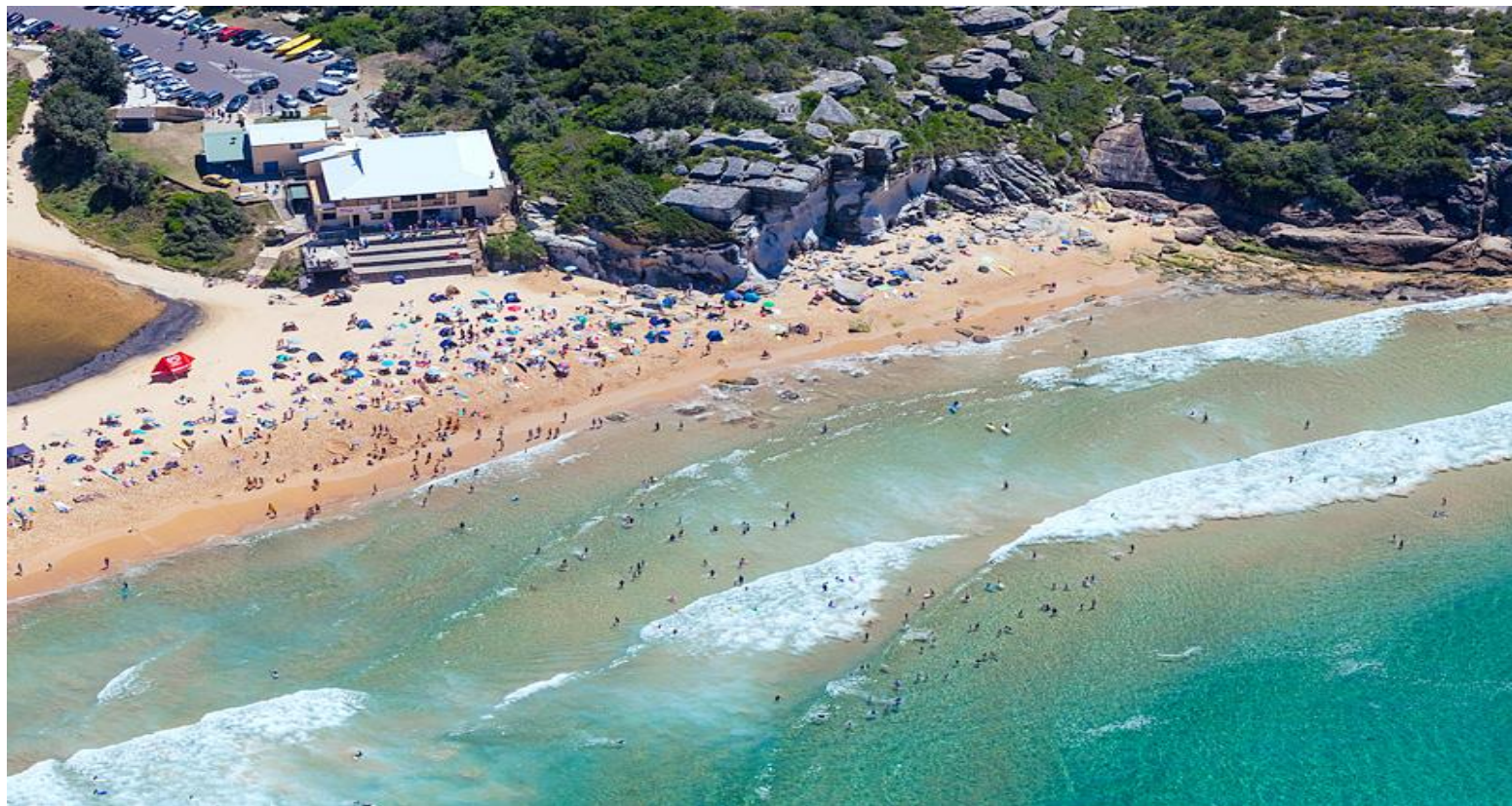


NORTH CURL CURL SURF LIFE SAVING CLUB

AFFILIATED WITH SURF LIFE SAVING SYDNEY NORTHERN BEACHES - INC# 9883366 - ABN 7409 5397 853



BRONZE MEDALLION COURSE INFORMATION PACK

WELCOME TO THE BRONZE MEDALLION COURSE OF THE 2024/2025 SEASON

On behalf of our wonderful club and our education team, I would like to welcome you to our Bronze Medallion (BM) course of the 2024/2025 season.

We are very pleased that you have chosen to train with us and become one of our valuable Bronze Medallion members. We have a mixed group of participants who want to be involved in different club activities, with the key aim of keeping our friends, families, colleagues and the public safe while enjoying the wonderful facility & beach that North Curl Curl SLSC offers.

After obtaining your Bronze Medallion you will be allocated your red and yellow patrol uniform and will be eligible to be involved in a wide range of Surf Life Saving opportunities, which include:

- Beach patrols
- Nipper water safety and age managers
- Competition/surf sports
- Coaching

You would also be able to progress into:

- Further training courses (such as IRB, ARTC or Silver Medallion)
- Or even becoming a trainer 😊

KEY COURSE CONTACTS

Chief Training Officer Tony Tier education@nccslsc.com.au 0411 151 598

Course Lead Trainer Kevin Carliell KJCarliell@icloud.com 0490 871 027

TRAINING TEAM

Trainer	Bonnie-Jean Newman
Trainer	Steve (Spider) Atkins
Facilitator (First Aid)	Clare Hagon
Facilitator (First Aid)	Tony Tier





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METHOD OF COMMUNICATION

During the duration of the course we will use the following methods of communication regarding reminders and course activities:

- Emails
- WhatsApp group (Link will be provided)

You will receive a recap email each week, however the primary form of communication will be through the course WhatsApp group.

