



Birubi Point SLSC

**Bronze and SRC Training
Information Booklet**

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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 Bronze/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. **Active Member - Bronze Medallion (BM)**. 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-AID Course (ART-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. **Active Member - Surf Rescue Certificate (SRC)**. Aged **13 years** and over, 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. **Active Member - Award Member**. Aged **15 years and over**, for those who are unable to pass the mandatory Bronze/SRC swim tests, or do not wish to carry out water rescues but still wish to patrol. Award Members are very important Club members as their role is to provide immediate first aid when a casualty has been rescued. If you hold a current Apply First Aid or Provide First Aid certificate you can become an Award Member very quickly – you will be taught radio procedures then encouraged to complete the ART-AID and Spinal Management courses.

COMMITMENT TO TRAINING

Trainees are expected to 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 Training Officer) will result in you being taken off the course. Trainees must achieve **80% attendance** at both dry and wet training to be able to sit for their 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/partner!) what is needed for each training session.

MANDATORY POOL SWIM

BM and SRC Candidates must complete the mandatory pool swim **before** undertaking any of the water training sessions. This is Surf Life Saving Australia Policy and it also gives the Training Team an idea of how you will cope in the water/surf. The swim must be completed **BEFORE the cut-off date set by the Chief Training Officer (CTO)**. If you don't complete the swim before this date, you cannot continue training, you will instead be offered to complete Award Member training or wait for the next Bronze/SRC course.

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

BM - **8** x 50m laps of the pool (400m) in less than **9 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. These days and times will be promulgated by the CTO. Normal pool entry fees apply.

WORKING WITH CHILDREN CHECK (WWCC). It is a legal requirement for any patrolling member aged 18 and over to hold a current WWCC 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. There is no charge for a WWCC for a volunteer and it is valid for 5 years. Full instructions detailing how to apply for WWCCs are on the Club website (www.birubipointslsc.org.au) under the “Become a Member” or: <https://wwccheck.cyp.nsw.gov.au/Applicants/Application>.

ONLINE REGISTRATION AND COST

1. It is very important that you become a financial member as soon as you join the Club – 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 – check front and **back**.

2. Our Club does not use 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 below. Once you are trained, your subsequent membership fees will be reduced, the current cost for an Active patrolling member is \$50 per year.

New Member - Membership fee	\$70 (includes \$20 for quarter cap and wide-brimmed hat)
BM/SRC	\$20 (\$20 for first award, the Club then pays for all future awards gained)
Resource Manual	\$55 (\$35 refunded if manual returned after course in good condition)
Apply First Aid (Bronze only)	\$35
Total	Bronze: <u>\$180</u> SRC: <u>\$90</u> (if no manual purchased)

COURSE INFORMATION

1. **Online Learning – SRC and Bronze.** 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 – read on for instructions on this. During both courses, our Trainers will have various handouts/guides already printed for you that cover radios, signals, CPR, oxygen and defib, bites, stings and first aid revision etc.

To access SRC or Bronze online learning please login to your Member’s Area Account and follow the instructions below:

- On your Home Page, click on “Memberships” on the drop-down list, then “Courses”
- Click to login to eLearning
- On this page, titles on top right hand row – click “Training Library”
- Main list of courses will appear – Aquatic Rescue will appear first - click on “view courses”
- Click on “Surf Rescue Certificate” or “Bronze Medallion”
- The course 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 – Bronze.** Download from the Club website: www.birubipointslsc.org.au.

- 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’
- Now click on the link for the manual or workbook you require (as detailed in the Training Timetable you will have been issued with)
- The documents are all PDFs and are ready to print – if you do not have access to a printer please let the CTO know and he can get them printed for you

If you have any problems accessing course information, please contact the CTO, Steve Fogwill:
birubi.ci@gmail.com.

PATROL UNIFORM

When you qualify as an active 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) 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 but 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 booklet has provided you with a good start point so that you appreciate what to expect during training and as a volunteer surf lifesaving member of Birubi Point SLSC. On behalf of our Club, welcome and I sincerely hope you have many enjoyable years ahead patrolling this spectacularly beautiful beach.

Our **Chief Training Officer** is **Steve Fogwill**. If you have any questions about training, please contact him at: birubi.ci@gmail.com.



