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 |