

## SRC TIMETABLE OCTOBER - DECEMBER 2018

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

### IMPORTANT INFORMATION

POOL SWIM TEST & RESCUE SKILLS: **Sunday 14<sup>th</sup> 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 13<sup>th</sup> birthday is between 2/12/2018 and 16/3/2019, you will have to book onto the next SRC course running 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](mailto:birubi.ci@gmail.com).