



Birubi Point SLSC

SRC Training Information Booklet

2017-2018

INTRODUCTION

On behalf of all our members, welcome to Birubi Point SLSC. We hope you will be inspired to join us and help make our beach safe for everyone who visits it. Our new clubhouse opened in December 2013 providing us with excellent facilities for patrolling, training and socializing. We are very much a family club with several families having dad, mum and their children on patrol together.

Please take a look at our Club website www.birubipointslsc.org.au as there is lots of information on there about patrolling, training, Nippers and other activities. We also have a Facebook page (Birubi Point SLSC) and once you have completed your membership forms, we will send out emails and/or text messages when we have information you need to know.

YOUR COMMITMENT TO THE SURF CLUB

- Half day (Sat or Sun) *once a month*, therefore 7-8 patrols a season, plus half-day on a public holiday.
- You will be placed on a patrol as a Trainee until you complete your training and SRC assessment.
- We have a good swap system that works well. If you have other commitments organize a swap in advance – it's easy to do and means your patrol will not be left short of people.

TYPES OF MEMBERSHIP

1. **Bronze Medallion (BM) Active Member.** Trainees must be aged **15 years and over**, the course includes:

- First Aid
- CPR
- Oxygen Therapy
- Spinal Management
- Defibrillation
- Signals
- Radio procedures
- Rescue skills – water component

Candidates are required to complete the following courses before undertaking BM assessment:

- Apply First Aid course (if not currently held)(2 evenings)
- Advanced Resuscitation Techniques Course (ARTC)(AID)(2 evenings)
- Spinal Management Course (1 evening)

By completing these courses, you will be better qualified and gain VETAB accredited certificates that are useful and accepted in the workplace. This then leaves only signals, radio and the wet component to be assessed to earn your Bronze Medallion.

2. **Surf Rescue Certificate (SRC)**. Aged **13-15 years**, the course includes:

- First Aid
- CPR
- Oxygen Therapy – awareness of equipment
- Defibrillation – awareness of equipment
- Radios
- Signals
- Rescue skills – water component

This course is similar to the BM, however, SRCs do not operate oxygen or defib equipment but need to be aware of what it is and where it is stored. As SRC members approach their 15th birthday, they can then do the extra training ready to upgrade to BM when they turn 15.

3. **Award Member**. Aged **15 years and over**, for those who are non-swimmers or not able to pass the mandatory Bronze/SRC swim tests, but still wish to patrol. Award Members are very important Club members, in fact, all you need to patrol is a current Apply First Aid Certificate (if you have a current Senior First Aid Certificate please bring along a copy). You will be taught radio procedures and encouraged to complete the ARTC(AID) and Spinal Management courses.

COMMITMENT TO TRAINING

Please be punctual and arrive prepared for each element of training. Failure to bring completed workbooks or non-attendance at any training session (without prior approval of the Chief Instructor) will just delay the course for everyone. Trainees must achieve **80% attendance** at both dry and wet training to be able to sit for their final exam. Trainees should please bring the equipment as per the Course Timetable to each training session – this saves lots of time and really helps keep training sessions on track. Your Trainers will remind you (and your parents!) what is needed for each training session.

MANDATORY POOL SWIM

SRC Candidates have to complete the mandatory pool swim **before** undertaking any of the water training sessions, this is Surf Life Saving Australia Policy which aims to keep trainees safe.

SRC - **4** x 50m laps of the pool (200m) in less than **5 minutes**.

For both swim tests freestyle stroke is to be used, **no stopping**.

A Club assessor will be at the Tomaree Aquatic Centre to assess you for your pool swim, once completed, a rescue board and tube rescue session will follow. Normal pool entry fees apply.

WORKING WITH CHILDREN CHECK (WWC). It is a legal requirement for any patrolling member **aged 18 and over** to hold a current WWC before surf club membership can be ratified. You will not be permitted to complete your final assessment until your WWCC number is passed to the Club. Full instructions of how to apply for WWCCs are on the Club website (www.birubipointslsc.org.au) under “Become a Member” or: <https://wwccheck.ccyp.nsw.gov.au/Applicants/Application>.

COST

1. It is very important that you become a financial member as soon as you apply to complete the SRC Course – this then gives you insurance cover in case of any incidents/accidents (Work Cover NSW).

NOTE: Members under 18 years old must get their parents to sign membership forms, child protection and enrolment forms – please check front and **back** of the forms.

2. We do not believe in using membership fees as a fundraiser as you are already giving up your valuable time to patrol, hence we only charge for your first award. The full cost breakdown is on page 4. Once you are trained, your subsequent membership fees will be reduced, the current cost for a patrolling member is \$50 per year.

Patrolling Member Membership fee	\$50
New Member one-off fee	\$20 (quarter cap and wide-brimmed hat cost)
SRC Certification	\$20
Resource Manual	\$55 (\$35 refunded if the manual returned in good condition)
Total for SRC	<u>\$145.00</u> (less \$35 if refunded from manual return)

ONLINE REGISTRATION

For full details on how to complete the online registration process (if you are already a current club member you will already have a SLS Portal account) are on our Club website:

www.birubipointslsc.org.au – just click on the ‘Become a Member’ tab and follow the instructions. If you have any problems, please speak to the Course Trainer.

