

## BECOME A VOLUNTEER LIFE SAVER @ BMD NORTHCLIFFE SLSC



If you would like to become involved in the community and patrol our spectacular beach join our Surf Club and be trained in your bronze medallion.

### **BRONZE MEDALLION** **CERTIFICATE II PUBLIC SAFETY(AQUATIC RESCUE)**

Pre-requisites:

To be eligible to enroll in the Bronze Medallion, a candidate must:

- be 15 years of age by examination day
- complete a 400 metre swim in 9 minutes or less, in either a 25 or 50 metre pool, timed by an accredited trainer.



**PRE-REQUISITES:** A swimming training session plan is attached to assist you in reaching your swim pre-requisite.

- Be prepared to commit to approximately 8-10 weeks to complete the course
- Be a financial member of BMD Northcliffe Surf Life Saving Club
- Be prepared to join our patrol teams/water safety.

#### **BRONZE MEDALLION COMPETENCIES:**

- Communicate in the workplace
- Provide Emergency Care (basic first aid, CPR, anatomy & physiology)
- Participate in an aquatic rescue operation (board, tube rescue)
- Work in a team (rescue carries & supports, patrol operations)
- Work effectively in a public safety organization
- Follow defined occupational health & safety policies & procedures
- Operate communication systems & equipment (radio operations)
- Apply surf awareness & self rescue skills (surf conditions, techniques)

#### **ATTENDANCE AT SPECIFIED TRAINING: (Minimum attendance 80%)**

- **Tuesday evenings 6- 8.30pm &**
- **Saturday or Sunday mornings 8am-10.30am**

## ACHIEVEMENT:

On completion of your bronze assessment you will be assigned to a rostered patrol team for the upcoming patrol season September 2010 –May 2011.

Nipper parents can also participate in water safety at nippers & carnivals.

### COURSE DATES 2010-2011 SEASON

8 week commencing Tuesday 6<sup>th</sup> July 2010

#### Pre-course swim and enrollment dates:

Date and location: Southport Pool, Sun 27 June & 3 July 8am

8 week commencing Tuesday 18 January 2011

#### Pre-course swim and enrollment date:

Date and location: Southport Pool, Sat 15 Jan 2011.



<b>COSTS:</b>	<b>Male</b>	<b>Female</b>
Annual Membership:	\$ 90.00	\$ 90.00
Club Togs/Bathers:	\$ 35.00	\$ 55.00*
Surf Manual:	\$ 35.00	\$ 35.00
Patrol cap:	\$ 10.00	\$ 10.00
<b>TOTAL:</b>	<b>\$160.00</b>	<b>\$180.00</b>

\*extra cost is cost price difference of bathers. Apologies ladies, but the men do get a lot less material for their money!

**PLEASE CONTACT LEA COOKE ON 5539 8091 or [lcooke@northcliffesurfclub.com.au](mailto:lcooke@northcliffesurfclub.com.au)**

**ONCE YOU HAVE COMPLETED YOUR BRONZE MEDALLION THERE ARE MANY OTHER AWARDS TO ACHIEVE IN SURF LIFE SAVING:**

- Operational First Aid
- Inflatable rescue boat crew
- Inflatable rescue boat driver
- Advanced Resuscitation
- Defibrillation Certificate
- Silver Medallion Beach Mgt.

