VIGILANCE AND SERVICE

apollo bay slsc

Bronze Medallion/ Surf Rescue Certificate Course Information

Welcome to the Apollo Bay Surf Life Saving Club and thank you for your registration/enquiry regarding the ***Apollo Bay SLSC Bronze Medallion / Surf Rescue Certificate Course*** for the 2011/2012 season.

The ***Apollo Bay SLSC Bronze Medallion / Surf Rescue Certificate Course*** is for people aged 13 and above who are interested in gaining awards in Surf Lifesaving.

Apollo Bay SLSC, as one of the first clubs established in Victoria, has a rich history in competition, training and development of lifesaving processes.

OVERVIEW:

The ***Apollo Bay SLSC Bronze Medallion / Surf Rescue Certificate Course*** is a week-long programme designed for you to quickly gain either your Bronze Medallion (if you are a at least 15 years old), or your Surf Rescue Certificate (if you are 13 or 14 years old). By participating in either course not only will you gain your Bronze Medallion or Surf Rescue Certificate, but you'll make some great new friends and have some fun, too!

THE AWARDS:

The SURF RESCUE CERTIFICATE:

SRC

The Surf Rescue Certificate is the first 'surf life saving' award which concentrates on developing your skills to be able to undertake water rescues and to provide first aid to members of the public.

This award consists of practical and theory components and is recommended for those aged 13 or 14 years.

No previous life saving or first aid knowledge is needed, and the only pre-requisite for this award is the ability to swim **200 metres** in **5 minutes** or less, and to be comfortable in the water.

The BRONZE MEDALLION:

BM

The Surf Bronze Medallion is the 'core' award which most of the public recognise as the 'Life Saving' Award. This award has the same components as the SRC – with the addition of Radio Communications, Supports and Carries, and an introduction to Defibrillation – is for those aged 15 and above, and has a higher level of fitness needed.

No previous life saving or first aid knowledge is needed for this award, too, although the pre-requisite swimming ability is that you must be able to swim **400 metres** in **9 minutes** or less.

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CONTENT

WHAT IS IN THE AWARDS?

Whether you are completing the Surf Rescue Certificate or the Bronze Medallion, the practical and theoretical sections of these awards are designed to test a person's competency in Surf Awareness, General Emergency Care (1st aid), Patrol and Rescue Procedures, and Basic Anatomy and Physiology.

A candidate's physical fitness is tested by a timed “Run, Swim, Run”, and simulated rescues using a Rescue Board, a Rescue Tube, or Unaided.

Further, the Bronze Medallion Course includes all of the units of competency for the *Certificate II in Public Safety (Aquatic Rescue)*. As such, the completion of the practical components of this course constitutes nationally recognised training and all Bronze Medallion candidates receive this additional award.

All of these skills and knowledge combine to train candidates to be an active member of the Apollo Bay SLSC and be an effective member of a Patrol team with the task of providing a safe beach and aquatic environment.

WHY BE A MEMBER?

WHY JOIN?

Gaining your **Surf Rescue Certificate** or **Bronze Medallion** is a great accomplishment in itself and is a huge boost for your self-esteem.

Completing these awards also opens up heaps of opportunities for you! Higher awards can be achieved in First Aid, Advanced Resuscitation, Rescue Boat Crewing and Driving, Training and Instruction, Radios, Administration, Competition and more!

There is also an array of employment benefits. The Bronze Medallion is a highly recognised qualification and is particularly sort after in Outdoor Recreation, Teaching, Coaching and Environmental fields. With more training you may even be employed as a Life Guard – and get paid to go to the beach!

The Leadership, Commitment and Community Service of a volunteer lifesaver are held in high esteem by the broader community and, although not specifically related, can give an award holder an edge when applying for other jobs.

As a club member you receive many benefits including access to the clubhouse facilities and equipment: Use of the kitchen, bunkrooms, club bar (for those over 18), and surf boards are just some examples.

Apollo Bay SLSC began and coordinates the award-winning *Great Ocean Sports Festival* each February – a weekend festival with 9 different sporting events held in and around the beaches and forests of Apollo Bay. Something that you may like to participate in – and perhaps win some great cash prizes, too!

Also available to active members is the opportunity to compete. Who knows? You might be the next Australian ‘Iron Man’ or 1st Aid Champion. Maybe you'd like to participate in the spectacle of “The Aussies” (Officially known as The Surf Life Saving Australia National Championships – one of the largest sporting events in the world!) as a competitor or support team member.

Most importantly, the club provides a relaxed, family environment to meet new friends with heaps of fun activities throughout the season.

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COURSE

THE AIM OF THE COURSE:

The ***Apollo Bay SLSC Bronze Medallion / Surf Rescue Certificate Course*** aims to provide you with valuable skills, knowledge and qualifications required to be a Surf Lifesaver and a widely respected member of the community.

