

22 June 2010



**Metropolitan Caloundra
Surf Life Saving Club**
Incorporated
Kings Beach, Caloundra
Established 1933
ABN: 99 632 467 963

Bronze Medallion/Surf Rescue Certificate Training Camp

If you are interested in participating in our School Holiday Training Camp please read through the following information carefully. If you would like to participate in the camp, please fill out the attached registration form and return it to the club as soon as possible with your camp payment. Enrolments for the camp **close on Friday, September 17th**.

PLEASE NOTE: As we have a limited number of training officers and limited accommodation camp numbers will be capped. Once we have reached this limit we will not be able to take on any more members. Enrolment will be on a first come, first served basis – registration forms and payment must be made to the club to be enrolled.

The Camp

The primary aim of the camp is to train current members in either their Surf Rescue Certificate or Bronze Medallion and to introduce them to the operations of a surf lifesaving club. The training covers many aspects of lifesaving and will equip members with the skills needed to assist in patrolling Kings Beach.

The live-in camp will begin with pool swims and enrolment on **Sunday, September 26th** from 2:00pm then continue through until **Saturday, October 2nd** (6 nights) concluding with the assessment on Saturday from 8:30am until 12:30pm followed by a presentation. **ALL participants must attend all sessions; otherwise you may not be eligible to be assessed.**

While we will incorporate fun activities into the camp, it will be an intensive course as there is a great deal of work to cover in a short period of time.

On the first day of the camp, participants who did not attend sign on will complete their pool swims:

- Bronze Members | 400m in under 9 minutes
- SRC Members | 200m in under 5 minutes

Any participant who does not complete the swim in the specified time may not be able to continue with the rest of the program.

On the first day, participants will be given a workbook. This workbook will be visited daily to sign-off the training units completed that day so that all workbooks are completed for checking by the assessors prior to the practical assessment on Saturday.

Training will begin at **6:30am** each morning and will involve a combination of practical and theoretical components throughout the day. Depending on need, training may be held at night as well. A full schedule of activities and units covered during the camp is attached.



*Saving lives.
Serious fun.*
KINGS BEACH, SINCE 1939



The life of the beach.

1 Spender Lane
CALOUNDRA QLD 4551
Ph: (07) 5491 1081
Fax: (07) 5492 5730
Email: info@caloundrasurfclub.com.au
Web: www.caloundrasurfclub.com.au

Meals and Accommodation

The club will provide all meals during the camp including morning and afternoon tea. **We still require further help to provide these services; parents need to contact the office with their availability!**

The clubhouse provides limited accommodation. As such and depending on numbers, some participants will be billeted out with friends and families of other participants who live on the coast. This will be negotiated on an individual basis. All participants not staying at the clubhouse will still be required to attend all sessions including night time sessions throughout the camp.

All camp participants (even those not staying at the club) will be expected to assist with clubhouse cleaning duties such as washing up after meals, cleaning dorms etc.

Den mothers and fathers will be staying at the club to supervise the participants at night. Misbehavior during the camp will not be tolerated. Any serious misbehavior will be dealt with immediately and trainees will be sent home. **Please contact the club if you are able to assist in meal preparation and/or supervising at night.**

Costs

The cost of the camp will be \$150. This will cover all meals, incidentals and a night of movies/bowling. The camp is run at cost price. All of the members who conduct the training and provide the catering and other services are volunteers. They take time off work and give up their own recreational time to run these valuable courses.

All participants will require the following items to complete the camp;

Item	Price
33 rd Edition Surf Lifesaving Manual (Blue Book)	\$38
Reversible Competition/Patrolling Club Cap	\$15

Some members may already have the above items, it is imperative that they bring them along when they attend the camp. Members may also purchase items such as togs from the club office. For those who do not already have a patrol uniform, all who complete their award will be presented with one free of charge.

We have incorporated a movie or bowling night into the program. Movies/bowling will be paid for by the club however, participants may want some spending money for this night.

