

**Clifton Beach Surf Life Saving Club**

**Bronze/SRC Information Pack 2023/24**

Dear Participant,

Thank you for showing interest in the upcoming Surf Rescue Certificate (SRC) and Bronze Medallion (BM) Course for 2023/24 season. This information pack is designed to provide you with all details about the course, proposed dates, the process of delivery and tasks that need to be completed before beginning. **To register for the course please follow the link** [**https://forms.gle/7HzCVzhmh9uTHrD67**](https://forms.gle/7HzCVzhmh9uTHrD67) **and fill out the online form provided.**

If you have any further questions, please don’t hesitate to reach out.

Jenna Stacey – Training Officer CBSLSC

[Training@cliftonbeachslsc.com.au](mailto:Training@cliftonbeachslsc.com.au)

**About Bronze and SRC**

This season’s course is set to be delivered and assessed over October and November 2023. This course will require a commitment to two training sessions a week (spread out over several weeks) as well as some tasks set outside these sessions in order to meet competency. We understand not everyone is from a surf background and will provide as much support as possible. If candidates are not deemed ready for assessment by the proposed date, further support will be proved, and an assessment will be organised by assessors and trainers at a later date.

\*\* please see the session template on page 4 for more information

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| **SRC** | **BM** |
| Requirements   * Be a financial member of an SLS club; * Be at least 13 years of age on the final assessment date; * Complete an unaided swim of 200 m in 5 minutes or less   Outcomes   * Surf awareness * Rescue skills and techniques * Radio Operations * Provide CPR | Requirements   * Be a financial member of an SLS club; * Be at least 15 years of age on the final assessment date; * Complete an unaided swim of 400 m in 9 minutes or less   Outcomes  PUA20119 Certificate II in Public Safety (Aquatic Rescue)  HLTAID001 Provide Cardiopulmonary Resuscitation  (BRONZE will cover first aid and spinal units unlike SRC) |
|  |  |

**Topics which will covered in the duration of the course include:**

* Safety and wellbeing
* Surf awareness and skills
* Communications, radios and signals
* Emergency Care and First Aid
* Resuscitation, Defibrillation and basic O2
* Rescue and carry techniques.
* Spinal management
* Risk management
* Mass rescues
* Beach management and patrol set up

\*\* It should be noted that recognition of prior learning (RPL) could be applicable to some candidates who may already hold current first aid qualifications or who have completed certain units in another recognised course (eg- Pool Bronze, CSR). This should be discussed on an individual level with the trainers before the course begins as it may mean certain session can be skipped for that participant.

**Pre-Requisite Swim**

Due to the nature of the course content, a pre-requisite swim must be completed PRIOR to doing any aquatic training to ensure a safe level of ability of all candidates whilst participating in water activities. This is a national requirement.

**SRC** à unaided 200m in 5 minutes or less in a swimming pool of not less than 25 m

**Bronze Medallion** à Unaided 400m swim in 9 minutes or less

If swim times are not met on the day a second attempt is allowed before beginning the aquatic rescue training sessions. If you currently swim with a squad or other swimming organization they can time the swim assessment for you, please let us know and we can provide you with a form.

**Membership**

Candidates must become a FINANCIAL ACTIVE member of Clifton Beach Surf Life Saving Club **before** beginning training. If you hold a membership and are unsure if it is current or the right type, please Contact Juanita on [membership@cliftonbeachslsc.com.au](mailto:membership@cliftonbeachslsc.com.au) .

If you are new to the Club you can join online at <https://sls.com.au/join/> , all membership information is also accessible online at [www.cliftonbeachslsc.com.au/join](http://www.cliftonbeachslsc.com.au/join)

After becoming a financial member of Clifton Beach, all course fees are covered for you by the club and a full patrol uniform will be issued at the conclusion of the course. In return of this payment it is expected you join a patrol team over the Summer period or provide equivalent hours to assist as water safety in our Nipper Program and associated events.

**Access to online learning**

Online learning is set up in SLS members area to assist your learning – this MUST be completed by the end of the course. We suggest doing this before your first session- it doesn’t take long and will cement your learning.

