



LIFE SAVING PASSPORT

Surf Life Saving Illawarra



2003/2004



Life Saving Passport
2003/2004
Surf Life Saving Illawarra

Encouraging Local Kids To Keep our Beaches Safe



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Name _____

Date of Birth _____

Surf Club _____ Season _____

Surf Club _____ Season _____

Surf Club _____ Season _____

Surf Club _____ Season _____

Surf Club _____ Season _____

Dear fellow Surf Life Saver,

Congratulations on choosing Surf Life saving as one of your Activities.

This Passport should be used to chart where you have been in the movement as well as where you are. It shows you the many areas in Surf Life Saving that you may go.

SLS Illawarra President or similar, maybe Director of Lifesaving?

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Patrolling Lifesaver

Surf Ed -Surf Familiarisation

Prerequisites

Be between the ages of 6 & 7 on the 30th September of that year.

Lessons

	Preliminary Evaluation	Run-Swim-Run	Timed Pool Swim
Under 6 & 7	1 minute survival float.	Nil	NA

The following chart should be used as a record of your activity over the season

After each lesson is completed, have the person who conducted the session to sign you were in attendance.

Lesson	Topic	Date Completed	Officials Signature
Lesson 1 (45 minutes)	Patrol Familiarisation		
Lesson 2 (45 minutes)	Beach Familiarisation.		
Lesson 3 (45 minutes)	Water Familiarisation		

Lesson	Topic	Date Completed	Officials Signature
Lesson 4 (45 minutes)	Surf Club Familiarisation		
Lesson 5 (45 minutes)	Sun Safety Awareness		
Lesson 6 (45 minutes)	Beach Walk		
Lesson 7 (45 minutes)	Rips & Waves		
Lesson 8 (45 minutes)	First Aid		
Lesson 9 (45 minutes)	Surf Rescue Equipment Familiarisation		
Lesson 10 (45 minutes)	Scenarios & Revision		

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Patrolling Lifesaver

Surf Ed -Surf Awareness 1

Prerequisites

Be under the age of 8 on the 30th September of that year.

Lessons

	Preliminary Evaluation	Run-Swim-Run	Timed Pool Swim
Under 8	25 metre swim, (any stroke). 1 minute survival float.	Nil	Not Applicable

The following chart should be used as a record of your activity over the season

After each lesson is completed, have the person who conducted the session to sign you were in attendance.

Lesson	Topic	Date Completed	Officials Signature
Lesson 1 (45 minutes)	Who goes to the beach?		
Lesson 2 (45 minutes)	All about lifesaving.		
Lesson 3 (45 minutes)	Hazards & Safety		

Lesson	Topic	Date Completed	Officials Signature
Lesson 4 (45 minutes)	Beach Running		
Lesson 5 (45 minutes)	Beach flags & turns		
Lesson 6 (45 minutes)	Wading		
Lesson 7 (45 minutes)	Diving under the water		
Lesson 8 (45 minutes)	Position on a board		
Lesson 9 (45 minutes)	Introductory board paddling		
Lesson 10 (45 minutes)	Balancing and turning		

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Surf Ed -Surf Awareness 2

Prerequisites

Be under the age of 9 on the 30th September of that year.

	Preliminary Evaluation	Run-Swim-Run	Timed Pool Swim
Under 9	25 metre swim, (any stroke). 1 minute survival float.	Run-Swim-Run (50m-50m-50m)	200m pool swim within 6 minutes

Lessons

The following chart should be used as a record of your activity over the season

After each lesson is completed, have the person who conducted the session to sign you were in attendance.

	Topic	Date Completed	Officials Signature
Lesson 11 (45 minutes)	What hazards may you find at the beach		
Lesson 12 (45 minutes)	Sprinting on the sand		
Lesson 13 (45 minutes)	Beach Flags		

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Lesson	Topic	Date Completed	Officials Signature
Lesson 14 (45 minutes)	Relays		
Lesson 15 (45 minutes)	Dolphin Diving		
Lesson 16 (45 minutes)	Wading		
Lesson 17 (45 minutes)	Paddling Skills		
Lesson 18 (45 minutes)	Introduction to bunny hopping		
Lesson 19 (45 minutes)	Paddling on to a wave		
Lesson 20 (45 minutes)	Popping A Wave		

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Surf Ed -Surf Safety 1

Prerequisites

Be under the age of 10 on the 30th September of that year.

	Preliminary Evaluation	Run-Swim-Run	Timed Pool Swim
Under 10	25 metre swim, (freestyle). 1.5 minutes survival float.	Run-Swim-Run (50m-50m-50m)	200m pool swim within 6 minutes

Lessons

The following chart should be used as a record of your activity over the season

After each lesson is completed, have the person who conducted the session to sign you were in attendance.

Lesson	Topic	Date Completed	Officials Signature
Lesson 21 (45 minutes)	Waves, wind and water		
Lesson 22 (45 minutes)	Survive		
Lesson 23 (45 minutes)	Who? What? Where?		

