

Swim Safety North Training Day Schedule			
Time	Session		
0830-0900	Welcome - registration, introduction and tea & coffee		
0900-1200	Boat crew induction/refresher	SESA revalidation & skills	First aid (Starts @ 0830)
1200 - 1230	Combined skills session		
1230-1300	Lunch break		
1300-1630	Boat crew induction/refresher	Spinal focused bank based rescue skills	Radio skills

Swim Safety South Training Day Schedule			
Time	Session		
0830-0900	Welcome - registration, introduction and tea & coffee		
0900-1230	Boat crew induction/refresher	Protocols & scenarios	First aid (Starts @ 0830)
1230-1300	Lunch break		
1300-1600	Boat crew induction/refresher	SESA revalidation & skills	Spinal focused bank based rescue skills
1600-1630	Combined skills session		