Payment for the camp will need to be made to the club prior to the start of the camp. A payment options form is attached.

Obligations

Metropolitan Caloundra Surf Life Saving Club expects that any new bronze or SRC member perform surf rescue patrols for a minimum of one season after gaining their award. It is also compulsory for all members competing at senior carnivals to complete rostered patrols. The cost to the club for putting members through their bronze medallion totals more than \$400 per person. At Met Caloundra, we believe that providing a full season of voluntary patrols pays for this cost. More information on patrols will be provided throughout the camp.

What to bring

Running Shoes	Togs and Towels (we will be in & out of the water regularly)
Swimming Goggles	Wet Suit or Wet Shirt (if you have one)
Reversible Club Cap	Warm Clothes (for when you get out of the surf)
Sunscreen/A Hat	Training Manual (for those who already have one)

A willingness to learn and a good attitude!

LIVE-IN ONLY

Sheets
Sleeping Bag/Other Linen
Pillow
Toiletries

Course Coordinators

This year the course coordinator is Darryl Webster 0420 589 757

Club contact details

In case of emergency during the camp please contact the clubhouse on 5491 1081. Alternatively, you may contact one of the camp coordinators.

We look forward to seeing you at the Metropolitan Caloundra SLSC Bronze/SRC Camp 2010!

Yours sincerely,

Darryl Webster
CTO Met Caloundra SLSC

0420 589 757
webster@brooks.com.au

Metropolitan Caloundra Surf Life Saving Club
Proudly sponsored by:



Day/Date	Session Time	Activity
September 26 th	2.00pm	Check in, Introduction, Pool Swims & Work Books
	3.00 – 4.30pm	OH&S, Safety & Wellbeing
		Surf Awareness/Signals
#####	#####	#####
September 27 th	8:00am – 10:00am	First Aid Theory/Practical
	10:00am – 10:15am	Morning Tea
	10:15am – 12:00pm	Rescue Techniques
	12:00pm – 12:45pm	Lunch
	12:45pm – 2:45pm	CPR
	2:45pm – 3:00pm	Afternoon Tea
	3:00pm – 4:30pm	Oxygen Therapy
#####	#####	#####
September 28 th	8:00am – 10:00am	Carries and Supports
	10:00am – 10:15am	Morning Tea
	10:15am – 12:00pm	Radio Communications
	12:00pm – 12:45pm	Lunch
	12:45pm – 2:45pm	Patrols/Radio Communication
	2:45pm – 3:00pm	Afternoon Tea
	3:00pm – 4:30pm	CPR with Oxygen Therapy
#####	#####	#####
September 29 th	8:00am – 10:00am	Rescue Techniques/Signals/Carries
	10:00am – 10:15am	Morning Tea
	10:15am – 12:00pm	First Aid
	12:00pm – 12:45pm	Lunch
	12:45pm – 2:45pm	First Aid/CPR
	2:45pm – 3:00pm	Afternoon Tea
	3:00pm – 4:30pm	Patrol Scenarios + Radio
#####	#####	#####
September 30 th	8:00am – 10:00am	Rescue Techniques/Signals/Carries
	10:00am – 10:15am	Morning Tea
	10:15am – 12:00pm	First Aid
	12:00pm – 12:45pm	Lunch
	12:45pm – 2:45pm	First Aid/CPR
	2:45pm – 3:00pm	Afternoon Tea
	3:00pm – 4:30pm	Patrol Scenarios + Radio
#####	#####	#####
October 1 st	8:00am – 10:00am	Rescue Techniques/Signals/Carries
	10:00am – 10:15am	Morning Tea
	10:15am – 12:00pm	First Aid
	12:00pm – 12:45pm	Lunch
	12:45pm – 2:45pm	First Aid/CPR
	2:45pm – 3:00pm	Afternoon Tea
	3:00pm – 4:30pm	Patrol Scenarios + Radio

Saturday October 2nd 08.30 to 12.30 Assessment



