



## Apollo Bay Surf Lifesaving Club

# Information Pack

Surf Rescue Certificate 28<sup>th</sup> Dec 2016 to 3<sup>rd</sup> Jan 2017



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 & rescue skills, as well as communication, teamwork and leadership skills, all whilst having a lot of fun!

### When is it?

The program begins on Wednesday 28th of December and finishes with the assessment on Tuesday the 3rd of January. Participants and their families are invited to attend a presentation evening on Tues the 3rd of January to wrap up the week, commencing at 6:00pm. There will be a rest day on the 1st of January.

### Conditions of Admission

- SRC applicants must have turned 13yo by 3<sup>rd</sup> January 2017 and be able to swim 200m in 5 minutes.
- All applicants must:
  - Be a current financial cadet member of Apollo Bay SLSC.
  - Participate in volunteer beach patrols (roughly 25 hours each year).
  - Assist with water safety for Nippers (on 4<sup>th</sup> & 6<sup>th</sup> January 2017).
- 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;
- SLSC Public Safety Aquatic Rescue Manual, 34th Edition;
- SRC T-shirt.

### **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 (see contact information below) **by Sunday 4<sup>th</sup> December 2016**. For registration forms and 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:

Club Captain:	Ross Marriner	<a href="mailto:ross.marriner87@gmail.com">ross.marriner87@gmail.com</a>	(0432) 166 554
SRC Coordinator:	Evelyn Lyons	<a href="mailto:evielyons@bigpond.com">evielyons@bigpond.com</a>	
SRC/Bronze Registration:	Thom Cookes	<a href="mailto:thom.cookes@gmail.com">thom.cookes@gmail.com</a>	(0428) 218 154

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

**Facebook:** [www.facebook.com/apollobayslsc](http://www.facebook.com/apollobayslsc)

## Surf Rescue Certificate (SRC) Schedule 2016-17

Date	7:00am	8:30am	9:00am	10:45am	12:15pm	1:00pm	2:30pm
<b>Wednesday 28 Dec '16</b>	<b>Water</b> Preliminary water assessment.	Breakfast supplied by Club.	Club orientation & course introduction. <b>Theory</b> Ch 1: Safety & wellbeing.	<b>Theory</b> Ch 2: Surf awareness & skills. Ch 3: The human body.	Lunch	<b>Water</b> Surf entry, negotiation & surf skills development. Ch 7: Communication.	<b>Water</b> Ch 9: Rescue techniques. Paddling Lesson.
<b>Thursday 29 Dec '16</b>	<b>Water</b> Run-Swim-Run & Rescue Skills.	Breakfast supplied by Club.	<b>Theory &amp; Practice</b> Ch 4: Resuscitation. Ch 6: First Aid.	<b>Theory &amp; Practice</b> Ch 4: Resuscitation. Ch 6: First Aid.	Lunch	<b>Water</b> Ch 9: Rescue Techniques.	<b>Water</b> Ch 10: Carries & supports.
<b>Friday 30 Dec '16</b>	<b>Water</b> Run-Swim-Run & Rescue Skills.	Breakfast supplied by Club.	<b>Theory</b> Ch 7: Communication. Ch 11: Beach management.	<b>Theory</b> Ch 9: Rescue techniques. Ch 10: Carries & supports.	Lunch	<b>Revision</b> Ch 4: Resuscitation. Ch 6: First Aid.	<b>Water</b> Ch 9: Rescue techniques. Ch 10: Carries & supports.
<b>Saturday 31 Dec '16</b>	<b>Water</b> Run-Swim-Run & Rescue Skills.	Breakfast supplied by Club.	<b>Revision</b> Ch 1: Safety & wellbeing. Ch 2: Surf awareness & skills. Ch 3: The human body.	<b>Revision</b> Ch 7: Communications. Ch 11: Beach management.	Lunch	<b>Revision (Water)</b> Ch 9: Rescue techniques. Ch 10: Carries & supports.	<b>Revision (Water)</b> Ch 4: Resuscitation. Ch 10: Carries & supports.
<b>Monday 2 Jan '16</b>	<b>Assessment Practice</b> Run-Swim-Run & Rescue Skills.	Breakfast supplied by Club.	<b>Assessment Practice</b> Theory.	<b>Assessment Practice</b> Signals, Patrol & Radio Activity.	Lunch	<b>Assessment Practice</b> First Aid, Resuscitation, Defibrillation & Oxygen Activity.	<b>Assessment Practice</b> Rescues & Carry Activity.
<b>Tuesday 3 Jan '16</b>	<b>Assessment for Surf Rescue Certificate course.</b> <b>Presentation Evening</b> BBQ from 6:00pm at Club House. Includes Patrol allocation for newly qualified members.						

- Meet at The Apollo Bay SLSC Clubhouse at 7:00am 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.

**Enquiries:**

<b>Club Captain:</b>	Ross Marriner	<a href="mailto:ross.marriner87@gmail.com">ross.marriner87@gmail.com</a>	0432 166 554
<b>SRC Coordinator:</b>	Evelyn Lyons	<a href="mailto:evielyons@bigpond.com">evielyons@bigpond.com</a>	
<b>SRC/Bronze Registration:</b>	Thom Cookes	<a href="mailto:thom.cookes@gmail.com">thom.cookes@gmail.com</a>	0428 218 154



# Apollo Bay Surf Lifesaving Club



## Registration Form

Surf Rescue Certificate 28<sup>th</sup> Dec 2016 to 3<sup>rd</sup> Jan 2017

Student Full Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Gender: Male/Female

Working with Children Check (if 18 years or over): \_\_\_\_\_ Expiry: \_\_\_/\_\_\_/\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Post Code: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_ Mobile: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Dietary Requirements:

\_\_\_\_\_  
\_\_\_\_\_

Medical Conditions:

\_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian (if under 18 years): \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Working with Children Check: \_\_\_\_\_ Expiry: \_\_\_/\_\_\_/\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Post Code: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_ Mobile: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Please tick one or more of the following:

- Breakfast Coordinator
- Breakfast Helper (please note which day you can help)
- 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 scan and email this completed registration form to [thom.cookes@gmail.com](mailto:thom.cookes@gmail.com)