



**Metropolitan Caloundra
Surf Life Saving Club**
Incorporated
Kings Beach, Caloundra
Established 1933

ABN: 99 632 467 963

22nd June 2010

RE: Bronze Medallion/Surf Rescue Certificate Course

Metropolitan Caloundra SLSC is looking to run a Bronze Medallion and Surf Rescue Certificate course in August/September 2010 if numbers are sufficient. **Note** Bronze Medallion is for over 15yrs and SRC under 15yrs.

For further information please read through the following information carefully.

The Course

The primary aim of the course is to train members in the Bronze Medallion (Surf Rescue Certificate for members under 15yrs) 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. As part of the Bronze Medallion Course you will complete a Certificate II in Public Safety (Aquatic Rescue) a mandatory requirement for all Queensland Surf Lifesavers.

The course will begin on **Saturday, August 14th**. Training days will commence at 8:30am and finishing at 4:00pm. Assessment will be on the weekend of the **18th September**.

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

- Bronze Members | 400m in under 9 minutes
- SRC | 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.

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

Item	Price
Membership 15 to 18 years	\$70
Membership 18+	\$80
*Surf Lifesaving Manual (Blue Book)	\$38
Reversible Competition/Patrolling Club Cap	\$15



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Serious fun.*
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Web: www.caloundrasurfclub.com.au

* If you do not wish to purchase the Training manual copies will be available for loan over the duration of the course

Some members may already have the above items, it is imperative that they bring them along when they attend the course.

For those who do not already have a patrol uniform, all who complete their award will be presented with one free of charge.

Obligations

Metropolitan Caloundra Surf Life Saving Club expects that any new bronze member to 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 course.

What to bring

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

Club contact details

In case of emergency during the course please contact the clubhouse on 5491 1081.

We look forward to seeing you at the Metropolitan Caloundra SLSC Bronze Course 2010!

Yours sincerely,

Darryl Webster

Chief Training Officer

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