



BIRUBI POINT SURF LIFE SAVING CLUB **2016/2017 TRAINING INFORMATION**



Cost

New Member - Membership fee	\$70	(includes \$20 for quarter cap and wide-brimmed hat)
Bronze Medallion/SRC	\$20	(for first award, the Club then pays for all future awards gained)
Resource Manual	\$55	
Apply First Aid	\$35	
Total for Bronze Medallion	\$180	
Total for SRC	\$90	

INFORMATION AND SIGN UP FOR BRONZE MEDALLION AND SRC

This will be held in the Clubroom on **Friday 24th February from 5-7pm**. You will be given information regarding what is expected of trainees and a chance to meet the Training Team.

You must pay for your courses at the time of signing up, CASH ONLY accepted.

Surf Rescue Certificate – SRC

- 4 x 50m laps of the pool (200m) in less than **5 minutes**
- Course duration 5 weeks
- Commencing : **Wednesday 1st March 2017**, 6pm in the Clubroom
- Compulsory Water Training: Saturday 4th March and Saturday 18th March 9am-12pm each day
- Must be 13 years old on or before course exam date (22nd April 2017), if not will need to wait for Oct 2017 course

Bronze Medallion – BM

- 8 x 50m laps of the pool (400m) in less than **9 minutes**
- Course duration 6 weeks approx
- Commencing: **Thursday 2nd March 2017** at **6pm**.
- Compulsory Water Training: Saturday 4th March and Saturday 18th March 9am-12pm each day
- Must be 15 years old on or before course exam date (22nd April 2017) if not will have to wait for Oct 2017 course
- Course Content – these courses are essential content for the Bronze Medallion course and are therefore Compulsory Attendance:
 - APPLY FIRST AID COURSE - Thursday 9th March, 6pm
 - SPINAL MANAGEMENT - Tuesday 14th March, 6pm (Birubi Caravan Park pool)
 - ART AID (2 night course) - Tuesday 21st & Thursday 23rd March, 6pm

POOL SWIM TESTING

Date: **Sunday 26th February 2pm at Tomaree Aquatic Centre**. Normal entry fees apply.

For both swim tests freestyle stroke is to be used, **no stopping**. Pool swims **must** be completed by **1st March 2017**, or you will not be permitted to continue with your training.

TEST DATES

These dates cannot be changed as they are set by Hunter Branch.

DRY EXAM: Wednesday 5th April 2017, 6pm Clubroom. All Candidates to attend.

WET EXAM: Saturday 22nd April 2017, 8.30am Stockton Beach SLSC. Run/swim/run, board & tube rescues and spinal care test.

Alison Gannon

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Chief Training Officer

Birubi Pt SLSC

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