First Aid

A one-day first aid course run by Surf Life Saving WA (SLSWA). You need it for Advanced Resuscitation Techniques (ART).

Surf Life Saving WA runs this course.

First Aid — Key info

From age 14 | Run by SLSWA

Minimum age	14, on the day of your final assessment.
Duration	One day, face to face.
Cost	Members may get it free (SLSWA subsidy).
Stays current	3 years.

Prerequisites

SLSWA requirement	Club requirement
Be able to do 2 minutes of CPR (cardiopulmonary resuscitation) on the floor	None

Dates

Dates are on SLSWA's website Book with SLSWA

Dates as of 2 Nov 2026; check online.

How to get it

1. **Do the course**
   SLSWA's member First Aid course. Training, theory and assessment are all on the day.
2. **Keep it current**
   Your First Aid stays current for 3 years.

Owner: Chair of Education · Last reviewed 1 Nov 2026 · Next review due 1 Sep 2027 · Questions? enquiries@ncslsc.com