

2023 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 is to be available for audit purposes.



Session Information, Session Times & Coach in Attendance

Club		Date	
Location		Start	Finish
Coach	Equipment Used	Hulls:	Motors:

Members in Attendance

	Name	Position
1		Driver / Crew
2		Driver / Crew
3		Driver / Crew
4		Driver / Crew
5		Driver / Crew
6		Driver / Crew
7		Driver / Crew
8		Driver / Crew
9		Driver / Crew
10		Driver / Crew
11		Driver / Crew
12		Driver / Crew
13		Driver / Crew
14		Driver / Crew
15		Driver / Crew

Attendance Comments

Training Session Objectives

Training Type

Skills Training (please tick ✓)

<input type="checkbox"/> Boat entry	<input type="checkbox"/> Patient pick ups	<input type="checkbox"/> Crew change over
<input type="checkbox"/> Start process	<input type="checkbox"/> Returning to shore	<input type="checkbox"/> Swimmer entry / exit
<input type="checkbox"/> Negotiate surf	<input type="checkbox"/> Turn off motor & exit	<input type="checkbox"/> Other - _____
<input type="checkbox"/> Buoy turns	<input type="checkbox"/> Run up beach	

Conditioning (please tick ✓)

<input type="checkbox"/> Running
<input type="checkbox"/> Gym - Cardio
<input type="checkbox"/> Gym - Weights
<input type="checkbox"/> Stretching

Coach Declaration

I declare that the information contained on this form is true and accurate.

Signature		Date	
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Please return attendance logs and risk assessments to dhomer@lifesaving.com.au at the end of each month.
This form can be also submitted to SLSQ using the QR code.