Lesson	Topic	Date Completed	Officials Signature
Lesson 24 (45 minutes)	Beach Sprinting		
Lesson 25 (45 minutes)	The jump flags start		
Lesson 26 (45 minutes)	Wading		
Lesson 27 (45 minutes)	Swim technique		
Lesson 28 (45 minutes)	Diving under a wave		
Lesson 29 (45 minutes)	Bunny hopping		
Lesson 30 (45 minutes)	Rescue Board		

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Surf Ed -Surf Safety 2

Prerequisites

Be under the age of 11 on the 30th September of that year.

	Preliminary Evaluation	Run-Swim-Run	Timed Pool Swim
Under 11	50 metre swim, (freestyle). 2 minutes survival float.	Run-Swim-Run (50m-100m-50m)	200m pool swim within 5 minutes

Lessons

The following chart should be used as a record of your activity over the season

After each lesson is completed, have the person who conducted the session to sign you were in attendance.

Lesson	Topic	Date Completed	Officials Signature
Lesson 31 (45 minutes)	Safety services		
Lesson 32 (45 minutes)	Emergency		
Lesson 33 (45 minutes)	DRABC		

Lesson	Topic	Date Completed	Officials Signature
Lesson 34 (45 minutes)	The crouch start		
Lesson 35 (45 minutes)	Diving for a flag		
Lesson 36 (45 minutes)	Dolphining		
Lesson 37 (45 minutes)	Swimming on to waves		
Lesson 38 (45 minutes)	Paddling in the surf		
Lesson 39 (45 minutes)	Buoy turns		
Lesson 40 (45 minutes)	Catching waves		

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Surf Ed -Surf Smart 1

Prerequisites

Be under the age of 12 on the 30th September of that year.

	Preliminary Evaluation	Run-Swim-Run	Timed Pool Swim
Under 12	100 metre swim, (freestyle). 2 minutes survival float.	Run-Swim-Run (50m-100m-50m)	200m pool swim within 5 minutes

Lessons

The following chart should be used as a record of your activity over the season

After each lesson is completed, have the person who conducted the session to sign you were in attendance.

Lesson	Topic	Date Completed	Officials Signature
Lesson 41 (45 minutes)	Safety services		
Lesson 42 (45 minutes)	Surf Zone		
Lesson 43 (45 minutes)	Floating over the sand		

Lesson	Topic	Date Completed	Officials Signature
Lesson 44 (45 minutes)	Swim & Board starts		
Lesson 45 (45 minutes)	Catching a broken wave		
Lesson 46 (45 minutes)	Swim technique		
Lesson 47 (45 minutes)	Catch and pull		
Lesson 48 (45 minutes)	Buoy turns		
Lesson 49 (45 minutes)	RICE		
Lesson 50 (45 minutes)	First Aid Action		

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Surf Ed -Surf Smart 2

Prerequisites

Be under the age of 13 on the 30th September of that year.

	Preliminary Evaluation	Run-Swim-Run	Timed Pool Swim
Under 13	200 metre swim, (freestyle). 3 minutes survival float.	Run-Swim-Run (100m-100m-100m)	200m pool swim within 5 minutes

Lessons

The following chart should be used as a record of your activity over the season

After each lesson is completed, have the person who conducted the session to sign you were in attendance.

Lesson	Topic	Date Completed	Officials Signature
Lesson 51 (45 minutes)	What is Resuscitation?		
Lesson 52 (45 minutes)	Introduction to Resuscitation		
Lesson 53 (45 minutes)	EAR		

Lesson	Topic	Date Completed	Officials Signature
Lesson 54 (45 minutes)	Resuscitation Scenarios		
Lesson 55 (45 minutes)	Rescue, Rescue, Rescue		
Lesson 56 (45 minutes)	Lifesaver		
Lesson 57 (45 minutes)	Fast flags turn		
Lesson 58 (45 minutes)	Wave catching		
Lesson 59 (45 minutes)	Paddling with a partner		
Lesson 60 (45 minutes)	Off the board and finish		

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Patrolling Lifesaver -Surf Rescue

Prerequisites

Be a minimum of 13 years on the date of the examination.

	Preliminary Evaluation	Run-Swim-Run
13/14 Years old	200m within 5 minutes in 25 m min pool or measured open water course	Run-Swim-Run (100m-100m-100m)

Lessons

The following chart should be used as a record of your activity towards attaining the certificate

After each lesson/unit is completed, have the person who conducted the session to sign you were in attendance.

Certificate 11 Units	Topic	Date Completed	Training Officers Signature
Unit 1	Safety & Wellbeing		
Unit 2	Surf Awareness & Skills		
Unit 3	Anatomy & Physiology		

Certificate 11 Units	Topic	Date Completed	Training Officers Signature
Unit 4	Basic First Aid		
Unit 6	Basic Resuscitation		
Unit 7	Resuscitation (CPR) Only if over 15		
Unit 8	Communications		
Unit 10	Rescue Techniques		
Unit 12	Patrols		

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Encouraging Local Kids to Keep our Beaches Safe 

Your Training Squad – Surf Rescue

Use the chart below to note down the names and phone numbers of your squad so you have a record for contacting during training.

Chief Instructor	Phone Number
Training Officer	
Squad members	

