

## Newcastle surf life saving club

Bronze medallion: cert 2 in public safety (aquatic rescue)  
Surf rescue Certificate

Change your life this summer .....

Why join Newcastle surf life saving club?

Surf life saving is about satisfaction. Having fun, being physically fit, learning teamwork and aquatic safety skills, competing in surf sports and helping make the beach a safer past time. Newcastle SLSC can offer a range of opportunities which promote-

A healthy lifestyle

A sense of pride

A sense of responsibility and purpose

Positive social relationships

There is a place for everyone in surf life saving. If you are unable to perform the duties of an active surf lifesaver then perhaps assistance in the administration, communications or fundraising areas for you.

Who is the Australian lifesaver?

A surf lifesaver is a person who demonstrates the character, skills and service that epitomises the best of the Australian culture. Surf lifesavers give their time as volunteers in the service of their communities.

They are fit, team orientated and adaptable Australians.

The Australian surf lifesaver ....

- commits personal time and energy to maintain safe beaches around Australia
- develops and maintains a high level of skill through ongoing training
- provides leadership in maintaining and developing volunteers as a valued characteristic within Australian society
- epitomises the strength and character of the Australian way of life

the surf lifesaver is an Australian icon. Each person who wears the red and yellow cap is a recipient and guardian of that heritage.

What do I have to do to become a surf lifesaver?

The bronze medallion is the minimum requirement for an active surf lifesaver. To obtain this award you must be over the age of 15 and demonstrate proficiency in surf awareness, survival, patrol and rescue procedures, emergency care plus anatomy and physiology.

If you are under 15 years of age you can obtain a surf rescue certificate.

Probationary surf lifesavers can achieve this award from the age of 13. The award trains candidates in rescue skills, first aid and patient management,

resuscitation, plus a theoretical component exploring safety knowledge and surf awareness.

### Age Requirements

The minimum age for the Bronze Medallion is 15yo on the day of assessment. The minimum age for the Surf Rescue Certificate (SRC) is 13 on the day of assessment. There is no maximum age limit however physical consideration may be need to be taken into account.

### Fees

Newcastle SLSC is a volunteer organisation and makes no profit from your fees and your accredited trainers are not paid. The fee is calculated as follows –

Club membership	\$75
Training Manual and Workbook	\$55
ARTC	\$30
Apply First Aid	\$65
Medallion and Certificate	\$25
Mandatory OH&S Bum bag	\$55
Pink Rash Vest	\$15
Total	\$320

\*note that in future seasons only the membership fee is required.

A limited number of lockers are available for your convenience at a cost of \$20 per season. Newcastle SLSC is also able to offer a gym membership at an additional fee of \$125 per season.

### The Course

Newcastle SLSC trains Bronze Medallion and SRC candidates together. Before commencing training BM candidate will be required to complete a 400 metre swim in nine minutes or less in a swimming pool of no less than 25 metres (SRC – 200 metres in 5 minutes or less.) Once this has been completed, qualified instructors will train you to the level of a proficient surf lifesaver. Newcastle SLSC conducts this swim at the Newcastle Ocean Baths.

At completion of your training, which will take approximately eight weeks, your physical fitness will be tested by a run-swim-run. (BM – 200m-200m-200m in 8 minute or less, SRC – 100m-100m-100m in 5 minutes or less.) You will also be assessed on basic resuscitation and first aid and participate in a simulated rescue situation using a rescue board and tube.

All these skills combine to train you to be an effective member of a patrol team.

### Venue

All sessions will commence on time at the clubhouse. All training is conducted at Newcastle Beach. Wet training sessions will be held at Newcastle Beach or Newcastle Ocean Baths and dry training sessions will be conducted on the beach

or inside the clubhouse. *Please make sure you bring all wet and dry training gear and your theory books to every session!*

### **Security & Parking**

Unfortunately Newcastle Beach is no less susceptible to thieves than any other beach. Annual lockers are available for hire to store personal effects securely. Parking can be difficult to obtain on a Sunday if it is a nice day so be sure to allow time for a short walk once parked so training can commence on time.

### **Bronze Training Times**

Training commences at 9am sharp every Sunday morning and concludes approximately two hours later dependant upon training on the day. Theory lessons take place on a Wednesday evening from 6pm and conclude between 8pm and 8:30pm. Please *arrive ten minutes early for all sessions so that they can start on time!*

### **SRC Training**

Training for the SRC takes place in normal nipper hours on a Sunday 10am – 12noon.

