

**Long Reef SLSC
Surf Rescue Certificate & Bronze Medallion (Certificate II
Public Safety – Aquatic Rescue)**



**Season 2009/2010
Course Two**



Long Reef SLSC Surf Rescue Certificate and Bronze Medallion Course Two season 2009/2010

General Information

Who: This course is primarily for Long Reef members (existing and new) aged 18 years and above. Members 13-18y/o are encouraged to do the school holiday course (see separate flyer), however these members are also welcome on this course if you cannot make the holiday course.

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

Cost: \$50 for the SRC, \$100 for the Bronze Medallion plus membership. See pages 4-5 for what the cost covers and how to pay it.

Trainers: All students will be trained by qualified SLSA trainers, all of whom are fully qualified Surf Life Savers.

Training dates

Training will begin on Tuesday 20th October at 7:00pm. During the course training will occur every Wednesday evening 7:00pm – 9:00pm and Sunday mornings (after nippers) from 11:00am – 12:30pm. The final exam date is likely to be Saturday 28th November.

Please note: The first training session will be on a Tuesday. All trainings after this will be on Wednesday nights at 7pm (or another **mutually** agreed time).



Some Sundays we will finish with a social BBQ lunch in the courtyard. These will be advised.

2008 Bronze
Graduates.

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 in this course will also gain the SLSA Radio Operators Certificate.

Will I need to do any other study for the course?

You will have to do some 'at home' study for this course. The amount is different for each person but it may include reading the training manual, practicing CPR or brushing up on first aid. Do not let this scare you however!

Will I have to come to every training session?

It is recommended that you come to all training sessions. Of course everyone has a life outside of the surf club including family, work, social and other sport commitments. If for some reason you cannot make one or two trainings that is acceptable, but you will have to make up that session in your own time.

What happens after the course?

When you are qualified after the course you will be a qualified lifesaver. It is strongly recommended that you participate in some form of club activity such as patrolling, helping out with nippers water safety or helping out at carnivals etc.

Is the Bronze Medallion nationally recognized?

Surf Life Saving is a Nationally Recognized Training Organisation under the VETAB system. Under this the Bronze Medallion is nationally recognized as the Certificate II Public Safety (Aquatic Rescue).



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.

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



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 ie SRC OR Bronze course cost.

Option Three: Cheque to Long Reef SLSC

Option four: Cash on the first training date

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

When registering please also let Nick Warby know what t-shirt size you are:

Adult Ladies Sizes:	8	10	12	14	16	
Adult 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).

Nippers

Long Reef has a large nippers program that operates on Sunday Mornings. As a SRC/ BM holder you will be qualified to be an age manager or help out with water safety.

I would like to find out more about helping out with nippers.

Youth Activities

Long Reef has an active cadets program for teenagers aged 14-18 years old. The cadets meet for around an hour on Sunday morning. Cadets is semi competition/ semi social, but is lots of fun. The cadets also organize many social events such as sleep overs, trips away, movie nights etc.

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

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 also 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, IRB Crew certificate,

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

Administration/ finance:

The club is always needing help with administration in various forms. Without admin the club simply cannot function. There are various roles that you can help out in and you only need to volunteer as much time as you can.

I would like to find out more about helping the club with administration/ finance.

Medical Form and Emergency Contact (confidential)

Participant name:

EMERGENCY CONTACT			
Name:			
Relationship:			
Telephone (Home)			
Mobile:			
Alternative Contact:			
Medicare No.			
Do you have private health cover?	YES	NO	If YES please give details (i.e. provider & Member No.)
MEDICAL & 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 limiting disabilities, injuries or illness?	YES	NO	
Do you have asthma?	YES	NO	
Do you have any other Medical conditions that we need to be aware of?	YES	NO	
Do you have any special dietary requirements?	YES	NO	

Parental Consent Form (U18's only)

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

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 course.

I acknowledge and understand that activities in the Long Reef SLSC SRC
& Bronze Medallion course 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: _____