



# Metropolitan Caloundra SLSC Bronze/SRC Course

November 2023  
Kings Beach, Caloundra  
Information and Registration Pack



## ABOUT THE CLUB

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Metropolitan Caloundra Surf Life Saving Club has been active since 1933, patrolling beautiful Kings Beach on the Sunshine Coast in Queensland. The Club has more than 220 active lifesavers, 400 nippers, 250 lifesaving supporters and more than 15,000 members of our Supporters Club.

## THE COURSE

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Bronze Medallion squads are the main means of training new lifesavers for our Club. The course introduces you to surf lifesaving life and the role of patrols, and the participants will gain valuable lifesaving and personal development skills. It is comprised of 10 training modules. The Surf Rescue Certificate (SRC) is aimed at members 13 and 14 years of age and comprises 6 of the 10 training modules of the Bronze Medallion.

The squads provide participants with the necessary skill, knowledge and qualifications to be able to participate in lifesaving patrols from September to early May each year. Successful participants will be placed on rostered patrols (generally a half day once every 2-3 weeks) and they will form an important part of a patrol team that is tasked with providing a safe beach and aquatic environment for the general public.

The training will be conducted over a number of days to meet the requirements of the training program (approx. 40 hours in total for Bronze Medallion), which comprises full day schedules. Experienced instructors will be conducting the training. Members will need to ensure they can attend all training sessions. Please contact CTO Aleisha Edwards if you cannot attend all the training sessions. **Whilst there is some scope to vary or modify the program depending on the number of trainees and their existing experience (SRC upgrading to BM etc), there are still minimum requirements which need to be met.**

Members who can complete this program include under 14 Nippers (who will obtain their Surf Rescue Certificate) and members over 15 years old (who will obtain their Bronze Medallion). Any member over the age of 18 years will also be required to complete a Working with Children Check (Blue Card).

Trainees will be required to complete an online workbook, more details to be provided closer to the course start date.

Training will involve a combination of practical and theoretical components throughout the day.

## WHAT ARE THE PRE-REQUISITES?

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In order to participate in the training program, candidates must be:

### **Bronze Medallion**

Minimum age of 15 years as at 26 November 2023  
400 metre timed pool swim in less than 9 minutes

### **Surf Rescue Certificate**

Minimum age of 13 years as at 26 November 2023  
200 metre timed pool swim in less than 5 minutes

Both of the above swims will be completed on the first day of training in the Kings Beach saltwater pool. **If participants are unsure of their swimming ability, they need to ensure they can meet the above times prior to attending the course.** If a candidate is unable to meet the above times on the first day, they will not be able to participate in any further water activities. As such, they will not be able to complete their award and may be removed from the course. Some basic surf skills are advantageous but not essential to starting the program.

## WHEN

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The draft program is available on the club website. Training will be held across three weekends which include:

- Saturday 11 November 2023 (bronze only);
- Sunday 12 November 2023;
- Saturday 18 November 2023;
- Sunday 19 November 2023;
- Saturday 25 November 2023; and
- Sunday 26 November 2023.

All bronze candidates (including SRC to bronze upgrades) will be required to attend the program on the first day. After that day, existing SRC holders who want to upgrade to the Bronze medallion will not be required on Sunday 12 November.

For new SRC candidates, the course will commence on 12 November 2023.

## ACCOMMODATION

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Accommodation is available at the club on weekends. Please register through the link on the club website under the members area.

## MEALS

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All meals will need to be provided by participants – we suggest you pack morning tea, afternoon tea and lunch along with a water bottle to keep fluids up. The club has a kitchen with fridge, microwave and oven. Any food items left in the fridge at the end of each weekend will be disposed of.

The Kiosk is also open from about 6.30am and provides drinks and snacks, and there are several other options for food and drinks within walking distance.

## WHAT DO I NEED TO BRING?

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- Towels
- Warm clothes
- Waterproof jacket
- Sunglasses and hat
- Sunscreen
- Laptop or tablet
- Togs
- Wetsuit (for cold days)
- Water bottle
- Club Cap
- High visibility rash shirt

Note: Caps and high visibility rash shirts **MUST** be worn during all open water sessions otherwise participants cannot be in the water.

Note: the laptop or table will be used for the online component of the program. This will be required during the course at several daytes

All trainees are asked to wear togs or jammers, or at the very least, appropriate swim shorts. ***Inappropriate or baggy board shorts will not be allowed for safety reasons.***

## DISCIPLINE & RULES

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Rules, behaviours and expectations will be further outlined to participants at the commencement of the training. Any participant whose behaviour breaches the code of conduct or has the potential to cause serious danger or distress to themselves or others may be excluded from some activities. In repeat or extreme cases, participants may be sent home.

