



Requirements to become a Volunteer Surf Lifeguard:

1. Minimum Age: 14
2. Member of a Surf Life Saving Club
3. Attend Surf Lifeguard training sessions
4. Pass the SLSNZ Surf Lifeguard Award Examination
5. The exam comprises:
 - a. 400m pool swim in under 9 minutes
 - b. Run/swim/run in the surf
 - c. Resuscitation Test
 - d. Rescue Test
 - e. Practical surf knowledge test and theory exam

Once you are qualified you can commence patrolling and are able to utilise Surf Life Saving Bay of Plenty's Lifeguard Skills / Development courses to extend your training and partake in our Surf Sport's programme.

