



Nowra-Culburra
SURF LIFE SAVING CLUB INC

Course Information

Bronze Medallion

- Cost: \$110 – includes membership, handbook and patrol uniform. (If you're already a financial member the membership fee will be deducted).
- If you've done your Surf Rescue Certificate with us, there is no course fee for the bronze medallion – only the membership fee (patrolling membership is \$40).
- Minimum age at the date of assessment is 15.
- Pre-requisite for doing the course is a 400 metre swim in 9 minutes or less.
- Completion of this course results in candidates being awarded both the Bronze Medallion and the nationally recognised Certificate II in Aquatic Safety.

Surf Rescue Certificate

- Cost: \$110 – includes membership, handbook and patrol uniform. (If you're already a financial member the membership fee will be deducted).
- Minimum age at the date of assessment is 13.
- Pre-requisite for doing the course is a 200 metre swim in 5 minutes or less.

Course Structure:

The practical session consists of run-swim-run, board rescue, tube rescue, signals, spinal management, beach awareness, patrol requirements, IRB awareness. We recommend bringing a wet suit if you have one.

The theory consists of first aid, CPR/EAR, Introduction of OxyViva, defibrillator, patient assessment, OHS, communication (including radios), emergency procedures.

The course commences Saturday 2nd February 2019 at 9am. It will run each Saturday morning at Surf Club from 9am to 12pm. The practical component will be on the beach from 9am, with theory afterward in the club. This time may vary slightly depending on when everyone is available.

Some of the course will be done online, so you will need to be financial members and signed up to the members portal. We will provide information to you on how to do this as soon as you register for the course.

Assessment:

The assessment date is to be confirmed, but it will hopefully be within four weeks of commencement, depending on the conditions we have during the course. It will consist of practical components including a timed run-swim-run, tube/board rescue, carries (bronze only), patient assessment, spinal rescue, use of radios, CPR/EAR on mannequins, signals and scenarios.

There will also be verbal questioning to ascertain the candidates knowledge of first aid and SLS procedures.

Nowra-Culburra SLSC contacts for this course:

Head Trainer:	Ron Letters	0418 473 314
Club Captain:	Brad Lilly	0414 778 635
Chief Training Officer:	Peter Adlington	0410 553 955