NATURE OF THE COURSE:

During the ***Apollo Bay SLSC Bronze Medallion / Surf Rescue Certificate Course*** you will be trained and assessed in skills that you will be expected to perform as a Surf Lifesaver.

These skills include: Basic First-Aid, Resuscitation, Oxygen Equipment Use, Defibrillation, Radios and Communication, Board Rescue, Tube Rescue and important Patrolling and Surf Skills.

Obviously, Surf Lifesavers must possess a high level of physical fitness and an ability to operate in emergency situations on both land and in water. Therefore, the programme will require you to partake in a variety of physically strenuous activities on both land and water in preparation for your role as a Surf Lifesaver. Do not be too concerned, as candidates are often surprised with the rapid improvement in physical fitness achieved during the week, as well as the degree of knowledge and skills gained.

PRE-COURSE REQUIREMENTS:

No previous life saving experience is needed. The only pre-requisite is that candidates for the **Bronze Medallion** must be able to **swim 400 metres in 9 minutes** or less in a pool of no less than 25m in length. For **Surf Rescue Certificate** candidates the **swim is 200 metres in 5 minutes** or less. This will be tested at the start of the course.

WHEN?

WHEN?

The ***Apollo Bay SLSC Bronze Medallion / Surf Rescue Certificate Course*** runs over the following dates: (check your schedule for exact details)

REGISTRATION DAY: **TUESDAY, December 27, 2011** from 4:00pm at the Apollo Bay Club house. Meet and greet other members on the course and receive your Training Manual (if not previously obtained).

START: **MONDAY, January 2, 2012,** at 7:30 am at the Apollo Bay Clubhouse.

ASSESSMENT: **SUNDAY, January 8, 2012** at 10:00 am (venue and time are still to be confirmed, and will depend on weather/beach conditions)

END: **SUNDAY, January 9, 2012** at 6:00 pm at the Apollo Bay Clubhouse for celebration gathering with BBQ.

WHERE?

WHERE?

Apollo Bay Surf Lifesaving Club,

Collingwood Street (Great Ocean Road),

Apollo Bay, Victoria.

Phone: (03) 5237 6765

E-mail: apollobayslsc@yahoo.com.au

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COST

COST:

$120 (GST inclusive). (cheques payable to "Apollo Bay SLSC")

The cost includes:

- Training Manual and Candidate Workbook (to be completed in own time)
- T-Shirt and Hat
- Patrol Uniform (Cap, shirt, & shorts)
- Award Processing fees
- LSV Administration fees
- Pool entry fees if applicable
- Breakfasts at the clubhouse as indicated in programme.
    - ***Note: Membership to ABSLSC needs to be paid for separately***

BRING

WHAT TO BRING TO EACH SESSION:

- ✓ Pens and Note paper
- ✓ Training Manual (**33rd Edition**) and Candidate Workbook
- ✓ Towels
- ✓ Money for snacks/lunch (optional) [remember: *lunch is **not** supplied*]
- ✓ Runners
- ✓ Clothing appropriate to a beach environment
- ✓ Wet weather gear (if needed)
- ✓ Bathers for swimming – note that board-shorts slow you down (Club Bathers are available for purchase, if required)
- ✓ Goggles
- ✓ Wetsuit (useful, but not completely essential, if you don't mind the cold)
- ✓ Hat and sunglasses
- ✓ *Lots* of Sunscreen

ASSESSMENT

ASSESSMENT PROCESS:

As you progress through the training course you will be developing competencies in many areas. These will be assessed via theoretical *and* practical assessments. It is usual for the District to hold a combined assessment day early in January when members from many clubs come together to undertake the assessment process. The Chief Instructor will advise any candidate if they need further training/practice if it is considered that their skill levels are not at an appropriate level to attend the District Assessment. In the unlikely event that a candidate is not ready for assessment arrangements will be made for further training and an alternate assessment day.

In some cases, a *Preliminary Assessment* will be held on an earlier day.

You will be assessed in the following areas. **ALL** sections must be successfully completed to obtain your award:

- Written Theory Paper
- Patient Assessment (DRSABCD)
- Resuscitation (one person, two person and with a third person using oxygen)
- Oxy-Viva and Defibrillator set-up and use
- First Aid
- Signals
- Radio Use and Emergency Services Communication
- Risk and Safety Assessments
- Timed Run, Swim, Run
- Board and Tube Rescues (including Deep water resuscitation)
- Carries and Supports (BM Course only)
- Rescue Scenario

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POST COURSE REQUIREMENTS:

PATROLS

Following the successful completion of your training and assessment, you are expected to patrol for a minimum of one season in return for the training provided by the club.

This means **you will be required to complete at least 20 hours patrol over the calendar year.** Of course, the club hopes that gaining your Surf Rescue Certificate or Bronze Medallion is just the beginning of many enjoyable and rewarding years as a member of the Apollo Bay Surf Life Saving Club and Surf Life Saving Australia.

