



Apollo Bay Surf Lifesaving Club

Information Pack

Surf Rescue Certificate

Friday 28th December 2018 to Sunday 5th January 2019



The Surf Rescue Certificate (SRC) allows participants to gain valuable lifesaving and personal development skills. It's the first step towards becoming a fully-qualified patroller, and at the end of the program participants will become part of the proud and professional team of Surf Lifesavers helping keep Apollo Bay's beaches safe, as well as providing valuable water safety skills for the Nippers program.

WHAT WILL I LEARN ?

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

WHEN IS IT ?

The program begins on Friday 28th December 2018 and finishes with the assessment on Saturday 5 January 2019. Participants and their families are invited to attend a presentation lunch on Saturday 5 January to wrap up the week, commencing at 1pm.

CONDITIONS OF ADMISSION ?

- SRC applicants must have turned 13 years old by 5th January 2019 and be able to swim 200 metres in 5 minutes.
- All applicants must:
 - Be a current financial Cadet Member of Apollo Bay Surf Life Saving Club.
 - Participate in volunteer beach patrols (roughly 25 hours each year).
 - Assist with water safety for Nippers (dates to be advised).
- Parents / Guardians must sign up to assist (ie. helpers for breakfast, BBQ, water safety, bar).

COST ?

The cost for the SRC course is \$120, which includes:

- Breakfast at the clubhouse each morning;
- Patrol uniform (shirt, shorts, hat and skull cap);
- All course materials, equipment and training;
- SLSA Public Safety Aquatic Rescue Manual, 34th Edition;
- SRC T-shirt.

PLEASE NOTE MEMBERSHIP COSTS ARE NOT INCLUDED

REGISTRATION ?

All applicants must be Apollo Bay Surf Life Saving Club members before the program starts.

To register for the Course, complete the Registration Form on page 3, scan and email to Yvette Hill by Sunday 2nd December 2018.

For more information go to: <http://www.apollobayslsc.com.au/Bronze+++SRC>

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;
- A small amount of money for lunches.

Enquiries:

Membership Registration
Club Captain:
SRC Coordinator:

Yvette Hill
Ross Marriner
Evelyn Lyons

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ross.marriner87@gmail.com
evielyons@bigpond.com

0407 365 961
0432 166 554

Website: <http://apollobayslsc.com.au>
Facebook: www.facebook.com/apollobayslsc

Surf Rescue Certificate (SRC) Schedule 2018 / 2019

Date	7:00am	8:45am	9:15am	9:45am	10:30am	11:00am	11:30 - 12pm
Friday 28 Dec 2018	Water Session / Preliminary Assessment (Run Swim Run, Rescues, Carries, etc)	Breakfast supplied by Club	Club orientation and course induction.	The Human Body	Patient Assessment / Primary Survey	Resuscitation	Theory Books / Questions / Revision
Saturday 29 Dec 2018	Water Session (Run Swim Run, Rescues, Carries, etc)	Breakfast supplied by Club	Surf Awareness and Skills	Resuscitation	First Aid	Communications / Signals	Theory Books / Questions / Revision
Monday 31 Dec 2018	Water Session (Run Swim Run, Rescues, Carries, etc)	Breakfast supplied by Club	Rescue Theory	Safety and Wellbeing	First Aid	Resuscitation	Theory Books / Questions / Revision
Wednesday 2 Jan 2019	Water Session (Run Swim Run, Rescues, Carries, etc)	Breakfast supplied by Club	Patrols and Beach Management	Communications / Signals	First Aid	Resuscitation	Theory Books / Questions / Revision
Thursday 3 Jan 2019	Water Session (Run Swim Run, Rescues, Carries, etc)	Breakfast supplied by Club	Oxygen / Defibrillator Awareness	First Aid	PRACTICE ASSESSMENT / REVISION DAY		
Saturday 5 January 2019	Assessment for Surf Rescue Certificate Course. Presentation Lunch from 1pm at Club House. Includes Patrol allocation for newly qualified members.						

- Meet at The Apollo Bay SLSC Clubhouse at 7am with wetsuits on, ready for the water activities.
- SRC finish time is at 3:30pm, unless advised otherwise.
- The preliminary water assessment for SRC involves a 200 metre freestyle swim within 5 minutes and a 3 minute survivalfloat.

Apollo Bay Surf Lifesaving Club

Registration Form Surf Rescue Certificate

28th December 2018 to 5th January 2019



VIGILANCE AND
SERVICE

Student Full Name: _____

Date of Birth: ____ / ____ / ____

Gender: Male / Female

Mailing Address: _____

City: _____

State: _____

Post Code: _____

Telephone: (____) _____

Mobile: _____

Email: _____ Signature of Student _____

Date: ____ / ____ / ____

Participants will receive a logo t-shirt (please circle): 10(kids) | 12(kids) | 14(kids) | XS(adult) | S (adult) | M (adult) | L (adult)

Please list any food allergies or intolerances:

Please list any known medical conditions and management:

Name of Parent or Guardian: _____ Relationship to Student: _____

Emergency Contact Name & Number (if different from above): _____

Working with Children Check: _____ Expiry: ____ / ____ / ____

Mailing Address: _____

City: _____

State: _____

Post Code: _____

Telephone: (____) _____

Mobile: _____

Email: _____ Signature of Parent / Guardian _____

Date: ____ / ____ / ____

PLEASE LET US KNOW HOW YOU CAN HELP:

- Breakfast volunteer
 Presentation BBQ volunteer
 Water Safety (must have SRC or Bronze)

By completing this form, you hereby agree to:

- Adhere to the conditions outlined in the information pack.
- Apollo Bay SLSC reserves the right to take and use photographic material for promotional purposes both internally and externally. If you do not agree with the use of photographic material of your child/children, please indicate this on the enrolment form.
- Adhere to the Patrolling requirements set by the Apollo Bay.
- Agree to pay the full course cost of \$120 and the applicable membership fees prior to the start of the course.

Please email the completed registration form to Yvette Hill – yvettehill04@gmail.com