## OTHER INFORMATION REQUIRED

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As Surf Life Saving Queensland is a Registered Training Organisation, for those members training for their Bronze Medallion, you will also receive PUA20119, the Certificate II in Public Safety (Aquatic Rescue) and 10 individual units of competency. Successful SRC candidates will receive 6 units of competency towards their Bronze.

For any Queensland grade 10, 11 and 12 students, please provide your Learner Unique Identifier (LUI) number on the registration form. Members obtaining their Bronze Medallion will be granted a number of credits towards their QCE.

All trainees also will require a Unique Student Identifier (USI). Please go to the following website to create a USI and complete on your registration form.

<http://www.usi.gov.au/Pages/default.aspx>

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## OBLIGATIONS

**Metropolitan Caloundra Surf Life Saving Club expects that any new Bronze or SRC member perform surf rescue patrols for a minimum of one season after gaining their award.** It is also compulsory for all members competing at senior carnivals to complete rostered patrols. The cost to the club for putting members through their Bronze Medallion totals more than \$1,000 per person. We believe that providing a full season of voluntary patrols pays for this cost. More information on patrols will be provided throughout the course.

Members are also required to assist the Club with fundraising activities throughout the season, this includes participation in the annual Surf Rescue Appeal, selling raffle and Art Union tickets and assisting in other events.

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## SAFETY, MEDICATION & FIRST AID

Any special health, medication or dietary requirements need to be advised prior to the commencement on the attached registration form. All instructors hold the SLSA Bronze Medallion and relevant training officer qualifications.

In addition to this, there will at least one member in attendance with qualifications in First Aid, Oxygen and Defibrillator at all times. In an emergency an ambulance will be called to the Club. In such a situation every reasonable attempt will be made to contact the participant's emergency contact as specified on their enrolment form.

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## COMMUNICATION

In an emergency, participants can be reached on 0412207193 (CTO Mobile). Families and friends are not encouraged to call unless there is an emergency as this can cause disruption to participant learning. During practical sessions on the beach, it will be difficult to contact participants.

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## PROGRAM COST

The relevant costs are outlined below:

<b>Membership Fees:</b>	<b>Under 18</b>	<b>\$130.00</b>
	<b>Over 18</b>	<b>\$140.00</b>
	<b>Family</b>	<b>See website</b>
<b>Double Sided Patrol Cap:</b>	<b>\$25.00 (Red/Yellow and Red/White/Blue)</b>	
(Red/White/Blue sided cap will be worn during training, Red/Yellow side will be for patrols)		
<b>Togs:</b>	<b>POA</b>	
<b>High Visibility Pink Rash Vest:</b>	<b>\$25.00 (COMPULSORY)</b>	

**Membership (for new members) MUST be paid at time of registration. Clothing items can be purchased on the first day of training.**

## **HOW DO I ENROL**

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Step 1: Ensure you meet the minimum age requirements for the course:

13 as at 26 November 2023 for Surf Rescue Certificate  
15 as at 26 November 2023 for Bronze Medallion

Step 2: Ensure you can complete the pool swim in the required time

SRC – 200 metres in less than 5 minutes  
BM – 400 metres in less than 9 minutes

Step 3: Ensure your membership form has been returned and fees have been paid for the 2023/2024 season. Details on membership can be found on below link and can be completed via the SLSA Member Portal:

**RENEWING MEMBERS (LOG INTO MEMBERS AREA)**

<https://caloundrasurfclub.com.au/documents-publications>

**NEW MEMBERS**

<https://caloundrasurfclub.com.au/new-members>

Step 4: Pay the required membership fee via the Payment Gateway:

[https://pnpnet.qvalent.com/OnlinePaymentServlet?cd\\_community=SLSA&cd\\_currency=AUD&cd\\_supplier\\_business=213](https://pnpnet.qvalent.com/OnlinePaymentServlet?cd_community=SLSA&cd_currency=AUD&cd_supplier_business=213)

Step 5: Ensure you have a Unique Student Identifier (USI)

<https://www.usi.gov.au/>

Step 6: Complete the SLSQ Online Registration through the SLSQ Hub

## **ADDITIONAL INFORMATION**

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For any further queries regarding the training program, please contact:

Aleisha Edwards  
Chief Training Officer  
[training@caloundrasurfclub.com.au](mailto:training@caloundrasurfclub.com.au)