

Appendix 1 Training Log Sheet

NAME:..... CLUB:.....
 ADDRESS:..... BRONZE MEDALLION DATE:.....
 OTHER AWARDS:.....
 STATE:..... P/CODE:.....
 PHONE: (Work)..... (Mob).....
 PHONE: (Home)..... E-mail:.....
 AGE:..... D.O.B:..... SIGNATURE OF TRAINEE:.....

Training Session No.	Date	Time Hours	Comments	Facilitator Initials
1. Pre Course				
2. Pre Operations and equipment checks Equipment, Fire extinguisher and procedures, IRB set up, Motors, Propellers, guards, fuel, pre-launch checks TOTAL				
3. Post Operational checks Wash down, pontoon pressures, fuel cell, flushing engine, log books TOTAL				
4. Launching IRB and Crewing positions (dry land) Entry methods, wave positions, turning positions, surfing in IRB, re-righting, air-pocket, picking up objects, operational hazards TOTAL				
5. Launching IRB and Crewing positions (small surf) Listen to driver, keep IRB straight, Entry methods, wave positions, turning positions, picking up objects, operational hazards, depth of water, back shooting TOTAL				
6. Launching IRB and Crewing positions (in surf) Listen to driver, keep IRB straight, Entry methods, wave positions, turning positions, picking up objects, operational hazards, depth of water, back shooting TOTAL				
7. Patient Pick-up A) patient identification, pick up on dry land, pick up in flat water B) Conscious, unconscious, near rocks, in surf, assistance required TOTAL				
8. Patient carry out of IRB Patient lift, communicating with driver and patrol, using the IRB to carry patient up the beach TOTAL				
9. Search and Rescue Procedures Search patterns, different rescue techniques, near rocks, mass, patient transfer, after dark operations, towing another IRB, RWV, Windsurfer, etc. TOTAL				
10. Combined Training Session Revise all that has been learnt in sessions 1-9 TOTAL				
Grand Total of Training Hrs (Minimum 20 hours)				
Theory Examination				