### **Training Gear & Clothing**

Please make sure you bring the following to every session:

- Training manual and associated workbook (including pens/pencils etc)
- Appropriate sports clothes for running, including joggers
- Appropriate swimwear, towel, goggles
- Sun protection items such as sunscreen, hats and rash shirts
- Wetsuit for those cooler, windier days

Newcastle SLSC colours are black and white. Club swimmers, rash shirts, etc can be purchased from the club.

### **Wet Weather**

People still need to be rescued in wet weather! Training is conducted no matter how severe the weather conditions (excluding cyclones, floods and other natural disasters. Dangerous surf is used as an opportunity to get ahead on dry training sessions. Remember that coastal weather can be quite different to that of the suburbs even just a few kilometres away so always bring all training gear to all sessions.

### **Assessment**

The course assessment will be conducted by independent assessors for the Surf Life Saving Hunter Branch. The first is a verbal assessment and demonstration of

certain skills, eg: resuscitation, signals. The second, which may only be attempted after passing the above, includes a run-swim-run, a demonstration of rescue skills and a number of patrol scenarios. The assessments contain no surprises and are just like any other training day.

### **Patrol Uniforms**

Upon assessment a patrol uniform consisting of a yellow shirt, red shorts and red/yellow skullcap will be issued and must be worn whenever patrolling. All uniforms remain the property of Newcastle SLSC and must be returned to the club if membership lapses.

### **Emergencies**

Telephones are located in the Ambulance tower and at the clubhouse. Dial "0" to get an outside line. In effect you will be required to dial four 0's to reach emergency services if required.

### **Grievances**

Newcastle SLSC does not tolerate harassment or discrimination. Membership of Newcastle SLSC is open to anyone regardless of gender, age, race, religion or sexuality. Any grievances should be discussed with your instructor. If this does not resolve the issue you should refer to the next person up the club hierarchy.

### **Contacts**

Club President          Brad Kinniard          0402218791  
[bkinniard@hotmail.com](mailto:bkinniard@hotmail.com)

Club Captain            James Callender      0423501886  
[jamescallender@inet.net.au](mailto:jamescallender@inet.net.au)

Instructors             Lee Howes             0425318722  
[leeroy62@tpg.com.au](mailto:leeroy62@tpg.com.au)

Tim Howes               0416027663

### **The First Day**

The first day always makes people nervous! On the first day you will be introduced to your instructors and other club officials. We commence with the pool swim at Ocean Baths. This enables you and your instructors to assess your fitness level. We'll also give you a run at a couple of beach activities and then work through the first chapters in your book. Don't forget your swimmers, goggles, joggers and running gear!

## **Patrols**

The most important aspect of this training is to become volunteer surf lifesaver and assist with patrolling our beach. Newcastle SLSC does not offer a commercial course and members seeking the award for employment purposes should make enquiries with Surf Life Saving Australia of the Royal Life Saving Society.

After the completion of your assessment you will be allocated a patrol. Newcastle SLSC will make all reasonable attempts to ensure that friends and family are kept on the same patrol however life saving requirements are the first requirements are the first priority during the development of the patrol roster.

## **Sunday Surf Races**

Newcastle SLSC promotes an inviting and social atmosphere. Surf races are held every Sunday at 1pm for all members, with a focus on participation and include a swim, board relay, sprint and flags. The events are handicapped and you don't need to be the fittest or the fastest to take out the race! The clubhouse kitchen is cooking every Sunday morning with great priced food and the bar is open Sunday afternoons from 3pm.

## **What Next?**

The Bronze Medallion is the gateway into a huge number of surf life saving activities, awards and certifications. Members will become part of the 140000 strong patrolling members that keeps our beaches safe. Members under the age of 18 are encouraged to continue attending the beach on a Sunday morning and further improve their skills with an U18 age manager.

Additional training is offered to all members by way of swimming, board, ski, IRB, boat and fitness training. All levels of ability are welcome; call Lee on 0416027663 for more information. Board training sessions are held on Wednesday afternoons at 4:30pm (meet at the club house at 4:20pm).

Cub members are encouraged to attend carnivals and represent the club. Newcastle SLSC has a focus on participation as opposed to winning with a strong contingent in all age groups attending carnivals.

Bronze Medallion holders are encouraged to obtain further awards encompassing areas such as Spinal Management, Inflatable Rescue Boat Driving and Crewing and a number of leadership development courses