Surf Life Saving Australia

IRB LOG- COMPETITION TRAINING

A handy coaching tool for the documentation of IRB competition training sessions.

By signing this record the club Surf Coach certifies all details to be true and accurate.

**NOTE:** This Log and other supporting documentation (e.g. Patrol and IRB Log of Operations) is to be available for audit purposes.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Participating club, date and session times** | | | | | | | | | | | | | | | | | |
| Club | |  | |  | | | | | | | Start | | |  | | | | |
| Date | |  | |  | | | | | | | Finish | | |  | | | | |
|  |  | | | | | | | | | | | | | | | | | |
|  | **Training venue and conditions** | | | | | | | | | | | | | | | | | |
| Location | |  | |  | | | | | | | Conditions | | |  | | | | |
|  |  | | | | | | | | | | | | | | | | | |
|  | **Coach in attendance** | | | | | | | | | | | | | | | | | |
| Name | |  | |  | | | | | | | Signature | | |  | | | | |
|  |  | | | | | | | | | | | | | | | | | |
|  | **Equipment used** | | | | | | | | | | | | | | | | | |
| Hulls | |  | |  | | | | | | | Motors | | |  | | | | |
|  |  | | | | | | | | | | | | | | | | | |
|  | **Coach in attendance** | | | | | | | | | | | | | | | | | |
| Name | |  | |  | | | | | | | Signature | | |  | | | | |
|  |  | | | | | | | | | | | | | | | | | |
|  | **Members in attendance** | | | | | | | | | | | | | | | | | |
| Name | | | | | | Position  (delete one) | Hrs | Comments | | | | Member sign | | | Coach sign | | | |
|  | | | | | | Driver/Crew |  |  | | | |  | | |  | | | |
|  | | | | | | Driver/Crew |  |  | | | |  | | |  | | | |
|  | | | | | | Driver/Crew |  |  | | | |  | | |  | | | |
|  | | | | | | Driver/Crew |  |  | | | |  | | |  | | | |
|  | | | | | | Driver/Crew |  |  | | | |  | | |  | | | |
|  | | | | | | Driver/Crew |  |  | | | |  | | |  | | | |
|  | | | | | | Driver/Crew |  |  | | | |  | | |  | | | |
|  | | | | | |  |  |  | | | |  | | |  | | | |
|  |  | | | | | | | | | | | | | | | | | |
|  | **Training session lesson plan** | | | | | | | | | | | | | | | | | |
|  | **Session objectives** | | | | | | | | | | | | | | | | | |
|  | **Session Introduction** | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | |
|  | **Skills training** *Please tick ✓* | | | | | | | | | | | | | **Conditioning** *Please tick ✓* | | | | | |
| Boat entry | | |  | |  | Patient pick up | | |  | Crew change over | |  | Running | | |  | Step aerobics |  |
| Start process | | |  | |  | Return to shore | | |  | Swimmer entry/exit | |  | Weights | | |  | Stretching |  |
| Negotiate surf | | |  | |  | Turn off motor & exit | | |  | Other – | |  | Boxercise | | |  | Other – |  |
| Buoy turn | | |  | |  | Run up beach | | |  |  | Circuit | | |  |  |
|  |  | | | | | | | | | | | | | | | | | |
|  | **Session evaluation** | | | | | | | | | | | | | | | | | |
|  | Comments | | | | | | | | | | | | | | | | | |
|  | Items for next session | | | | | | | | | | | | | | | | | |