

28 January 2010



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

RE: February/March - Bronze Medallion/Surf Rescue Certificate Course

If you are interested in obtaining a Surf Lifesaving Bronze Medallion (must be 15yrs or over) or Surf Rescue Certificate (under 15yrs) 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.

As we have a limited number of training officers available to run a course, we have split the training across a number of weekends. Please review program attached.

The course will begin with a full day of training on **Saturday, February 20th** starting at 8am and finishing at roughly 4pm. Assessment will be at **9:00am Sunday 21st March**.

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	\$60
Surf Lifesaving Manual (Blue Book)	\$38
Reversible Competition/Patrolling Club Cap	\$12

Some members may already have the above items, it is imperative that they bring them along when they attend the course. If you do not wish to purchase a Training Manual copies will be available for your use.

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



*Saving lives.
Serious fun.*
KINGS BEACH, SINCE 1933



The life of the beach.

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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
0420 589 757
webster@brooks.com.au

Provisional Course Program

Day/Date	Session Time	Unit
Sat 20 th Feb	0800 - 0930 0945 – 1145 1230 – 1430 1445 - 1615	Enrolments/OH&S/Course Overview Safety and Wellbeing Surf Awareness/Signals Surf Awareness/Signals - Practical
Sun 21 st Feb	0800 – 1000 1015 – 1215 1300 - 1430 1445 - 1615	Rescue Techniques Patrols Communications Anatomy & Physiology + Basic First Aid
Sat 27 th Feb	0800 - 0930 0945 - 1215 1300 – 1500 1515 – 1615	Basic First Aid Rescue Techniques/Signals First Aid Resuscitation
Sun 28 th Feb	0800 - 1000 1015 – 1215 1300 – 1430 1445 – 1615	Resuscitation Rescue Techniques Practical Basic Oxygen/Defibrillation Radio Communications
Sat 6 th March	0800 - 1000 1015 – 1215 1300 - 1430 1445 - 1615	Rescue Techniques Practical Carries and Supports Resuscitation/Oxygen Therapy Resuscitation/Oxygen Therapy
Sun 7 th March	0800 - 1000 1015 – 1215 1300 – 1430 1445 - 1615	Rescue Techniques Practical Carries and Supports First Aid Resuscitation
Sat 13 th March	0800 - 1000 1015 - 1215 1300 - 1430 1445 - 1615	Rescue Techniques Practical Patrols/Radio Communications Surf Awareness/Signals Revision Resuscitation/Oxygen Therapy
Sun 14 th March	0800 - 1000 1015 - 1215 1300 – 1430 1445 - 1615	Rescue Techniques/Carries Rescues Techniques/Carries First Aid Resuscitation
Sat 20 th March	0800 - 1000 1015 – 1215 1300 – 1430 1445 - 1615	Rescue Techniques Practical Carries and Supports First Aid Resuscitation
Sun 21st March	0900 – 1300	Assessment Signals Resuscitation/Oxygen Therapy Run – Swim – Run Bronze 200 – 200 – 200 SRC 100 -100 -100 Board and Tube Rescue Patient assessment and First Aid Patrol Scenario – will include Carries and Supports

Please note program is subject to change depending on weather conditions on the day.