



Apollo Bay Surf Lifesaving Club

Information Pack

Surf Rescue Certificate

28th December 2017 to 6th January 2018



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 Thursday 28th December 2017 and finishes with the assessment on Wednesday 3rd January 2018. Participants and their families are invited to attend a presentation evening on Wednesday 3rd January to wrap up the week, commencing at 6pm.

CONDITIONS OF ADMISSION ?

- SRC applicants must have turned 13 years old by 6th January 2018 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 3rd December 2017.

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

Yvette Hill

yvettehill04@gmail.com

0407 365 961

Club Captain:

Ross Marriner

ross.marriner87@gmail.com

0432 166 554

SRC Coordinator:

Evelyn Lyons

evielyons@bigpond.com

Website:

<http://apollobayslsc.com.au>

Facebook:

www.facebook.com/apollobayslsc

Surf Rescue Certificate (SRC) Schedule 2017 / 2018

Date	7:00am	8:45am	9:15am	9:45am	10:30am	11:00am	11:30 - 12pm
Thursday 28 Dec 2017	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
Friday 29 Dec 2017	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
Sunday 31 Dec 2017	Water Session (Run Swim Run, Rescues, Carries, etc)	Breakfast supplied by Club	Rescue Theory	Safety and Wellbeing	First Aid	Resuscitation	Theory Books / Questions / Revision
Tuesday 2 Jan 2018	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
Wednesday 3 Jan 2018	Water Session (Run Swim Run, Rescues, Carries, etc)	Breakfast supplied by Club	Oxygen / Defibrillator Awareness	First Aid	First Aid / Revision	Revision	Theory Books / Questions / Revision
Friday 5 January 2018	PRACTICE ASSESSMENT / REVISION DAY						
Saturday 6 Jan 2018	Assessment for Surf Rescue Certificate Course. Presentation Evening BBQ from 6:00pm 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 2017 to 6th January 2018

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: ___/___/___

T-shirt Size: (children's sizes please circle) 10 | 12 | 14 | 16

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
yvettehill04@gmail.com**