



Fitness Requirements & Competency Award Structure



NIPPER		
	Award	Remit
	Nipper Bronze	Working towards their Bronze Award, or having achieved it working on skill-sets and fitness towards their Silver Award
	Minimum Fitness Test to achieve the Bronze Award	Swim 50m in a pool
	Nipper Silver	Working towards their Silver Award, or having achieved it working on skill-sets and fitness towards their Gold Award
	Minimum Fitness Test to achieve the Silver Award	Be able to swim through surf along the shore line swim back to shore in chest depth water (300m) & Complete a 400m Board Paddle
	Nipper Gold (Apprentice Lifeguard)	Working towards their Gold Award
	Minimum Fitness Test to achieve the Gold Award	Be able to complete a 500m board paddle - 100m run - 300m sea swim circuit
JUNIOR		
	Apprentice Lifeguard (same curriculum as Nipper Gold)	Working towards their Apprentice Lifeguard Award
	Minimum Fitness Test to achieve the Apprentice Lifeguard Award	Be able to complete a 500m board paddle - 100m run - 300m sea swim circuit
	Graduate Lifeguard	Working towards their Graduate Lifeguard Award
	Minimum Fitness Test to achieve the Graduate Lifeguard Award	400m swim in under 8min or under 7:30, 400m board paddle, Board Rescue, tube rescue, 200m run
	Surf or Beach Lifeguard	Working towards their Beach or Surf Lifeguard Award
	As per Lifeguard Manual	400m swim in under 8min or under 7:30, 400m board paddle, Board Rescue, tube rescue, 200m run
SENIOR & MASTER		
	Surf or Beach Lifeguard	Working towards their Beach or Surf Lifeguard Award
	As per Lifeguard Manual	400m swim in under 8min or under 7:30, 400m board paddle, Board Rescue, tube rescue, 200m run
	IRB Crew	20 hours min afloat, Classroom theory & practice
	Must hold lifeguard Qualification first	
	IRB Driver	40 hours min afloat, Classroom theory & practice
	Must hold lifeguard Qualification plus IRB Crew award first	