



**Long Reef SLSC
Surf Rescue Certificate and Bronze Medallion
Holiday Course**



Surf Life Saving Australia's Youth Mission:

"SLSA's youth development and activities will enrich the lives of young members through fun, involvement and the acquisition of personal, lifesaving and competition skills, in a safe aquatic environment."

General Information

Who: This course is for Long Reef members (existing and new) aged 13 – 17 years old.

Where: Long Reef SLSC – off Pittwater Road, Collaroy.

Cost: \$50 for the SRC, \$100 for the Bronze Medallion plus membership. See page 2-3 for what the cost covers and how to pay it.

Supervision: All students will be actively supervised by qualified SLSA Trainers and Surf Life Savers.

Dates and times:

Day	Wednesday 14 th October	Thursday 15 th October	Friday 16 th October	Saturday 17 th October	Wednesday 21 st October	Sunday 25 th October
Time	8:45am – 3:00pm	8:45am – 3:00pm	8:45am – 3:00pm	8:45am – 3:00pm	6:30pm – 8:00pm	Time TBC

See page ten for a full schedule.

What is the difference between the SRC and Bronze Medallion?

The SRC is designed for Life Savers aged 13 – 14 years old.

The Bronze Medallion (Certificate II Public Safety – Aquatic Rescue) is for Life Savers aged 15+ years old. This award is nationally recognized as the Certificate II Public Safety (Aquatic Rescue).

Both awards are the minimum pre-requisite award to become a patrolling life saver throughout Australia. Topics covered in both the SRC & BM include Surf Awareness, First Aid, Resuscitation, Medical Oxygen use, Rescue skills, Radio communications, team work, patrol scenarios etc. The Bronze Medallion also covers 'lifting and carrying' which the SRC does not. If successful all candidates will also gain the SLSA Radio Operators Certificate.

What happens after the course?

When you are qualified after the course you will be able to join a patrol at Long Reef. You will also be able to compete at carnivals and join in the 'Cadet' program as well as other social events.

What does the course cost cover?

You will receive:

- Course manual & workbook
- SLS cap – red & yellow (patrol colours) and blue & white (Long Reef colours)
- T-shirt
- Food and drink on the last day
- Award assessment costs (SLSNSW)
- Patrol shirt and shorts (as a patrolling member)

If you already have items such as a Long Reef cap this will be deducted from the overall course cost. *The club DOES NOT make any profit from the course cost.



How do I register for this course?

Step One: Membership fill out a membership form. Follow the instructions on the home page of www.longreef.com or complete a hard copy also found at www.longreef.com.

Step Two: Confirmation by contacting Nick Warby (course coordinator) at dir.education@longreef.com or on 0422060142 or register at the Nippers rego day to confirm your involvement.

Step Three: Payment

You need to pay for two things:

1. Club membership
2. SRC/ Bronze Course cost.

You can pay for membership and the course using the following options:

Option One: (Preferred) **Payment gateway**

- Go to www.slsa.com.au
- Click on the 'Payment gateway' icon on the right hand side of the page.
- Enter in your details – club is 'Long Reef' the reason may include SRC OR Bronze course cost.

Option Two: (also preferred): **Direct debit** to 'Long Reef Surf Life Saving Club', Westpac,

BSB: 032 229

Acct no: 115259

Ensure you leave your name and reason i.e. SRC OR Bronze course cost.

Option Three: Cheque to Long Reef SLSC

Option Four: Cash on the first training day

Step four: Enrolment form: fill out a Training Enrolment form (found at www.longreef.com) and bring it to the first training session.

Membership costs

Membership Category	Joining Fee (only if new member)	Training Fee	Annual Fee	Building Fee
Under 18	\$15	\$100 (BM)	\$65	\$20
Under 16	\$15	\$50 (SRC)	\$65	\$20
Family	\$15	N/A	\$200	\$20
Junior	\$15	N/A	\$65	\$20

If you have any questions please speak to Nick Warby – dir.education@longreef.com or on 0422060142.



Personal details

First Name	_____	Last Name	_____
Date of Birth	_____		
Postal Address	_____		
Suburb	_____	State	_____
		Postcode	_____
Phone (H)	_____	Phone (M)	_____
Email	_____		

*This can be handed in on the first day of training.

I do not wish my personal details to be distributed to other participants for the purpose of networking in the future.

Shirt Size – Adult (please circle)

Ladies Sizes: **8** **10** **12** **14** **16**

Mens Sizes: **XS** **S** **M** **L** **XL** **XXL**

Other areas of the club to be involved in:

Lifesaving – patrols

Patrolling is the core business of Surf Life Saving clubs. Each patrol is rostered on duty for half a day i.e. 9-1 or 1-5 about every 5 weeks. However you can always attend on any patrol you want.

I would like to be rostered onto a patrol or find out more info about joining a patrol (strongly recommended).

