

Training Plan - Bronze Medallion / Certificate II Public Safety (Aquatic Rescue) & Surf Rescue Certificate (SRC) - Nov 2009

Training Officers – Grant Bailey, Matt Scully, Dione Edwards, Hugh Mackay, Simon Ross, Anne Walsh, David Carew, Dylan Carew, Martin Roods

Time commitment: The training program will run over 3 weeks. It will involve approximately 12 hours per week.

- Sundays – maximum 3 hours training
- Mondays –3 hours theory and/or resuscitation
- Wednesdays – 1 hour surf and rescue skills - Compulsory; Fridays - 1 hour board practice - Optional
- Thursdays – 3 hours theory and/or resuscitation

Cost: \$95 (\$35 for membership, \$35 for manual and workbook and \$25 for award)

Attendance: Although it is acknowledged that circumstances may arise that prevent candidates from attending a session, it is expected that they begin the course with the intention of committing to all sessions.

Candidates who are progressing from Surf Rescue Certificate 2 years ago may be exempt some of the Sunday training sessions after an initial assessment by the training officers.

Clothing, etc: At all beach sessions candidates must:

- Wear sun screen and hat
- Bring a bottle of water
- Bring wetsuit (optional)
- Bring warm clothes to change into
- Wear Speedos (guys) or full piece (girls) – both can wear board shorts over the top

Pre-requisites: Member of Port Macquarie SLSC (register online at www.lifesavingonline.com.au) and the following applies for each award

Surf Rescue Certificate candidates must be

- aged 13 years before the day of assessment
- able to swim 200m in less than 5 minutes in a pool no less that 25m length (this will be tested at first session)

Bronze Medallion candidates must be

- aged 15 years before the day of assessment
- able to swim 400m in less than 9 minutes in a pool no less that 25m length (this will be tested at first session)

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	Day/Date	Time	Topic/Activity	Trainers	Location
1	Thurs 19 Nov	6pm – 8pm	Enrolment, introduction, Induction, Signals	Robert McCue Tony Wright	Training room
2	Sat 21 Nov	8 am – 11am	Timed swim, introduction to the board, tube and unassisted rescue	Anne Walsh Robert McCue	Pool/River
3	Mon 23 Nov	6pm– 9pm	Safety and well being, Surf awareness and Skills, Rescue Techniques	Matt Scully Robert McCue	Training Room
4	Wed 25 Nov	6am - 7am	Surf skills, board skills – COMPULSORY	Matt Scully David Carew	Beach
5	Thurs 26 Nov	6pm – 9pm	The Human body, Resuscitation	Anne Walsh Robert McCue	Training room
6	Sun 29 Nov	10am – noon	Run/Swim/Run and Rescues – tube and Board	Anne Walsh Robert McCue	Beach
7	Mon 30 Nov	6pm – 9pm	First aid in a surf life saving context, Defib and Basic Oxygen	Grant Bailey Simon Ross	Training room
8	Wed 2 Dec	6am – 7am	Run/Swim/Run, surf skills, board skills, rescues -COMPULSORY	Matt Scully	Beach
9	Thurs 3 Dec	6pm – 9pm	Resuscitation and oxygen therapy	Simon Ross+ Grant Bailey	Training room
10	Sun 6 Dec	8am – 11am	Rescue scenarios – carries and supports	Hugh Mackay* Robert McCue	Beach
11	Mon 7 Dec	6pm – 9pm	Radio operations, Communications, Patrols	Dione Edwards# Anne Walsh	Training room
12	Wed 9 Dec	6am - 7am	Run/Swim/Run, surf skills, board skills, rescues - COMPULSORY	Matt Scully^	Beach
13	Thurs 10 Dec	6pm – 9pm	Resuscitation, Defib, Scenarios, revision	Simon Ross** Robert McCue	Training Room
14	Sun 13 Dec	9am - noon	Assessment	Assessor	Beach