



Information Pack

Surf Rescue Certificate

Saturday 28 December 2019 to Sunday 5 January 2020



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 Saturday 28th December 2019 and finishes with the assessment on Sunday 5 January 2020. **Participants and their families are invited to attend a presentation on Sunday 5 January** to wrap up the week, more details about this will follow.

CONDITIONS OF ADMISSION

- SRC applicants must have turned 13 years old by 5th January 2020 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 assist with the program (ie. helpers for breakfast, presentation, BBQ, water safety).

COST

The cost for the SRC course is \$150, which includes:

- Breakfast AND a light lunch at the clubhouse each training day;
- Patrol uniform (shirt, shorts, hat)
- All course materials, equipment and training;
- SLSA Public Safety Aquatic Rescue Manual,
- SRC T-shirt.
- **PLEASE NOTE - APOLLO BAY SLSC MEMBERSHIP FEES ARE NOT INCLUDED**

REGISTRATION

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

Complete the attached Registration Form
Email to apollobayslsc@yahoo.com.au
BY SUNDAY 1st DECEMBER 2019

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

PAYMENT

You need to have a **Members Area** account to manage your membership and make payments.

To login to your account or create a new account please go to <https://members.sls.com.au/> Further details on creating a Members Area account can be found on the club website www.apollobayslsc.com.au

Once you have logged in to your Members Area account:

- Select [**Memberships / Renewals, Transfers / Payments**]
- Renew your membership and select the option to [**Make a Payment**]

➤ Transaction Type	Membership Fee	\$60.00
➤ Transaction Type	Course Fee	<u>\$150.00</u>
	TOTAL PAYMENT	\$210.00

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.

Enquiries:

SRC Coordinator:	Evelyn Lyons	evielyons@bigpond.com	0428547 513
Membership Registration	Yvette Hill	yvettehill04@gmail.com	0407 365 961
Club Captain:	Ross Marriner	ross.marriner87@gmail.com	0432 166 554

Website: <http://apollobayslsc.com.au>

Facebook: www.facebook.com/apollobayslsc

Surf Rescue Certificate (SRC) Schedule 2019 / 2020

Friday 27 Dec		REGISTRATION DAY & COLLECTION OF GEAR FROM 1PM AT THE CLUBHOUSE (PARENT / GUARDIAN REQUIRED TO SIGN IN)							
DATE / TIME	7:00am	8:45am	9:15am	10:00am	10:45am	11:45am	12:15pm	1:15pm 2:00pm FINISH	
1 Saturday 28 Dec	Preliminary Assessment * Water Session	<i>Breakfast supplied by Club</i>	Course induction	Safety and Wellbeing	Surf Awareness and Signals	<i>Light Lunch</i>	Patient Assessment	CPR	
2 Monday 30 Dec	Water Session	<i>Breakfast supplied by Club</i>	The Human Body	The Human Body	First Aid	<i>Light Lunch</i>	First Aid	Resuscitation	
3 Tuesday 31 Dec	Water Session	<i>Breakfast supplied by Club</i>	Rescue Techniques	Communication and Signals Revision	First Aid	<i>Light Lunch</i>	First Aid Scenarios and Patrol Visits	Patient Assessment and Resuscitation	
4 Thursday 2 Jan	Water Session	<i>Breakfast supplied by Club</i>	First Aid	Patient Assessment and Resuscitation	Workbooks	<i>Light Lunch</i>	Practical Water Scenario Session		
5 Friday 3 Jan	Water Session	<i>Breakfast supplied by Club</i>	Revision, finish workbooks and scenarios			<i>Light Lunch</i>	Revision, finish workbooks and scenarios		
6 Sunday 5 Jan	ASSESSMENT AND PRESENTATION DAY (TIMES TO BE CONFIRMED)								

- ✓ Meet at The Apollo Bay SLSC Clubhouse at 7am with wetsuits on, ready for the water activities.
- ✓ SRC finish time is at 2pm unless advised otherwise.
- ✓ The preliminary water assessment for SRC involves a 200 metre freestyle swim within 5 minutes and a 3 minute survival float.



Apollo Bay Surf Lifesaving Club

Registration Form

Surf Rescue Certificate



28 December 2019 to 5 January 2020 Apollo Bay Surf Lifesaving Club

Student Information			
Student full name		Date of birth	/ /
Gender	Male Female Other	Student mobile	
Student email			
Students will receive a logo T-shirt, please advise their size and the name they would like printed on it (if different to name above)			
Size <i>(please circle)</i>	Kids sizes: 10 12 14 Adult sizes: XS S M L XL	Name on Shirt	

Please list any food allergies or intolerances:

Please list any known medical conditions and management:

Parent / Guardian Information			
Name of parent / guardian		Relationship to student	
Mobile number			
Email address			
Residential address			
Emergency contact if different to above		Emergency contact number	
Signature of parent / guardian		Date	

PLEASE LET US KNOW HOW YOU CAN HELP:

Breakfast Volunteer

Presentation 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 \$150 and the applicable membership fees prior to the start of the course.

Please email the completed registration form by SUNDAY 1 DECEMBER 2019

Email to apollobayslsc@yahoo.com.au