

Education Information

Surf Rescue Certificate

If you are at least 13 then you can obtain your Surf Rescue Certificate. This award will allow you to be a part of the patrols on Scarborough Beach. The \"SRC\" certificate is not only for members under 15, it is also a great way to prepare for a Bronze Medallion if you are new to surf, not such a strong swimmer or want to help with water safety for your children during Sunday mornings and carnivals.

Before commencing training you are required to complete a 200 meter swim in 5 minutes or less, in a swimming pool of no less than 25 meters. Training will involve surf awareness, basic first aid, resuscitation, surf skills, rescue techniques and patrols.

Bronze Medallion/Certificate II in Public Safety (Aquatic Rescue)

If you join Scarborough Surf Club as a patrolling member you will need to have the Certificate II in Public Safety (Aquatic Rescue)/Bronze Medallion award. Every season we conduct Cert II/Bronze courses that are open to active members. If you are new to the club this is a great way to get to know people.

The Bronze medallion is the minimum requirement for a surf lifesaver. This award is open to all members over the age of 15 and involves training in surf awareness, survival, patrol and rescue procedures, emergency care as well as anatomy and physiology.

A reasonable level of fitness is required as candidates will be involved in simulated ocean rescues (and do real rescues once qualified) using various types of rescue equipment. Before commencing training you are required to complete a 400 meter swim in 9 minutes or less, in a swimming pool of no less than 25 meters. Once this competency is completed, qualified instructors will train you to the level of a proficient lifesaver. All you need to do is have the right attitude and commitment to training.

Most courses have a duration of 8 weeks and involve 3 x 2 hour sessions a week (usually 1 theory at night & 2 practical sessions in the morning). On completion of training all candidates are required to attend a compulsory assessment that will involve demonstrating competency in all the skills you have learnt. Successfully completing the course requires commitment and application.

On successful completion of the course, participants will receive their Bronze Medallion. In order to be able to patrol (and gain hours towards competition), a workbook needs to be completed during the course and you will

need to sign onto 2 patrols with your trainer. The workbook and on the job training will meet the requirements to enable us to issue a Certificate II in Public Safety (Aquatic Rescue).

Courses are scheduled and run based on need so if you are interested in any of these courses contact Peter. New resuscitation rates (30 compressions and 2 breaths – 5 cycles in 2 minutes) have come into use this season and have already resulted in the saving of a life on our beach by a patrol.

Further Awards

Once you have gained your Bronze Medallion you can further enhance your surf lifesaving skills by undertaking courses for the following awards:

- **ARC - Advanced Resuscitation Certificate**
- **IRB crew certificate**
- **Senior First Aid Certificate**
- **Spinal Management Certificate**
- **Defibrillator Operator**
- **Radio Operators Certificate**
- **Training Officer Certificate**
- **Assessor Certificate**
- **Silver Medallion - IRB Driver**
- **Silver Medallion - Patrol Captain**
- **Gold Medallion**

Requalification Requirements

Re-qualification dates for season 2007/2008 are:

- Are posted on the website.

Requalification ratings:

- **Bronze Medallion - annually**
- **Surf Rescue Certificate - annually**
- **ARC - Annually**
- **IRB Driver or Crew - annually**
- **Patrol Captain - Silver Medallion - every 3 years**
- **Senior First Aid - every 3 years**
- **Assessor - attend annual in-service conference**
- **Gold Medallion - annually**

- Defibrillator - will be built into ARC requalification's for all ARC holders.

Links for further information

- [SLSWA Education Resources](#)
- Next scheduled Bronze Medallion course(see file)
- [Tim Tucak\'s Electronic Bluebook](#)
- [SLSA Education Resources](#)