



# AVALON BEACH SURF LIFE SAVING CLUB

TEL: 9918 3298  
avalonbeachslsc.com.au

## Welcome to Avalon Beach Surf Life Saving Club

We have around 1100 members including more than 225 Patrolling members, 400 Nippers and more than 360 General and Associate members. Our primary role is to ensure the safety of beach goers on weekends and public holidays, by placing red and yellow flags at the safest place to swim on our beach and providing qualified Surf Lifesavers to patrol the beach.

We are a family based Club and maintain strong links across the local community. Our youth development programs provide education, training, fitness and entertainment to our young members. We aim to enjoy ourselves while undertaking responsible community service by having Sunday morning surf races, Club training and social events throughout the year.

## Welcome to the Bronze Course

During this course you will gain knowledge in life saving techniques, teamwork and problem solving that you will be able to call upon within all walks of life.

Once you have obtained the Bronze Medallion, you will be presented with a red and yellow patrol uniform and allocated to a patrol group. From here, there will be a wide range of opportunities available to you within Surf Life Saving such as:

- Patrolling our beach
- Further courses (IRB Crew/Driver, Silver Medallion, and much more).
- Surf sports
- Nipper water safety / Age manager

## Course Communication

During your training we will communicate primarily through WhatsApp to organise locations for training and what to bring so you are fully prepared.

## Club Contacts

Course Lead Trainer	Stephen Early	<a href="mailto:stephen@tracesci.com">stephen@tracesci.com</a>	0434420960
Chief Training Officer	Michael King	<a href="mailto:education@avalonbeachslsc.com.au">education@avalonbeachslsc.com.au</a>	0407975335
Club Captains	Andrew Clark	<a href="mailto:lifesaving@avalonbeachslsc.com.au">lifesaving@avalonbeachslsc.com.au</a>	
Club President	Bernadette McKay	<a href="mailto:president@avalonbeachslsc.com.au">president@avalonbeachslsc.com.au</a>	9918 3298
Club Administrator	Leanne Austin	<a href="mailto:office@avalonbeachslsc.com.au">office@avalonbeachslsc.com.au</a>	9918 3298



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## Training Schedule

This is a guide and adjustments may be made due to weather and surf conditions, communicated with you prior to training.

<b>Induction:</b>	Sunday 20 <sup>th</sup> October 11am at Avalon Beach Surf Club
<b>Training Start:</b>	Sunday 20 <sup>th</sup> October 11am at Avalon Beach Surf Club
<b>Training:</b>	Sunday Mornings 11am-1pm   Some Wednesday Evenings 6/7pm-9pm
<b>Assessment:</b>	Sunday 8 <sup>th</sup> December 11am at Avalon Beach Surf Club
<b>Lead Trainer/s:</b>	Stephen Early

Note, you need to attend all training sessions to be put forward to assessment. If you miss a session, please organise additional catch up or assistance from trainers.

## Course Aim

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 patrol operations. This award includes and builds upon the SLSA Surf Rescue Certificate, and it is the prerequisite award for many other SLS pathway awards.

## What will I get out of it?

By the end of the course you will have obtained the following qualifications:

- Bronze Medallion
- Advanced Resuscitation Certificate
- First Aid Certificate

## Course Prerequisites

- Be a financial member of an SLS club
- Be at least 15 years of age on the final assessment date
- Complete an unaided swim of 400 m in 9 minutes or less (goggles and masks permitted)

## Detailed Session Outline

There is an online learning component which must be completed before the patrol day.

