

UPCOMING COURSES for Winter-Spring 2011

BRONZE MEDALLION ("BM") & Surf Rescue Certificate , Spring 2011 Squad.

These are the entry level courses to become a **patrolling Surf Lifesaver**. If you are over 13 you can do the Surf Rescue Certificate, and if over 15, the Bronze Medallion. Both awards are very practically taught and assessed. You will learn life-long skills. If you wish to carry out water safety duties for Sunday morning Nippers we also encourage you to do the Bronze Medallion.

The course will run for approximately 8 weeks, with 2 sessions per week. A dry land skills session is held at 6.30pm on a weeknight session (day to be confirmed) and one water skills session at 11.00 am on Sunday mornings (after Nippers). Each session runs for 1.5 to 2 hours. The first session will be **around** 2 October 2011.

If you know anyone who is interested in becoming a lifesaver please ask them to contact Gordon Coburn on 0417 464 439 or Karen Marks 0409 030 881 .
(No Pre-Req, other than over 13 yrs old for SRC and over 15 for the BM.)

New IRB CREWPERSON CERTIFICATE & SILVER MEDALLION IRB DRIVERS COURSE

The club still needs more members to gain these awards to make it easier to fulfil our current patrol capability requirements. Each patrol must have at least one IRB crewperson certificate holder in addition to the IRB driver.

Members who already have good surf awareness, eg from board or ski paddling may well be suited to these challenging but rewarding courses.

A new squad will start training an intensive course commencing July 2011.

If you are interested please contact Rob Cook on 0438 463 127 or Paul O Keefe on 0438 610 890 ASAP to be registered. The Crewperson's award is an exciting award to do, *but you need to be 100% committed as there are risks involved that can only be overcome by a diligent approach to the training.* (Pre: Req, Bronze Medallion, and over 15 years) . *Those that enjoy the Crew-persons course will be encouraged to go the next step, and go for the IRB Driver's silver medallion!!*

SPINAL MANAGEMENT CERTIFICATE

This course will be held at Narrabeen Beach on Sat 9 July 2011 from 9.00am to 13.00. Pre-Requisites: Bronze Medallion, Over 16, Senior First Aid, or Apply First Aid. The Course gives detailed information and skills on how to identify and provide first aid to suspected spinal injury patients in water and on land. This is a critical skill for First-aid personnel , especially surf-lifesavers who deal with the ever present hazard of dumping waves (especially here at Narrabeen)

Please advise Rob Cook on 0438 463 127 ASAP if you are interested

GOLD MEDALLION- Advanced Lifesaving

This is an award for advanced lifesaving skills including, *swimming, running, board paddling and board rescues*. It is also a pre-requisite to become a professional lifeguard. The pre-requisite awards you must have already are:

- the BM,
- Senior First Aid,
- Silver Medallion Advanced Emergency Care /(or it pre-requisites – ARTC or ARC, Defib, & Spinal Management),

We would like to start a squad . If you are physically fit and have these pre-requisites, why not give it a crack!. If you don't have all pre-requisites yet, we can assist with putting you on these courses first.

Please advise Rob Cook on 0438 463 127 if you are interested

OTHER COURSES:

Various short-duration courses are run by the Branch Education team. Details of these will be circulated to members during the season, or please review the club's website of the SLS Sydney Northern Beaches Branch website. Please contact Sandy Menzies, Education Co-ordinator at Branch Headquarters on 02 9913 8066, or us if you have any queries. Pre-Requisites may exist.

Regards

Rob Cook

0438 463 127

Gordon Coburn

Education Supervisor

0417 464 439