



Surf Survival

Course Description

The aim of this course is to provide participants with the knowledge of basic surf awareness in order to be able to safely enjoy surf activities. The course provides an understanding of the surf environment and an introduction to rescue techniques and first aid. It is the minimum requirement for students who wish to select surfing as their school sport.

Visit the [Surf Life Saving Australia](http://www.surflifesaving.com.au) website for further information about the program.

Award

Upon successful completion of this course participants will receive the SLSA Surf Survival award.

Course content

- Fitness test—100m run, 100m ocean swim, 100m run
- Demonstration / interpretation of signals
- Demonstration of resuscitation (DRABCD)
- Demonstration of a board rescue

Entry Requirements

- Participants must be a minimum of 12 years of age on the date of final assessment.
- Complete a 150m swim in a swimming pool of not less than 25m without stopping in either freestyle or breaststroke.
- Complete a 2min survival float.

General Information

The duration of the course is approximately 12 hours, consisting of classroom based learning, pool and surf beach practical activities.

Assessment

Assessment is through demonstration, presentation and application of all elements of the award. Participants will be required to complete activities that may include a written paper, oral questioning, practical demonstrations and performing scenarios. The SLSA Surf Survival award must be trained and assessed by a person who meets the following requirements:

- A qualified primary/secondary teacher who holds a current Surf Rescue Certificate (at a minimum) OR
- An endorsed SLSA Trainer and Assessor of Surf Rescue Certificate or Bronze Medallion

Course Enquiries

Please contact SLSNSW for any enquiries on (02) 9984 7188.



Surf Life Saving NSW
PO Box 430 Narrabeen NSW 2101
Ph: (02) 9984 7188
Fax: (02) 9984 7199
Email: education@surflifesaving.com.au
Web: www.surflifesaving.com.au



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Related Courses

Surf Life Saving NSW delivers a number of emergency care courses suitable for students and teachers that may be of additional interest:

Student Courses

- Junior First Aid (8 years+)
- Stage 3 Basic Resuscitation (8 years+)
- CPR (10 years+)
- Basic Emergency Life Support (15 years+)
- Apply / Senior First Aid (15 years+)

Teacher Courses

- CPR
- Basic Emergency Life Support
- Apply / Senior First Aid
- Spinal Management
- Advanced Resuscitation Techniques

Visit the [Schools Training](#) page of the SLSNSW website for further information or call the **Training Hotline (1300 76 257)**.



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