

WYE RIVER SRC/Bronze Camp 2017/18

2nd-7th January 2018

Surf Rescue Certificate

During their last year of the Nipper Program the U14 Nippers obtain the Surf Rescue Certificate (SRC). This award teaches basic first aid, resuscitation and surf rescue skills, enabling members to become supporting lifesavers rostered to beach patrols. All U14 competitors must have their SRC to be able to compete at the Victorian Junior Championships, while all U15 competitors must have their SRC to compete at any Senior Carnival.

To be eligible to participate in the Surf Rescue Certificate, you need to:

- be at least 13 years of age on the date of final assessment day, 7th January 2018.
- have completed a preliminary 200 metre swim in five (5) minutes or less, unaided (goggles/mask permitted) and a 3-minute survival float which will be conducted at Wye Beach on the 2nd January.

The format of the camp each day is split between theory and practical sessions. Typically the morning will start at 10am in the clubhouse concentration on theory. Then after lunch at around 1 you will hit the beach for a practical session involving a run-swim-run, board and rescue work.

This is a continuation on what you have experienced in your nipper sessions over the years.

Bronze Medallion

The Bronze Medallion is the core award for every lifesaver and is required to be full beach patrol member. It provides a member with skills that are expected to be performed as a lifesaver. These skills include first aid, resuscitation, oxygen equipment, defibrillation, radios and communication, board rescue, tube rescue and important patrolling and surf skills.

It allows members to patrol the beach, act as water safety for junior members and compete in lifesaving competition events.

Candidates must be 15yrs of age at the time of exam. No previous lifesaving experience is needed. Candidates MUST be able to complete a 400m swim in nine minutes or less. Candidates must have a reasonable level of fitness and swimming ability. This will be conducted at Wye Beach on the 2nd January.

Registration

Make sure you have registered and paid your membership to the club – a family membership will cover all adult and children doing nippers/SRC and parents wanting to do their Bronze.

You do not need to pay the \$35 nipper fee but you will need to buy the \$30 manual, available from the club.

Contact Ben Wilson at wyeslscchief@gmail.com and let him know that you would like to participate in the Summer SRC/Bronze Camp at Wye River.