

U14 SRC Course



Surf Rescue Certificate Course Information

Are you 13?..... Time to get your Surf Rescue Certificate!

To register: http://www.freshwaterslsc.com/education/surf_rescue_certificate/

Cost: Is included in U14 Nipper Registration if you attend at least Sunday Nippers during the season. Otherwise: Active Junior or Cadet \$275 (or as updated on Training Enrolment Form).

Commencement Date:

Tuesday, 10 October, 6:00pm, at Freshwater club house

Assessment Date:

Saturday, 2 December 2017

Prerequisites:

- Be at least thirteen (13) years of age on the day of assessment
- Complete a 200 metre pool swim in five (5) minutes or less

Training Session Times

Dry Skills: every Tuesday - **6:00pm-8:00pm (6x)**

Wet Skills: every Sunday - **8:00am-10:00am before Nippers (6x).**



Further Details

Each candidate will be issued with a mask and training manual and these should be brought to every training session. The MASK is also essential for their assessment. LOST MASK = \$17.00 !!!

The course covers a wide range of skills used in patrolling the beach. These include:

- Resuscitation
- First Aid
- Signals
- Rescue Techniques

Underpinning knowledge will come from an understanding of Work Health and Safety, Surf Skills, communication techniques and working as a member of a team.

Water activities are only conducted after a Risk Assessment has been undertaken. It is a condition of participation that all candidates wear the designated hivi vest and cap during water based sessions.

Assessment

- Demonstrate resuscitation
- Mouth to mouth, mouth to mask, patient management
- Demonstrate signals
- Demonstrate first aid skills
- Run 100m Swim 100m Run 100m in five (5) minutes
- Demonstrate rescue techniques using a rescue tube and rescue board



U14 SRC Course

For more information contact:

Marcel Bick
Nippers Education Officer
M:0416 781 793
E: cm.bick@gmail.com

John Goldrick,
Chief Training Officer
M: 0407 007 924
education@
freshwaterslsc.com