LOCATIONS FOR TRAINING

Proficiency swim	TBA (probably NCC ocean pool) *
Thursday night "Dry" sessions	NCCSLSC Clubhouse
Sunday morning "Wet" sessions	NCCSLSC Beach*

** Subject to change depending on weather and surf conditions*

COURSE AIM

The aim of this course is to provide you 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 is the prerequisite award for many other SLS pathway awards.

COURSE PRE-REQUISITES

To commence Bronze Medallion training you must:

- be a current paid financial member of North Curl Curl 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) in a swimming pool of not less than 25 m, or over a measured open water course which will be observed prior to you undertaking any water training or assessment activities.
- have completed the Training Enrolment Form ([Attached](#))
- read and understood the SLSNSW Participant Handbook available at [SLSNSW Participant Handbook](#)
- Pay the course fees



COURSE RESOURCES

Most of the documents are in the SLS Members area which can be accessed through SLS members area [Login](#).

You must log into the SLS Members Area BEFORE clicking on the appropriate link to access the course resources within the SLS Members Area Document Library (SLSNSW Organisation Level) or SLSNSW Website. You may save the linked resources to your internet favourites for quick access.

You will need the following resources and these can be accessed through the links provided.

BM Course Overview	BM Course Overview
BM Learner Guide	BM Learner guide
BM Online Theory	Through SLS eLearning
BM Assessment Portfolio	BM Assessment Portfolio
SLSA Public Safety and Aquatic Rescue (35th edition) training manual (PSAR35)	PSAR35
SLS Members Area eLearning Platform	SLS eLearning
Participant Evaluation form	Participant Evaluation Form

All the training materials are online and available through your unique Members Area login https://members.sls.com.au/SLSA_Online/modules/login/index.php.

We will not be providing hard copies of materials. It is essential that you have access to the online materials through your own personal devices or bring your own printouts should you prefer.

TRAINING PERSONAL GEAR

Mandatory gear for Wet training sessions and the Assessments. These will be issued as part of the course fees.

- **High Vis vest.**
- Skull cap.



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COURSE TRAINING SCHEDULE

Surf Life Saving Sydney North Beaches (SLSSNB) will be holding central venue assessments this season. Our course plan aligns to these central venue assessment dates and requires the program to be scheduled into a condensed available time.

All sessions need to be attended as they cover important content. If you are unable to attend a session, please let us know so that we can attempt to schedule an additional session.

It is not guaranteed that we can fit in extra sessions due to the condensed program timelines. You are encouraged to make every effort to be present and on time at each session.

Dry sessions:	Thursday evenings – 6:00pm to 8:30pm. 6 th February, 13 th February, 20 nd February, 27 th February, 6 th March
Wet sessions:	Sunday mornings – 8:45am to 11:45am OR Sunday afternoon – 13:45 to 16:45 (TBD whether morning or afternoon) 9 th February, 16 th February, 23 rd February, 2 nd March, 9 th March, 16 th March
First Aid full day:	23 rd February 2025 - 8:30pm to 4pm
Final assessment (Dry):	13 th March 2025
Final assessment (Wet):	22 nd March 2025

DETAILED COURSE SESSION PLAN

The attached calendar reflects the details of each session. It also shows you which self-paced sessions you need to complete each week.

Please use this calendar in conjunction with your learning guide and ensure that your online components are completed prior to attending the applicable dry/wet session.

Your practical sessions rely on you first completing the online learnings

This is still a draft course plan. Any changes to this schedule will be communicated in advance.



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Bronze medallion course plan

Feb-25

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK	Session #	Session Name	Session #	Session Name	Session #	Session Name	Session #	Session Name
							1	2
1		3 Course Intro 1 Club orientation Online via Teams Participant handbook issued	4	5	6 1 Water safety signals 3 Hazard identification 3 Radio familiarisation 3 Radio emergencies 7 CPR on manikins	7 2 Self paced - Safety wellbeing and radio operations 4 Self paced - Radio signals and surf awareness	8	9 5 Signals activity and beach intro 5 Surf skills 5 Proficiency swim (pool) 5 Rescues without equip 5 Board paddling
2		10	11	12	13 7 Live victim assessments 7 CPR on manikins 7 Complications with CPR 7 Management of victims after Radio & Signal practice	14	15	16
		6 Self paced - Resuscitation and rescue planning		11 Self paced - Brain related emergencies, shock, cardiovascular emerg		Self paced - Online Board and tube rescues	First Aid precourse workbook due date (prerequisite for the First Aid session on 25 Feb) First Aid Training enrolment	8 Signals activity/Principles of rescues 8 Run swim run 8 Tube rescue 8 Board rescue 8 Carries/Drags/Post rescue operatio
3		17	18	19	20	21	22	23
					9 Primary assessment and CPR 9 Carries/Drag 9 Secondary assessment 9 Oxygen awareness?? 9 Team resus with radio scenario 7 CPR on manikins practice			12 Full day first aid (08:30 to 16:00) (session 12 etc)
		11 Self paced - Temperature related emergencies, musculoskeletal						
4		24	25	26	27	28		
					15 Beach signals 15 Teamwork and Communication 15 Intro to spinal care 15 Spinal (Land) 15 Spinal Board carries Radio & Signal practice			

