



South  
Australia

# SLSSA 2023 - 2024 CHAMPION LIFESAVER WORKSHOPS

## WORKSHOP #1 (13/01/2024)

**Start time: 10am**

- Introduction + Breakdown of the event (15 mins)
- Practical Resuscitation Section A, including demonstration (45 mins)
- Break (10 mins)
- Practical Resuscitation Section B, including demonstration (45 mins)
- Further questions/concerns/etc. (5 mins)

**Finish time: 12pm**

## WORKSHOP #2 (03/02/2024)

**Start time: 10am**

- Introduction + Breakdown of the event (5 mins)
- Practical Resuscitation Section A, including demonstration and more detailed feedback (45 mins)
- Break (10 mins)
- Practical Resuscitation Section B, including demonstration (30 mins)
- Introduction to theory, including first 3 modules (25 mins)
- Further questions/concerns/etc. (5 mins)

**Finish time: 12pm**

\*Finish time is subject to change depending on number of participants and the progression of the workshop

\*Will aim to hold these at Surf Central if possible

\*It is preferable that participants bring their own mannikins from their clubs, but we will have spares if needed

\*In addition, participants are highly encouraged to bring their smart phones, particularly to the second workshop, as we will be holding online quizzes with questions from past theory papers

\*I should have some officials and judges helping me out on both days to provide both general and specific feedback to participants in the practical resuscitation sections

\*These workshops are aimed at younger age groups (U13-17s), however anyone interested in the event is welcome to participate