

Duration:

3 days

Pre Requisites

- Minimum of 16 years of age on date of assessment.
- Able to perform a continuous swim for a minimum of 200 metres in a pool.
- Medically and physically fit.

Course content

1. Fitness Test & Releases

- Complete a swim of 200 metres in the sea, attacking the surf on entry.
- Complete a 200 metre run in under one minute.
- Demonstrate effectively two releases with appropriate management of the situation.

2. Life Saving Skills, Rescue & Knowledge

Demonstrate effectively the ability to carry out the following:

- Board rescue of unconscious casualty 150 metres from the shore using either a rescue board or a surfboard of 8ft minimum length.
- Demonstrate a free swim rescue and tow of casualty without rescue aids at a minimum of 50 metres' swimming distance from the shore.
- Demonstrate management of suspected spinal injury to casualty in the surf zone using public/surf school students to assist.
- Understand and demonstrate knowledge of Lifeguard signals and flags.
- Demonstrate aftercare of conscious and unconscious casualty.

3. Life Support

Demonstrate effectively the ability to carry out the following:

- Using a live simulated unconscious patient demonstrate primary and secondary survey, and recovery position
- Demonstrate CPR on adult, child and infant manikin
- Demonstrate jaw thrust technique
- Demonstrate management of vomiting and choking incident
- The recovery position and aftercare

4. First Aid

Have a thorough knowledge of the recognition and management of the following conditions.

Demonstrate the practical management of some of these conditions at the discretion of the Assessor.

- Choking • Bleeding • Sunburn
- Fractures & dislocations • Head injuries • Heat stroke/exhaustion
- Cramp • Shock • Hypothermia
- Fainting • Eye injuries
- Strain/Sprain • Marine & insect stings

Assessment and certification

Complete the syllabus for the assessment.

****What is the difference between the Beach Lifeguard course and the Surf Coach Lifesaver Award?***

The Surf Coach Lifesaver Award is specifically designed for surf coaches who need to have a lifesaving qualification. It cannot be used to apply for beach lifeguard positions. There is no timed pool swim in the SCL award and the 200m run must be completed in less than 1min.

Other information

- Start: 0900
- Finish: 1700 (there will be some reading/homework to do in the evenings)

What to bring

- Wetsuit (hood/gloves if winter)
- Towel
- Wetsuit boots
- Swim suit
- Warm clothing
- Pen & paper
- Packed lunch (Tea/coffee will be provided throughout the course)