

## Surf Rescue Certificate

Description – this is a course providing certification under Thai Life Saving Society. The course is equivalent to Surf Life Saving Australia - Surf Rescue Certificate and ILS Lifeguard Pool and ILS Lifeguard Beach.

Duration: 35 Hours

Background: The candidates are Phuket based surfing and SUP instructors who require an internationally recognised lifeguard qualification. All candidates are presumed to be competent swimmers and who have surf awareness and surf skills.

At the time of writing this training program there were little details about venue and access to pools and classrooms or equipment. The schedule is flexible and can be adapted for monsoon conditions and availability of pool and classroom availability.

| Session Time and Date                         | Venue             | Description  |
|---|-------------------|--|
| Day 1 Session 1<br>Monday 29/8<br>0900 – 1100 | Beach / Classroom | Fitness Assessment Surf entry skills dolphins high step entry. Lifeguard Signals. Carries from the water, Rescue tube rescue                     |
| Lunch   |                   |  |
| Session 2 1300 - 1430                         | Classroom         | Videos, and CPR Beach management. HLTAID011 First Aid to Australian standard,  |
| Break   |                   |  |
| Session 3 1500 – 16.30                        | Beach             | Lifeguard relay and surf skills. Fitness, Surf Awareness, Carries Identifying hazards in the coastal environment. Negotiating the Break, Signals |
|   |                   |  |
| Day 2 Session 1<br>0800 - 1000                | Beach             | Surf Rescues Working as Part of a Rescue Team, Rescue relay, Negotiating the Break. Tube Rescue, Board rescue.                                   |
| Break   |                   |  |
| Session 2 10.30 – 11.30                       | Beach             | Lifeguard Rescue Relay   |

|                             |             |  |
|-----------------------------|-------------|--|
| Lunch 11.30 – 1300          |             |  |
| Session 3 1300 - 1500       | Classroom   | Provide CPR Delivery of HLTAID009 with Exam Videos, Table top scenarios, practical scenarios. HLTAID011 First Aid to Australian standard,  |
| Break                       |             |  |
| 13.30 - 1630                | Beach       | Swim Test. Run Swim Run  |
|                             |             |  |
| Day 3 Session 1 0800 - 1030 | Pool        | Board Rescue short board, rescue board and SUP. Spinal management. Pool Rescue skills  |
| Break                       |             |  |
| Session 2 1100 – 1200.      |             | Swim Test Pool Rescue Assessment. Lifeguard Pool Olympics  |
| Lunch                       |             |  |
| Session 3 1330 - 1530       | Classroom   | Managing an aquatic environment. Drowning Chain, Videos of water parks and Ryan Kim Rescue Table top scenarios. Managing a pool area. Types of patrolling. Scanning a crowd. Setting up a beach<br>HLTAID011 First Aid to Australian standard, |
| Break                       |             |  |
| Session 4 1600 - 1700       | Pool/ Beach | <b>Option 1</b> Continue Pool Assessment <b>Option 2</b> Beach assessment  |
|                             |             |  |
| Day 4 Session 1 0800        | Beach       | Lifeguard Fitness. Lifeguard Mission   |
|                             |             |  |
| Day 5 Session 1 0800 - 1000 | Beach       | Setting up a beach. Run Swim Run Assessment, Lifeguard Mission.  |
| Break                       |             |  |

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|-----------------------------|-----------|--|
| Session 2 10.30 - 1200      | Classroom | HLTAID011 First Aid to Australian standard, Practical first Aid scenarios CPR Test in Thai and English |
| Lunch                       |           |  |
| Session 3 1330 - 1430       | Classroom | First Aid Scenarios  |
| Break                       |           |  |
| Session 4                   | Beach     | Lifeguard Mission and lifeguard Olympics. Board Rescues - Board Relays.                                |
|                             |           |  |
| Day 5 Session 1 0800 - 1000 | Beach     | Assessment of Surf rescue skills. Assessment of practical rescue skills.                               |
| Break                       |           |  |
| Session 2 1030 - 1130       | Classroom | Assessment of CPR and First Aid skills and First Aid/CPR exam in Thai Language.                        |
| Lunch                       |           |  |
| Session 3 1300 - 1500       | Classroom | Presentation of Certificates Conclusion  |