

Training Log for: _____

Level	Requirements	Times	Date Achieved	Notes
1 (7 years)				
	Pool swim 25m			
	Open water swim 25m			
	Wading confident to waist depth			
	Diving bob under wave			
	Body surf glide with wave			
	Run / wade / run 25/50/25m			
	Bodyboard, catching wave			
	Tread water 20 secs			
	Questions 1-5			
2 (8 years)				
	Pool swim 50m			
	Open water swim 50m			
	Wading clear at knee depth			
	Diving lie under wave			
	Body surf, stroke on wave			
	Run / wade / run 30/50/30m			
	Bodyboard, diving under, knees on			
	Tread water 30 secs			
	Questions 1-9			
3 (9years)				
	Pool swim 100m			
	Open water swim 100m			
	Wading knee, thigh with board			
	Dive under wave			
	Body surf, catch unbroken, stroke			
	Run / wade / run 50/75/50m			
	Bodyboard, (3 requirements)			
	Tread water (30 secs)			
	Questions 6-13			
4 (10 years)				
	Pool swim 200m in 7 mins			
	Open water swim 200m			
	Tread water (1 min)			
	Diving under wave & push off			
	Body surf, swim to catch wave			
	Run / wade / run 50/100/50m			
	Board (6 requirements)			
	Questions 10-17			
5 (11 years)				
	Pool swim 200m in 5 mins			
	Open water swim 200m			
	Tread water 2min + arm 30secs			
	Diving under wave, 5 porpoise dives			
	Body surf, swim to catch wave			
	Run / swim / run 50/100/50m			
	Board, (4 requirements)			
	Questions 14-21			

	Requirements	Times	Date achieved	Notes
200m Safety Award Badge	1. Pool swim 200m in 5 mins + tread water for 1min (no stopping) and 2. Display good confidence in surf			
Surf Lifesaving Certificate				
	Must have achieved level 5 award			
	Pool swim 200m in 4.5mins			
	Run / swim / run 100/100/100 in 5mins			
	Tow patient in rescue tube 30m			
	Demonstrate an examination, mouth to mouth, recovery position to a patient			
	Questions, level 5 + 4 below			

Questions	Answers	√
1. Where should you swim at the beach?	Between the patrol flags	
2. What colour are the patrol flags?	Red and yellow	
3. Who do you need to take to the beach to watch over you?	Adult	
4. What is the signal for 'Assistance Required'?	Raise one arm straight above your head	
5. Should you ever swim alone?	No	
6. If you are in doubt about the sea conditions, what should you do?	Do not go in the water, stay out.	
7. When will you find lifeguards at the beach?	In summer and in the weekends	
8. What does 'Slip, Slop, Slap, mean?	Slip on a shirt, Slop on sunscreen, Slap on a hat.	
9. What are two things you should always keep in mind when body boarding?	Watch out for swimmers. Keep between the patrol flags.	
10. Name three pieces of lifeguard equipment.	IRB, Rescue board, Rescue tube, radio, patrol flags, patrol signs	
11. If using club equipment, what should you do when you are finished?	Wash with fresh water and put it away.	
12. What do the letters IRB stand for?	Inflatable Rescue Boat	
13. Is it a good idea to go swimming if you are tired and cold? (explain)	No, you will not have the energy to swim well	
14. Name the three different types of waves.	Surging, spilling, dumper	
15. What is a rip?	A body of water moving out to sea.	
16. Name two features that identify a rip.	Discoloured water, calm spot on a surf beach, rippled or criss crossed water, foamy water with debris (rips are difficult to see on windy days)	
17. What causes waves?	Swells from the sea approaching the shallow beach.	
18. Why are dumping waves dangerous?	Because they are steep and powerful and often break in shallow water.	
19. What are two special ways lifeguards use to communicate with each other?	Radios and signals	
20. How do lifeguards determine the best place to put the patrol flags?	Sit in an elevated position and watch the waves. Pick the place with the most even breaking surf.	
21. What are the four essential items an IRB must carry at all times?	Rescue tube, two paddles & knife	
Surf Lifesaving Certificate Questions (14-21 above + 1-4 below)		
1. What is the best method to escape from a rip?	Stay calm and swim parallel (across) the beach to the nearest breaking wave until you are out of the rip, and then swim into shore or signal for assistance.	
2. How should you remove sand from the eye?	Flush with clean, cold water.	
3. How would you treat a beachgoer for severe sunburn?	Cold shower, rest in a cool place and give cool fluids.	
4. What should lifeguards have with them at all times?	Rescue tube	