SESSION	DATE	TYPE	OUTLINE
COURSE INTRODUCTION AND PREREQUISITE SWIM			



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Induction	4 Feb	Dry	Course information
Timed Swim	4 Feb	Wet	Prerequisite swim: 400m in 9 minutes Note: Only those who are financial members of the club.
TRAINING WEEK 1			
Surf Skills	11 Feb	Wet	Beach Induction, signals, RSR, tubes.
TRAINING WEEK 2			
Surf Skills	18 Feb	Wet	Signals, RSR, carries, and boards.
First Aid	20 Feb	Dry	6pm-9pm (Compulsory)
First Aid	21 Feb	Dry	6pm-9pm (Compulsory)
PATROL (Online learning component must be completed before this date)			
Patrol Ops	24 Feb (1pm-5pm)	Patrol	Patrol Captain to complete Third Party Report
TRAINING WEEK 3			
Surf Skills	25 Feb	Wet	Signals, RSR, board scenarios w CPR, spinal rolls
ART Course	28 Feb	Dry	6pm-9pm
TRAINING WEEK 5			
Surf Skills	3 Mar	Wet	Signals, RSR, board scenarios w CPR, spinal rolls
ART Course	6 Mar	Dry	6pm-9pm
TRAINING WEEK 6			
Surf Skills	10 Mar	Wet	Consolidation, scenarios
ART Course	12 Mar	Dry	6pm-9pm
ART Assessment	13 Mar	Dry	6pm-9pm
ASSESSMENT			
Bronze Assessment	TBC	Wet	



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## Assessment Overview

### Completed during training

Assessment Task		Components
AT1	Online Learning	Theory assessment via eLearning
	Risk Assessment	Done prior to a training session to assess the beach
AT12	Third Party Report	Participate in patrol briefing, set-up and debriefing

### Completed during First Aid

Assessment Task		Components
AT4	Resuscitation	Primary assessment, infant and adult CPR, AED
AT4.5	Incident Report	Complete incident report in assessment portfolio
AT8	Emergency care procedures	Treat anaphylaxis, asthma, choking and bleeding
AT9	Emergency care scenario	Heat exhaustion, sprains, venomous bites/stings

### Completed during Dry Assessment

Assessment Task		Components
AT2	Signals	Beach to water and water beach signals
AT3	Radio Maintenance	Radio pre and post-use checks

### Completed during Wet Assessment

Assessment Task		Components
AT5	Run-Swim-Run	200m run / 200m swim / 200m run in 8 mins
AT6	Tube Rescue and surf skills	Plan and perform tube rescue
AT7	Board Rescue Scenario	Plan and perform rescue, correct use of radios, primary assessment and post rescue debrief.
AT10	Spinal Management	Extended arm and vice grip roll-over
AT11	Spinal Management Scenario	Roll-over, spinal board carry, log roll



