



## **BIRUBI POINT SURF LIFE SAVING CLUB** **2017/2018 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	(or \$35 for the manual only)
Apply First Aid	\$35	
<b>Total for Bronze Medallion</b>	<b>\$180</b>	
<b>Total for SRC</b>	<b>\$90</b>	

### **INFORMATION AND SIGN UP FOR BRONZE MEDALLION AND SRC**

This will be held in the Clubroom on **Sunday 17<sup>th</sup> September 3-5pm**. 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. Online Club membership application via credit card – we will explain about this on the day.**

### **Surf Rescue Certificate – SRC**

- 4 x 50m laps of the pool (200m) in less than **5 minutes**
- Course duration 5 weeks
- Commencing : **Wednesday 11<sup>th</sup> October 2017**, 6.30pm in the Clubroom
- Compulsory Water Training: Saturday 14<sup>th</sup> October, Saturday 28<sup>th</sup> October and Saturday 11<sup>th</sup> November: 9am-12pm each day
- Must be 13 years old on or before course exam date (2<sup>nd</sup> December 2017). If birthday is between 3<sup>rd</sup> December 2017 and 17<sup>th</sup> February 2018 you will need to wait for 17<sup>th</sup> February 2018 test.

### **Bronze Medallion – BM**

- 8 x 50m laps of the pool (400m) in less than **9 minutes**
- Course duration 6 weeks approx
- Commencing: **Thursday 12<sup>th</sup> October 2017 at 6.30pm**.
- Compulsory Water Training: Saturday 14<sup>th</sup> October, Saturday 28<sup>th</sup> October and Saturday 11<sup>th</sup> November: 9am-12pm each day
- Must be 15 years old on or before course exam date (2<sup>nd</sup> December 2017). If birthday is between 3<sup>rd</sup> December 2017 and 17<sup>th</sup> February 2018 you will need to wait for 17<sup>th</sup> February 2018 test.
- Course Content – these courses are essential content for the Bronze Medallion course and are therefore Compulsory Attendance:
  - APPLY FIRST AID COURSE - Tuesday 17<sup>th</sup> October and Thursday 19<sup>th</sup> October 6.30pm
  - SPINAL MANAGEMENT - Tuesday 9<sup>th</sup> November, 6pm (Birubi Caravan Park pool)
  - ART AID (2 night course) - Thursday 26<sup>th</sup> October and Thursday 2<sup>nd</sup> November 6.30pm

## **POOL SWIM TESTING**

Date: **Sunday 8<sup>th</sup> October 2017, 3pm 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 **13<sup>th</sup> October 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 29<sup>th</sup> November, 6pm Clubroom. All Candidates to attend, no late arrivals.

**WET EXAM:** Saturday 2<sup>nd</sup> December, 8.30am Stockton Beach SLSC. Run/swim/run, board & tube rescues and spinal care test. No late arrivals – they will start without you!



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