COURSE INFORMATION

1. **Online Learning.** Most courses now have an online learning content, this course is no different. That said, if you prefer to use the tried and tested paper and pen method that is fine – the next paragraph will tell you how. To access SRC online learning please login to your Portal Account and follow the instructions below:

- On your Portal Home Page, second row of titles, click on “Courses”
- This will direct you to another page, click to login to eLearning
- On this page, titles on top right hand row – click “Training Library”
- If at any point, a course fee is mentioned, don’t worry – this course is free!
- Main list of courses will appear – Aquatic Rescue will appear first - click on “view courses”
- Click on “Surf Rescue Certificate”
- 11 Modules for SRC will be listed, click on Module 1 and start to work your way through
- Once all 11 Modules are completed, a certificate of completion should be printed off and handed to your Trainer

2. **Learner Guides.** These can all be downloaded from the Club website: www.birubipointslsc.org.au. You may print and complete a hardcopy of the Learner Guide questions and hand them to the Course Trainer. Do not panic! – the Learner Guide looks complicated but we have hand-out sheets for each module to simplify the information you need to learn and help you pass the theory test.

- On the Home page, click on the “Member’s Site” tab
- 3 options will appear, click “Training”
- This area is password protected, enter the password: “southerncross”

- Scroll down and click on the link for the “SRC Learner Guide PDF

3. **SRC Candidate Resource Kit**. This contains the Public Safety and Aquatic Rescue Manual (34th Edition). The manual is also used for Bronze Medallion so it has a LOT of background and extra information in it about Surf Life Saving. The manual costs \$55 to buy and keep, or you can pay \$55, use it for the duration of the course then return it and get a refund of \$35 if it is in good condition. The manual is handy to have so that you can refer back to it during future courses, but as previously mentioned, we will be simplifying and summarizing the information you need to learn in handouts for each learning module.

If you have any problems accessing the information, please contact Helen Ratcliffe (birubipublicity@gmail.com).

PATROL UNIFORM

When you qualify as a patrolling member the Club will supply you with an SLSA Patrol Shirt and Patrol Shorts, new members will also be awarded a quarter cap (BM & SRC only after qualified) and wide-brimmed hat. If you prefer to wear a baseball type cap instead of wide-brimmed patrol hat, SLSA baseball caps cost \$12.50. SLSA patrol long-sleeved rash shirts can also be worn on patrol and cost \$20.

The patrol uniform is issued at no cost to you on initial issue, replacements must be paid for as the Club has to buy them from SLSA. There is also a range of Club swimwear, baseball caps, polo shirts etc. The Club Merchandise and Uniforms person is Helen Ratcliffe: birubipublicity@gmail.com.

TRAINING CONTACT DETAILS

I hope this information sheet has provided you with a good start point so that you appreciate what to expect during training and as a member of Birubi Point SLSC. On behalf of the Club, welcome and we sincerely hope you have many enjoyable years ahead patrolling this spectacularly beautiful beach.

If you have any questions about training, please contact me as per the details below, thank you.



Helen Ratcliffe
President, Birubi Point SLSC
1st February 2018

Enclosure A: SRC Course Training Timetable Feb/March 2018

SRC TIMETABLE FEBRUARY & MARCH 2018 v2

CONTENT	DATE	TIME	Need to Bring
Information Night	Friday 2 nd February	5.30pm	Parent if under 18
Swim Test and Rescue Skills	Sunday 11 th February	3-4pm	Swimmers/ goggles
Theory Night	Tuesday 13 th February	6:30pm - 8pm	Pen & SRC Manual
Water Skills Session 2	Saturday 17 th February	9am - 12pm	Swimmers/wetsuit/towel
Theory Night	Tuesday 20 th February	6:30pm - 8pm	Pen & SRC Manual
Water Skills Session 3	Saturday 24 th February	9am – 12pm	Swimmers/wetsuit/towel
Theory Night	Tuesday 27 th February	6:30 pm - 8pm	Pen & SRC Manual
Theory Night	Tuesday 6 th March	6:30pm – 8pm	Pen & SRC Manual
Water Skills Session 4	Saturday 10 th March	9am - 12pm	Swimmers/wetsuit/towel
PRACTISE TEST NIGHT	Tuesday 13 th March	6:30pm SHARP	Hand in all work, last chance
THEORY TEST NIGHT	Wednesday 14th March	6:30pm SHARP	PRACTICAL EXAM/CPR
WATER TEST DAY	Saturday 17th March	8:30am SHARP	STOCKTON BEACH – Surf Life Saving Club
WATER TEST DAY (backup)	Saturday 21 st April	8:30am Sharp	Stockton Beach SLSC

IMPORTANT:

POOL SWIM TEST & RESCUE SKILLS: Sunday 11th February 2018 - 3 pm. You must pass the pool swim before you take part in any water training sessions. Pool swim test is 4 laps (200m) of the Tomaree Pool, continuous freestyle, no stopping in under 5 minutes. This will be followed by a rescue skills session in the pool.

You must be 13 years old prior to 17/3/2018, to be eligible for the first assessment date on Saturday 17th March 2018. If your 13th birthday is between 17/3/2017 and 21/4/2018, your water test is on 21/4/2018 at Stockton SLSC.

If you are unable to attend any of the training sessions, please speak to me at the Information Night, thanks.
Any questions, please contact Surf Club President Helen Ratcliffe birubipublicity@gmail.com.