

Spring 2018 Bronze/SRC Course
Induction
23rd September 2018



Outcomes

- Registration and Members Portal
- Course Contents
- Assessment
- Online User guide
- Training Schedule
- Introduction to the Club
- DRSABCD or First Swim
(Depending on the weather)

This document can be found at <http://headssurf.com.au/training/>



Course Covers

- Safety and well being
- Surf awareness and skills
- The human body
- Resuscitation
- Defibrillation and basic oxygen techniques
- First aid
- Communications
- Radio operations
- Rescue techniques
- Carries and supports
- Beach management



Assessment

- Online completed
- Dry Assessment
 - Signals Activity
 - Radio Activity
 - First Aid Activity
 - Resuscitation Activity
- Wet Assessments
 - Run – Swim – Run
 - Rescues and Carry
 - Patrol Activity



Registration

- Check out <http://headssurf.com.au/membership/> for main instructions
- New members: <https://sls.com.au/JOIN/>
- Existing members see if you can log onto the members portal: <https://members.sls.com.au/>
- A portal account is not automatically created



Online User Guide

- Log onto your portal account
<https://members.sls.com.au/>
- Click on 'Memberships' and select 'Courses'
- Click onto Login to 'eLearning'
- Click on Training Library.
- Click on the SLS – Aquatic Rescue
- Click on Enrol for Surf Rescue Certificate or Bronze course. (Then click on process payment)



Calendar

23rd – Induction

30th – Long Weekend (I may be away Sunday but back Monday)

7th – Karl's Patrol

14th – Fine

21st – Nippers Proficiencies (Starts at 12 so could do 9-11)

28 – Nippers Start and Michael's Patrol – Could be a problem for the water safety people

4th – Assessment?