**To access online learning:**

1. Login to your **SLS members area** <https://members.sls.com.au/members/>
2. Click on **eLearning** tab- along the top grey bar you will be redirected to eLearning page
3. Click on **training library** (left of page, under home)
4. Scroll and find either your bronze or SRC Course

Select view courses enrol and begin the course

Completion of course (certificate or screenshot) can be emailed to Jenna at [training@cliftonbeachslsc.com.au](mailto:training@cliftonbeachslsc.com.au)

**2023/24 Course outline**

\*\* this may be subject to change

To register for the course please follow the link <https://forms.gle/7HzCVzhmh9uTHrD67> and fill out the online form provided.

Please note - sessions and timings may change or be added based on the needs participants. When enrolling you should be aware that additional training may be required prior to assessment. The training team will work with you to ensure you are ready for assessment.

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| **Date** | **Location** | **Contents (may change)** | **Head trainer/s** |
| **Thursday 21st Sept 5-6pm** | Clarence Pool | Swim assessment  (only have to attend one) | Jenna |
| **Saturday 23rd Sept 9-10 am** | Clarence Pool | Swim Assessment  (only have to attend one) | Jenna |
|  |  |  |  |
| **Tuesday 17th Oct**  **5.30 – 8.30pm** | Clifton Beach  Dry session | * Course intro and outcomes * Safety and wellbeing * Surf Awareness and Skills * Risk rating and hazard identification * Intro to Radio and signals | Jenna |
| **Saturday 21st Oct**  **9.30- 3.30pm** | Clifton Beach  Dry and Wet session | Dry- 9.30- 12.30pm   * Emergency care * Safety, ethics and Law * DRSABCD * Resus * Defib * Documentation and incident forms * Operations App   Wet – 1.00- 3.30pm   * Practise run swim run * Introduction to boards and Tubes | Jenna  Ned |
| **Tuesday 24th October**  **5.30-8.30pm**  **BRONZE ONLY** | Clifton beach  Dry | * Emergency Care recap * First Aid * Spinal Management (carries etc) * Introduction to oxygen therapy and advanced airways | Jenna + trainer 2 |
| **Tuesday 31 Oct**  **5.30 - 8.30pm** | Clifton Beach  Wet/dry session | * Rescues and Carries * Spinal Care in water (BRONZE) * Scanning techniques and mass rescues * Radio and FA scenarios | Jenna + water safety |
| **Saturday 4th Nov**  **9.30-3.30pm** | Clifton Beach  Dry/ wet | Patrol introduction   * Roles and responsibilities * Equipment tour * Patrol set up   Pathways in Surf presentation  Consolidate learning (put it all together)   * Rescues + carries * Emergency care * Radios and operations * Resus   Anything else that needs practise! | Jenna + water safety |
| **TBC / if needed** | Clifton | Catch up session | Jenna |
| **Saturday 11thNov**  **9.30 – 1.30pm**  (BRONZE only )  **1.30 – 4.30pm**  tbc | Clifton | Scenario based training  - emergency care  - mass rescues  - Radios  - First Aid  - Spinal    TBC  Either catch up session or child safe module, ART intro etc |  |
| **Assessment Day!!** | Clifton | TBC | Assessor |

**Assessment Day**

* More information on final assessment will be provided during the course.

**Expected knowledge upon completion of course includes**

* **Signals**
  + All to be shown
* **Run Swim Run**
  + SRC **–** 100-100-100 in 5 mins
  + BM – 200-200-200 in 8 mins
* **Tube Rescues**
  + Conscious
  + Unconscious
    - Carry and patient assessment
    - Radio call (4P’s)
* **Board Rescues**
  + Conscious
  + Unconscious
    - Carry and patient assessment
    - Radio call (4P’s)
* **Spinal \*bronze**
  + Water Extraction
  + Dry land/Walk up Spinal
* **Resuscitation**
  + DRSABCD
    - 2 mins Adult
    - 2 mins Infant
  + Appropriate use of AED (defib)
  + Appropriate handover and documentation (info about patient use SAMPLE here!!)
* **Emergency Care \*bronze** 
  + Appropriate response
    - Asthma/Anaphylaxis
    - Choking
    - Bleeding
    - Temperature related illness
    - Sprain
    - Pressure Immobilisation Technique
* **Radios**
  + Pre use and post use check.
  + Correct callsigns and prowords