

## **Bronze Medallion/Certificate II in Public Safety (Aquatic Rescue) Portland Surf Lifesaving Club- Training Information for 2009**

### **Contacts:**

**Head of Training & Assessment:** Michael Edwards 0448211355

**Group 1 Trainers:** Victoria Bell Mobile 0421028838, Andrew Marriott Mobile 0415436832

**Group 2 Trainers:** Ben Lav 0432 660504, Annie Wilmot 0404685509, Alex Murrell 5523 4892

**Group 3 (BM Camp) Assessor:** Andy Murrell 5523 4892

### **Venues:**

Clubhouse is at Bridgewater Bay, Bridgewater.

Green Shed is located behind tram depot at Henty Park, Portland.

For Narrawong and Nuns beach session we meet at Green Shed, Henty Park, Portland.

Pool based session will be at the YMCA Portland.

### **Times & Dates:**

See schedule for Group 1 & 2 (attached). If you cannot attend a session please contact your group leader, as you may be able to join another group or arrange a catch up session. Those in group 3 will be doing an intensive bronze camp December 14<sup>th</sup>-18<sup>th</sup> with more information available closer to date.

### **What to bring:**

- Pen and paper for dry session
- Your own wetsuit and or goggles for wet session (if you do not have a wetsuit please contact a trainer as we may have one you can borrow)
- Record of your timed swim. You need to complete the swim before you will be allowed to do the wet sessions.
- Money to pay membership (to cover your insurance) and completed membership form .

### **Fees & charges 2009/10 season:**

Senior Active (adult)	\$65.00
Cadet (junior)	\$40.00
Family	\$130.00
Full Time Student	\$40.00
Bronze course	\$60.00+relevant membership category

### **Paperwork/Administration Checklist for Participants**

- Membership form (both sides filled in)
- Membership Fees paid (see fees & charges)
- Apply for Volunteer Working with children check (if over 18 years old)
- Completed induction checklist (signed)
- Timed pool swim (400m in 9 minutes) completed and witnessed by trainer or club committee member.

**Proposed Schedule Group 1:****Trainers are Andrew Marriott, Vicky Bell & Rachael Rundell**

Week	Day	Start Time	Venue	Unit	Wet/Dry Session
1	Sunday 18 <sup>th</sup> October	10am-12pm	Clubhouse	Induction to Portland Surf Life Saving Club Orientation to Clubhouse	Dry
2	Friday 23 <sup>st</sup> October	6pm-9pm	Green Shed	1-Safety & wellbeing	Dry
	Wednesday 28 <sup>th</sup> October	6pm-9pm	Green Shed	3- the human body	Dry
3	Friday 30 <sup>th</sup> October	6pm-9pm	Green Shed/Nuns beach	2-Surf awareness and skills	Dry & Wet
	Wednesday 4 <sup>th</sup> November	6pm-9pm	Green Shed	6-First aid	Dry
4	Friday 6 <sup>th</sup> November	6pm-9pm	Green Shed/Beach	4- Resuscitation 5- Basic Oxygen & Defibrillation	Dry & Wet
	Wednesday 11 <sup>th</sup> November	6pm-9pm	YMCA pool (TBA)	9- Rescue techniques 10-Carries & supports	Dry & Wet
5	Friday 13 <sup>th</sup> November	6pm-9pm	Green Shed/Nuns Beach	8- Communications 11- Patrols	Dry
	Wednesday 18 <sup>th</sup> November	6pm-9pm	Bridgewater Clubhouse	7- Radio operations	Dry
6	Friday 20 <sup>th</sup> November	6pm-9pm	Narrawong	Scenario Practice	Dry & Wet
	Sunday 22 <sup>nd</sup> November (TBC)	Time to be confirmed closer to the date	Bridgewater Clubhouse	Assessment (subject to assessor availability & completion of all units)	Dry & Wet

**Schedule Group 2:****Trainers are Ben Lav, Annie Wilmot & Alex Murrell**

Week	Day	Start Time	Venue	Unit	Wet/Dry Session
1	Sunday 18 <sup>th</sup> October	10am-12pm	Clubhouse	Induction to Portland Surf Life Saving Club Orientation to Clubhouse	Dry
2	Tuesday 20 <sup>th</sup> October	7pm-9pm	Bridgewater Clubhouse	1-Safety & wellbeing	Dry
	Sunday 25 <sup>th</sup> October	To be advised	Bridgewater Clubhouse	3- the human body	Dry
3	Tuesday 27 <sup>th</sup> October	7pm-9pm	Bridgewater Clubhouse	2-Surf awareness and skills (theory & practical)	Dry & Wet
	Sunday 1 <sup>st</sup> November	To be advised	Bridgewater Clubhouse	6-First aid	Dry
4	Tuesday (public hol) 3 <sup>rd</sup> November	7pm-9pm	Bridgewater Clubhouse	4- Resuscitation 5- Basic Oxygen & Defibrillation	Dry & Wet
	Sunday 8 <sup>th</sup> November	To be advised	YMCA pool (TBA)	9- Rescue techniques 10-Carries & supports	Dry & Wet
5	Tuesday 10 <sup>th</sup> November	7pm-9pm	Bridgewater Clubhouse	8- Communications 11- Patrols	Dry
	Sunday 15 <sup>th</sup> November	To be advised	Bridgewater Clubhouse	7- Radio operations	Dry
6	Tuesday 17 <sup>th</sup> November	7pm-9pm	Bridgewater Clubhouse	Scenario Practice	Dry & Wet
	Sunday 22 <sup>nd</sup> November (TBC)	Time to be confirmed closer to date.	Bridgewater Clubhouse	Assessment (subject to assessor availability & completion of all units)	Dry & Wet