Youth Activities

Long Reef has an active youth program with the U14 nippers meeting each Sunday morning (run by age manager Bernadette McAlinden) and Cadets (14-18 year olds) also meeting for around an hour on Sunday morning. Cadets is semi competition/ semi social, but is lots of fun. The cadets organize many social events such as sleep overs, trips away to other clubs, movie nights etc.

I would like to find out more about the Nippers program or the Cadet program.

Bernadette McAlinden E: bmcalinden@optusnet.com.au M: 0403 840 991

Stella Watson E: stellawatson@hotmail.com M: 0408972656

Surf Sports

Long Reef has a small but friendly and fun competition team. The team competes in a range of activities including running (distance & sprints), swimming, board paddling, iron man, surfing, surf boat rowing, IRB racing etc. You don't have to be an elite athlete to compete – the aim of competition is to improve your skills along the way. There are a number of local carnivals as well as carnivals that we travel to. The competition team trains around 2-5 times per week.

I would like to find out more about training for competition or competing.

Education and Training

There are many other awards to complete after you do your SRC or Bronze Medallion. Some of these include the Senior First Aid Certificate, Inflatable Rescue Boat Crew certificate, Defibrillation award, Spinal Management award etc.

I would like to find out when other courses are being held.



Medical form and Emergency Contact (kept confidential)

Participant name:

EMERGENCY CONTACT			
Name			
Relationship			
Telephone (Home)			
Mobile			
Medicare no.			
Do you have private health cover?	YES	NO	If YES please provide details ie provider and member no.
MEDICAL AND DIETRY REQUIREMENTS			
Please answer all questions	Please circle		If yes, please provide details
Are you currently taking any medication?	YES	NO	
Do you have any allergies?	YES	NO	
Do you have any medical conditions that we need to be aware of?			
Do you have any special dietary requirements that we can cater for?			

Parental Consent Form

I hereby acknowledge this application for my son/daughter _____ to attend the Long Reef SLSC SRC & Bronze Medallion holiday training camp.

I hereby acknowledge upon signing this declaration that my child retains sole responsibility for his/her safety and personal possessions while participating in the Long Reef SLSC SRC & Bronze Medallion holiday training camp.

I acknowledge and understand that activities in the Long Reef SLSC SRC & Bronze Medallion holiday training camp may be physically challenging and I hereby verify that my child has disclosed any limiting disabilities which may restrict their participation in the camp.

My child _____ agrees to abide by the SLSA Member Safety and Wellbeing Policy, SLSA Member Safety and Wellbeing Policy – Child Protection and SLSA Member Safety and Wellbeing Policy – Codes of Conduct, which can be found on the SLSA website – www.slsa.com.au and the attached Code of Conduct.

Participant's Full Name: _____ D.O.B. _____
(please print)

Parent/Guardian Full Name: _____ Date: _____
(please print)

Parent/Guardian Signature: _____

*Can be handed in on the first day of training

Key contacts for the week

Trainer	Contact	Qualifications
Nick Warby Course coordinator & emergency contact	M (emergency number): 0422060142 E: dir.education@longreef.com	Director of Education Qualified Trainer & Assessor, BM, Senior First Aid, ARC, Defib, Spinal Management, IRBC, Silver Medallion IRBD, BBM, ALS.
Jeremy Keating	M: 0438236234 E: jeza.keating@gmail.com	Assistant Director of Education, Vice Captain Qualified Trainer, Surf Official, BM, IRB Crew, ARC, AEC, SFA, Defib, Spinal, Silver Medallion
Stella Watson	M: 049872656 E: stella_watson@hotmail.com	Vice Captain, Youth Development Officer, Cadet Coordinator BM, Senior First Aid ARC, Defib, IRBC, Silver Medallion ALS, BBM, Gold Medallion
Bernadette McAlinden	M: 0403 840 991 E: bmcalinden@optusnet.com.au	U14's Nippers age manager BM, ARC, Senior First Aid, Silver Medallion Life Support, Patrol Captain.
Lachlan Gadd	M: 0403806344 E: lachlan_gadd@hotmail.com	Chief Assessor SLSA Trainer & Assessor, BM, ARC, Defib, IRBC, Silver Medallion BBM, AEC



Course outline – morning tea will also be held in the morning.

	Wednesday 14th Oct	Thursday 15th Oct	Friday 16th Oct	Saturday 17th Oct	Wednesday 21th Oct	Sunday 25th Oct
9:00am – 11:00am	Welcome, beach games. OHS, Surf Awareness	First Aid, signals, Lifts & carries & Radio use.	Beach scenarios	Patrol	6:30pm – 8pm start Any revision. TBC	Full exam. Time TBC. Life Saver Graduation. BBQ lunch & uniform presentation. Parents, family & friends welcome.
11:00am - 12:00pm	Surf fun, rescues	First Aid survivor challenge	Rescues & Helicopter visit (fingers crossed)	Patrol		
12:00pm – 1:00pm	Lunch	Lunch	Lunch & uniform fitting.	Patrol ends at 1:00.		
1:00pm - 3 pm	Intro to resuscitation	Who wants to be a Radio Star? Resus & Oxygen	Lifesaver challenge & surfing challenge.			