



Alexandra Headland Surf Life Saving Club

Surf Rescue Certificate and Bronze Medallion

Course information and entry requirements 2022/2023 season

The Surf Rescue Certificate is run in conjunction with the Bronze Medallion. The courses are designed to be delivered using a blended learning approach. This means you will learn using a variety of methods including face-to-face learning (in the training room, on the beach, and in the water) and self-paced online learning (completed in your own time) which is accessed via SLSA members area eLearning.

Surf Rescue Certificate (SRC)

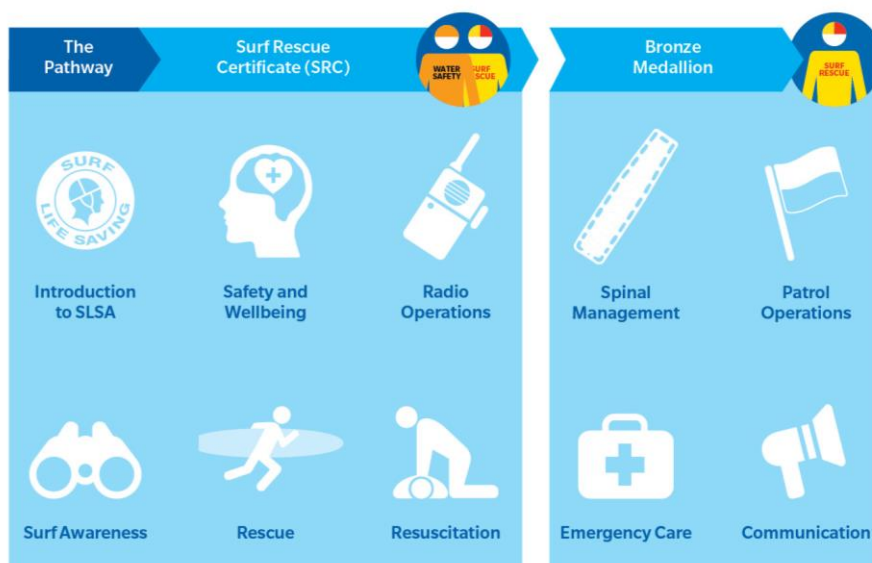
The aim of the SRC is to provide you with the skills and knowledge of basic patrolling and surf awareness to be able to participate in lifesaving operations. This course is recommended for members who perform in the role of water safety personnel or would like to take on a lifesaving cadetship and join a lifesaving patrol. There are six learning modules in the SRC (see course structure image below).

Qualifying swim: be able to complete an unaided swim (goggles/mask permitted), with an overarm stroke of **200 metres in five (5) minutes or less**, in a swimming pool of not less than 25 metres. This will be observed on the first day of the course prior to any ocean activities.

Bronze Medallion (BM)

The aim of this course is to provide participants with skills and knowledge related to surf awareness, aquatic rescue operations, radio operations, resuscitation, emergency care, spinal management, communication, teamwork and Surf Life Saving (SLS) patrol operations. This award includes and builds upon the Surf Life Saving Australia SRC, and it is the prerequisite award for many other SLS pathway awards. There are ten learning modules in the BM (see course structure image below).

Qualifying swim: be able to complete an unaided swim (goggles/mask permitted), with an overarm stroke of **400 metres in nine (9) minutes or less**, in a swimming pool of not less than 25 metres. This will be observed on the first day of the course prior to any ocean activities.



Annual skills maintenance: for your SRC or BM award to remain current, members must perform an annual skills maintenance activity each year. Please note that if you gain your award after 1st July then you are not required to attend skills maintenance until the following year.



Course information

These courses are free of charge to members, however there is an expectation you will contribute to lifesaving at Alex (i.e. patrol and/or carry out water safety duties at junior activities). You will be required to purchase club togs and a high visibility singlet for training, available at the club office. You will also need to purchase the online Public Safety and Aquatic Rescue manual (\$10), all other course materials will be provided.

Attendance at all sessions is mandatory to complete your course. Current SRC holders can join a course in week 4 to transition to the Bronze Medallion. Once your enrolment is confirmed, your lead trainer will contact you regarding times, what to bring, etc.

BMSRC01	
Dates	SRC: 21 st July (6pm-9pm) & Saturdays 23 rd July – 13 th August (four weeks) BM: 21 st July (6pm-9pm) & Saturdays 23 rd July – 3 rd September (seven weeks) SRC TO BM: will join group in week 4 to complete BM modules and assessment in week 7
Registration*	Register here by 4pm Tuesday 12th July
Assessment	SRC: Week 4 - 13 th August (you must be a minimum 13 years of age by the date of assessment) BM: Week 7 - 3 rd September (you must be a minimum 15 years of age by the date of assessment)

BMSRC02	
Dates	SRC: 2 nd November (6pm-9pm) & Sundays 6 th Nov – 27 th November (four weeks) BM: 2 nd November (6pm-9pm) & Sundays 6 th November – 18 th December (seven weeks) SRC TO BM: will join group in week 4 to complete BM modules and assessment in week 7
Registration*	Register here by 4pm Monday 24th October
Assessment	SRC: Week 4 - 27 th Nov (you must be a minimum 13 years of age by the date of assessment) BM: Week 7 - 18 th Dec (you must be a minimum 15 years of age by the date of assessment)

***Entry requirements must be completed no later than 7 days prior to course commencement to confirm your spot on the course**

Entry requirements

- Financial member of Alexandra SLSC for 2022/2023:
 - New members [can join here](#)
 - Existing members renew and pay [via members area](#)
- Have a [unique student identifier \(USI\)](#) you will need to enter this on the registration form
- If 18 years of age or older, complete member protection requirements (see next page for details)

Contact

Dana Craven, Chief Training Officer | Email: training@alexsurfclub.com.au



Blue card information

- If you are 18 years or older you cannot be enrolled into a course without holding a current blue card which must be linked to your SLS membership.
- Please carefully read the [SLSQ quick reference guide blue card application process](#) to ensure this is completed correctly.
- New blue cards can take a few weeks to process, so please make it a priority as we cannot enrol you into a course without this. Please contact the club office if you have any questions.
- All members with a blue card must also complete two online courses. These are completed online via the SLS members area eLearning: [Child Youth Risk Management Strategies Training \(CYRMS\)](#) and [Child Safe Awareness Course](#)

Already have a blue card?

- If so, please forward a photo of your blue card to the admin office so this can be linked with your SLSQ membership.
- Are you a teacher or a police officer? If so, please contact the office
Alex Club Office Admin: lifesavers@alexsurfclub.com.au
- **Note:** you will still need to complete the online CYRMS and child safe awareness course.

Existing members

- Please check your Working with Children (blue card) registration expiry date and ensure this is current.
- The online CYRMS and child safe awareness course needs to be completed each time your blue card is renewed.