At the end of the week each person will be asked to select a Patrol group to join. This allows you to gain more experience and to accrue hours which count towards your additional award: The Certificate II in Public Safety (Aquatic Environment).

The Patrolling season in Victoria operates from the first weekend in December to the following Easter Tuesday. Most members have 2 or 3 patrols each season. As more members join, the number of patrols that are required decreases. However, if you wish to do extra Patrols you are quite welcome.

Patrol weekends are made as enjoyable as possible with such activities as: further award training, sport training, BBQs, and swimming. At times you will have the opportunity for some relaxing on the beach, the grass or in the clubhouse – perhaps listening to music. Remember, the more that you put in, the more you will gain from your involvement in the club.

Those wishing to compete in Victorian or National titles are required to complete a minimum of 16 hours patrol between the end of the course and the 31st of December, 2011. These patrol hours can be completed on any Saturday, Sunday or on Public Holidays. Hours can also be gained by assisting with the Nipper (Junior Association) Programme, too, but are considered '2 for 1'.

AWARD PRESENTATIONS:

AWARD

It is Life Saving Victoria's policy to send all awards directly to candidates at the completion of any course. This means that 3 to 4 weeks after your successful assessment you will receive **via mail** your certificates or medallions (depending on the award). When you receive your Bronze Medallion you may also receive a small folder which will allow you to keep all certificates and medallions as one collection.

The *Apollo Bay SLSC* formally recognises all members who obtain awards throughout the season at the **Annual Award Presentation Function** which is usually held in late May or early June. Intra-club awards such as Best New Member, Best Club Member, Best Individual Effort, Life Member achievements, and many others are also presented. All financial members have the chance to receive these awards.

POLICIES, CONDUCT & COURSE RULES:

POLICIES

For you safety, Candidates must comply with all Apollo Bay Surf Life Saving Club (ABSLSC) rules, regulations and policies, and all Life Saving Victoria (LSV) and Surf Life Saving Australia (SLSA) rules, regulations and policies, all of which can be made available by contacting the Apollo Bay SLSC.

Candidates must also comply with all local, State and Commonwealth laws. Furthermore, candidates must comply as well with all reasonable and lawful instructions/directions given by instructors on the camp.

At the discretion of the Chief Instructor, failure to comply will result in the candidate immediately facing disciplinary action in accordance with Apollo Bay SLSC, LSV and SLSA policies and/or being withdrawn from the course. This will be at the candidate's own expense.

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PRIVACY

PRIVACY:

SLSA and ABSLSC recognise that privacy is important and that individuals have a right to control their personal information. SLSA and ABSLSC acknowledge that providing personal information is an act of trust and SLSA and ABSLSC takes that seriously. Unless an individual gives SLSA and ABSLSC consent to act otherwise, the SLSA Privacy Policy or Regulation governs how SLSA and ABSLSC handle personal information of individuals.

SLSA and ABSLSC are committed to protecting personal information. SLSA and ABSLSC are also committed to complying with the private sector National Privacy Principles set out in Privacy Act (Cth) 1988.

You may review the SLSA Privacy Policy in full by contacting SLSA via email on privacy@slsa.asn.au or by phoning Surf House on +61 2 9300 4000.

GRIEVANCE HANDLING:

All grievances will be handled in accordance with the SLSA Grievance Policy and the Club's internal procedures. This policy can be viewed at:

http://www.slsa.com.au/site/_content/resource/00000697-docsource.pdf

FORMS

RETURN OF FORMS:

To register for either of these courses, return your payment with the ABSLSC Application for Membership forms to:

Apollo Bay Surf Life Saving Club
Attn: Membership Secretary
P O Box 11
Apollo Bay, Victoria. 3233

or contact our Membership Secretary via karinabarrymore@gmail.com

CLOSE OF REGISTRATIONS:

NOTE: To ensure appropriate instructor : candidate ratios, **REGISTRATIONS CLOSE ON DECEMBER 15**. Registrations received after this date will not be accepted UNLESS you have spoken *directly with* the **Chief Instructor.**

ADDITIONAL INFORMATION:

When you have registered for either course, you will be contacted to confirm your understanding of the requirements and to arrange for you to obtain your training manual. The exact schedule will be given out at the Registration session on December 27. Remember, you will need to be in attendance at all of the course sessions (unless prior permission has been received from the Chief Instructor). Candidates for the SRC course will *usually* be finished at about 3 pm each day. Bronze Medallion Candidates will generally be finished by 4 pm. Additional training sessions may be arranged at the request of candidates or if the Chief Instructor believes they will be beneficial.

Finally, if you are **18 years of age or older**, you must obtain a WORKING WITH CHILDREN CHECK as per Victorian State Law – it's FREE for volunteers. Forms are available from any Post Office.

Should you have any queries about these courses, please e-mail me at:
apollobayslsc@yahoo.com.au, or call me direct on 0417 378 328.

Chris Ward – Chief Instructor (2011/2012 Season)

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