

Competition Competence Awards Examiner Check List



Club / Organisation		Date	
Examiner 1		Signature 1	
Examiner 2		Signature 2	

Candidates Names							
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Surf Competence							
400m swim within 15 minutes – record time (500m if no surf, time can be extended to 20 minutes at discretion of Examiner)							
Knowledge of Marker flags							
Knowledge of all signals							
Knowledge of guidance for surf bathers and surf awareness							
Surf Competence Result (Competent / Not Yet Competent)							

Board competence							
Launch and paddle board 400m during which time the candidate will loose and regain contact with the board							
Launch board and paddle beyond the break (or at least 200m) to pick up a conscious casualty.							
Board Competence Result (Competent / Not Yet Competent)							

Ski Competence							
Knowledge of preparation, maintenance and storage of a ski							
Launch and paddle ski 600m during which time the candidate will:							
Stop then move backwards							
Stop then move forwards							
Turn Left using the rudder							
Turn right using the rudder							
Turn left without using the rudder							
Turn right without using the rudder							
Capsize and re-right the ski and continue paddling							
Provide support for a casualty and signal for assistance							
Ski Competence Result (Competent / Not Yet Competent)							