



## Apollo Bay Surf Lifesaving Club

# Information Pack

## Bronze Medallion Camp

11<sup>th</sup> Dec to 16<sup>th</sup> Dec 2016



The Bronze Medallion program allows participants to gain valuable lifesaving and personal development skills. It is a great way to meet new friends and catch up with old ones. At the end of the program participants will be awarded the Bronze Medallion, which allows holders to become part of the proud and professional team of Surf Lifesavers helping keep Apollo Bay's beaches safe.

### What will I learn?

Over the 6 days participants will learn a variety of surf, first aid, resuscitation & rescue skills, as well as communication, teamwork and leadership skills, all whilst having a lot of fun !

### When is it?

The Bronze Camp begins with a welcome and sign-in on Sunday 11<sup>th</sup> December at 4pm. Theory and practical sessions run from Monday to Thursday (including morning swim/runs), with organized activities in the evenings (including a beach volleyball tournament, guest speakers and movies). The program finishes with the assessment on Friday 16<sup>th</sup> December. Participants and their families are invited to attend a presentation evening on Friday to wrap up the week, commencing at 6:00pm. Participants must have a parent or guardian present on Friday 16<sup>th</sup> December to collect them.

### Where is it ?

The program is a live-in, residential camp at the Apollo Bay SLSC clubhouse. We can take a maximum of 10 male and 10 female participants, due to the space limitations of our newly-refurbished bunkrooms. There will be 24-hour adult supervision for the duration of the camp, and participants and their parents/guardians will be required to sign a code of conduct as part of the registration.

### Conditions of Admission

- Bronze applicants must have turned 15yo by 16<sup>th</sup> December 2016 and be able to swim 400m in 9 minutes.
- All applicants must:
  - Be a current financial member of Apollo Bay SLSC.
  - Participate in volunteer beach patrols (roughly 20 hours each year).
  - Be available to assist with water safety for Nippers

### Cost

The cost for the Bronze camp is \$350, which includes:

- All food and accommodation at the Apollo Bay SLSC clubhouse
- Patrol uniform (shirt, shorts, hat and skull cap);
- All course materials, equipment and training;
- SLSA Public Safety Aquatic Rescue Manual, 34th Edition;
- Bronze Camp team hoody.

### **NB – Apollo Bay SLSC Membership costs are not included**

### Registration

All applicants must be Apollo Bay SLSC members before the program starts. Register your interest via email to Thom Cookes (thom.cookes@gmail.com) **by Friday 13 November 2016**. For registration forms and more information go to: <http://apollobayslsc.com.au/BronzeSRC>.

### What to bring?

- Bathers, Goggles and Full Length Wetsuit;
- Towels (at least 2);
- Sun Protection (Sunglasses, Hat, Sunscreen);
- Warm and Wet Weather Gear (Jumpers, Tracksuit Pants, etc);
- Water Bottle
- Sleeping bag and pillow