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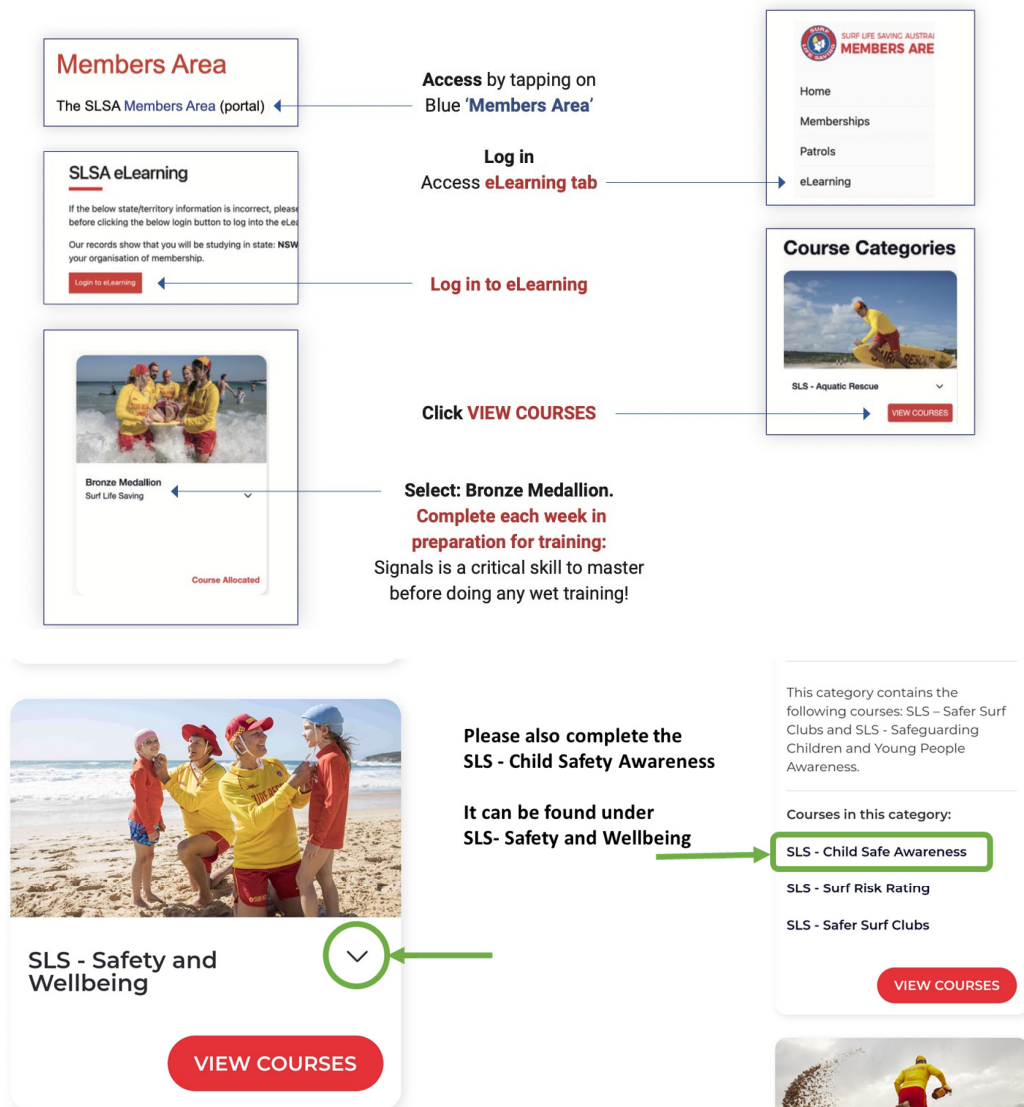
## Course Resources

**ELEARNING ACCESS INSTRUCTIONS FOR SELF-PACED LEARNING TO BE COMPLETED PRIOR TO EACH TRAINING SESSION**

Log in to <https://members.sls.com.au/>

using the Username and Password you created when you joined the club.

## How to access e-learning





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## Course Documents and Forms

Access to documents and forms: [Document Drive](#)

1 Training Enrolment Form	To be completed before Session 1 and submitted to your trainer.
2 PSAR Manual	Contains all the content which will be covered in the course. <a href="#">Link to PSAR Manual in member's portal</a>
3 Assessment Portfolio	To be signed off during training and assessment as a record of completed tasks.
4 Participant Evaluation Form	Complete at the end of the course and return to your trainer. It is intended to be an anonymous evaluation so please do not put your name on the form.
5 Online Learning	Instructions on how to access the 5 Learning Modules required for this course.
6 Provide details for SLS	Where to submit patrol uniform sizes and drivers licence in order to drive the ATV.

## Course Cost and Signing Up

### Existing member signing up for bronze medallion

Login to your members portal - [www.members.sls.com.au](http://www.members.sls.com.au)

1. Under Membership tab, select Renewals, Payments & Transfers
2. Select Make Payment
3. Change Transaction Type to Course Fee (using drop down list)
4. Enter your name and Bronze Medallion at Meaningful details box
5. Enter \$180 in Amount box
6. Select next and follow prompts to make payment via credit card

### Bronze Medallion Fee for Existing Members

- \$180 Course Fee includes patrol uniform, access fob and mask.
- \$31 Hi-Vis Vest (you may supply your own) <https://www.catfishdesigns.com.au>

### Bronze Medallion Fee for New Members

Join here and follow the prompts: [Join - Surf Life Saving NSW](#)

- \$80 Membership Fee 18+
- \$0 Membership Fee under 18
- \$180 Course Fee - includes patrol uniform, access fob and mask.
- \$31 Hi-Vis Vest (you may supply your own) <https://www.catfishdesigns.com.au>