

# Surf Rescue and Bronze Medallion Course

Congratulations and welcome to the new and returning members that have joined our club over the last few weeks. We are now getting underway with the training of these members. Please welcome them to the club and we welcome them as patrolling members.

This is our training plan over the coming weeks to ensure you train these members on our current lifesaving requirements.

The courses are broken into three delivery modes: -

Self-Paced online learning

Dry land practical activities

Water based activities

If you are keen to join the group don't delay – fill in the enrolment form, return via email to [training@fingalroversslsc.com.au](mailto:training@fingalroversslsc.com.au), enrol into the Elearner in your members portal – select your course, pack your swimmers, towel, sunscreen, & come join us.

All new and returning members need to complete the pool swim assessment (yep even us that are returning must demonstrate we can still swim). Surf Rescue – 200 metres in 5 minutes & Bronze – 400 metres in 9 minutes

***All candidates are required to have the online self-paced learning completed – please bring your completion certificate with you.***

## Sunday 15 November

9:30am For those that need to do the pool swim – meet at Kingscliff pool

10:30am All others to meet at the Rovers Surf Club for the dry work topics

-  Surf Awareness
-  CPR
-  Radio
-  Carries and drags
-  Signals
-  First Aid

Note - (Once we are successful with our pool swims, we can then commence water activities)

## Saturday 20 November

9:30am arrival at Rovers surf club

-  Patrol Set up
-  Run-swim-Run
-  Tube Rescues
-  Board Rescues
-  No gear Rescues
-  Scenarios

## Sunday 21 November

9:15am arrive at the club

Assist with the patrol set up and allocation of patrol tasks

Scenarios, run-swim-run, & bringing it all together

Re-cap and prepare for assessment

***Final assessment – TBA (We need to book in an assessor from outside of Rovers, keep you posted. Working on this!)***