Helen Ratcliffe
 President, Birubi Point SLSC
 7th August 2018

Enclosure A: Bronze Medallion Course Timetable
Enclosure B: Surf Rescue Certificate Course Timetable

BRONZE TIMETABLE OCTOBER - DECEMBER 2018

WEEK	CONTENT	DATE	TIME	Notes
	Information Night - Clubroom	Friday 5 th October	5.30pm	Please bring a parent if under 18
1	Swim Test and Rescue Skills	Sunday 14 th October	3-4pm	Tomaree Aquatic Centre - swimmers/ goggles
1	Combined Theory Night	Wednesday 17 th October	6:30pm – 8.30pm	Clubroom - Pen & Manual
2	Water Skills Session 2	Saturday 20 th October	9:00am-12pm	Clubroom - Swimmers/wetsuit/towel
2	Apply First Aid Course 1of2	Tuesday 30 th October	6:30pm – 8.30pm	Clubroom - Pen & Manual
3	Water Skills Session 3	Saturday 27 th October	9am – 12pm	Clubroom - Swimmers/wetsuit/towel
3	Apply First Aid Night 2of2	Thursday 1 st November	6:30 pm – 8.30pm	Clubroom - Pen & Manual
4	Water Skills Session 4	Saturday 3 rd November	9am - 12pm	Clubroom - Swimmers/wetsuit/towel
4	Spinal Management	Thursday 8 th November	6.00pm – 8.30pm	Birubi Caravan park - Pen & Manual, swimmers/wetsuit/towel
5	ART (AID) 1of2	Thursday 15 th November	6:30 pm – 8.30pm	Clubroom - Pen & Manual
6	Water Skills Session 5	Saturday 17 th November	9am - 12pm	Clubroom - Swimmers/wetsuit/towel
7	ART (AID) 2of2	Tuesday 20 th November	6:30 pm – 8.30pm	Clubroom - Pen & Manual
7	PRACTISE TEST NIGHT	Wednesday 21 st November	6:30pm SHARP	Clubroom - hand in all work, theory practice
8	THEORY TEST NIGHT	Wednesday 28th November	6:30pm SHARP	Birubi Pt Clubroom - PRACTICAL EXAM – DRY TEST
8	WATER TEST DAY	Saturday 1st December	8:15am SHARP	STOCKTON BEACH Surf Life Saving Club

IMPORTANT INFORMATION

POOL SWIM TEST & RESCUE SKILLS: **Sunday 14th October 2018 - 3 pm**. You must pass the pool swim on or before this day as the course starts the week of the pool swim. Pool swim test is 8 laps (400m) of the Tomaree Pool, continuous freestyle, no stopping in **under 9 minutes**. This will be followed by a rescue skills session in the pool using rescue tubes and boards.

You must be 15 years old on or prior to 1/12/2018, to be eligible for the first December assessment date. If your 15th birthday is between 2/12/2018 and 16/3/2019, you will have to book onto the next Bronze course run from January 2019.

* If you are unable to attend any of the training sessions, please speak to me at the Information Night, thanks.

Any questions, please contact the Chief Training Officer, Steve Fogwill: birubi.ci@gmail.com.

SRC TIMETABLE OCTOBER - DECEMBER 2018

WEEK	CONTENT	DATE	TIME	Need to Bring
1	Information Night	Friday 5 th October	5:30pm	Please bring a parent if under 18
1	Swim Test and Rescue Skills	Sunday 14 th October	3-4pm	Tomaree Aquatic Centre - Swimmers/ goggles
2	Combined Theory Night	Wednesday 17 th October	6:30pm – 8:30pm	Clubroom - Pen & SRC manual
2	Water Skills Session 2	Saturday 20 th October	9am - 12pm	Boat Harbour - Swimmers/wetsuit/towel
3	Theory Night	Wednesday 24 th October	6:30pm – 8:30pm	Pen & SRC Manual
3	Water Skills Session 3	Saturday 27 th October	9am – 12pm	Swimmers/wetsuit/towel
4	Theory Night	Wednesday 31 st October	6:30 pm – 8:30pm	Pen & SRC Manual
4	Water Skills Session 4	Saturday 3 rd November	9am – 12pm	Swimmers/wetsuit/towel
5	Theory Night	Wednesday 7 th November	6:30pm – 8:30pm	Pen & SRC Manual
5	Water Skills Session 5	Saturday 10 th November	9am - 12pm	Swimmers/wetsuit/towel
6	Theory Night	Wednesday 14 th November	6:30pm – 8:30pm	Pen & SRC Manual
7	PRACTISE TEST NIGHT	Wednesday 21 st November	6:30pm SHARP	Hand in all work, last chance
8	THEORY TEST NIGHT	Wednesday 28th November	6:30pm SHARP	PRACTICAL EXAM/CPR
8	WATER TEST DAY	Saturday 1st December	8:15am SHARP	STOCKTON BEACH – Surf Life Saving Club

IMPORTANT INFORMATION

POOL SWIM TEST & RESCUE SKILLS: **Sunday 14th October 2018 - 3 pm**. You must pass the pool swim on or before this day as the course starts the week of the pool swim. 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 using rescue tubes and boards.

You must be 13 years old on or prior to 1/12/2018, to be eligible for the first December assessment date. If your 13th birthday is between 2/12/2018 and 16/3/2019, you will have to book onto the next SRC course run from January 2019.

* If you are unable to attend any of the training sessions, please speak to me at the Information Night, thanks.

Any questions, please contact the Chief Training Officer, Steve Fogwill: birubi.ci@gmail.com.