



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	
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Coach in attendance

Name		Signature	
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Equipment used

Hulls		Motors	
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Coach in attendance

Name		Signature	
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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				
	Driver/Crew				
	Driver/Crew				
	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 ✓

Boat entry	<input type="checkbox"/>	Patient pick up	<input type="checkbox"/>
Start process	<input type="checkbox"/>	Return to shore	<input type="checkbox"/>
Negotiate surf	<input type="checkbox"/>	Turn off motor & exit	<input type="checkbox"/>
Buoy turn	<input type="checkbox"/>	Run up beach	<input type="checkbox"/>

Conditioning Please tick ✓

Crew change over	<input type="checkbox"/>	Running	<input type="checkbox"/>	Step aerobics	<input type="checkbox"/>
Swimmer entry/exit	<input type="checkbox"/>	Weights	<input type="checkbox"/>	Stretching	<input type="checkbox"/>
Other –	<input type="checkbox"/>	Boxercise	<input type="checkbox"/>	Other –	<input type="checkbox"/>
		Circuit	<input type="checkbox"/>		

Session evaluation

Comments	
Items for next session	