

## **Bronze Medallion**

*Wondering whether you should get your Bronze Medallion?*

*Are you wanting to get involved in patrolling and gain lifesaving and transferrable knowledge and skill?*

*Well... of course, we at Somerton want YOU too!*

*But... are you ready?*

If you think you're up for it, then great!



### **Pre requisites include:**

- Must be at least 15 years of age
- Have current Provide First Aid Certificate (courses run through State Centre)  
\*Check out this link to book into a course: <http://bit.do/SLScourses>
- Be able to swim 400 in under 9 minutes (timed swim)

### **You will need:**

- An adequate amount of fitness as there is some swimming, boarding, treading water and rescuing involved during your training session.
- Need to commit to at least 8 weeks of training. This may be once or twice per week (once course group and trainer is organised, this can be negotiated).
- There will be 2 assessment weekends. The first is by a club assessor to make sure you are ready for assessment and prepare you for the 'real deal'. The next is the formal assessment and your trainer will no longer be involved. They will be there on the day, but are unable to assist you at all, so being prepared is key.

Upon enrolling into the course, you will receive a workbook and manual. The workbook SHOULD be completed by the beginning of your course start date. Don't worry too much about this though as some areas you will need help with and your trainer will go through the book with you. Before your assessment each sections must be correctly answered or you will not pass the assessment.

After being assessed you will get put onto either the patrol or water cover roster. Whatever suits or works best for you. There is an expectation that once you have successfully completed your bronze that you are put onto a roster, as patrolling is the fundamental reason we are surf lifesavers and why our beaches remain safe; active community participation!

If you are keen and ready to get your Bronze Medallion, please email [somertonci@gmail.com](mailto:somertonci@gmail.com).

For all other queries please email [somertonci@gmail.com](mailto:somertonci@gmail.com).

There are other courses available and we will notify members of those once we have them organised. Please make sure your Members Area details are correct and up to date and that you check the Somerton SLSC Facebook page regularly to keep updated on the latest course information.

Thanks Chloe and Charlotte xx

## **IRB Crew**

*Gaining your IRB Crew award is a fun and exciting experience!*

*Learning the basics of how IRB's work, patrolling on the water and being able to get driven around and save people in a new way, is an awesome way to learn new skills and continue gaining knowledge through surf.*

If you think you're up for it, then great!

### **Pre requisites include:**

- Having a current Bronze Medallion

### **What you need to know:**

- This short course normally runs over 2-4 days spread over a week or two.
- It involves learning how to pick up patients into the boat and the basics of how the IRBs run and work. It also entails learning to listen to your drivers' instructions and responding immediately, manoeuvring around the boat and locking in and out of your crew position is key to not falling out (so make sure you really listen to that part).
- There will be 2 assessment weekends. The first is by a club assessor to make sure you are ready for assessment and prepare you for the 'real deal'. The next is the formal assessment and your trainer will no longer be involved. They will be there on the day, but are unable to assist you at all, so being prepared is key.

Upon enrolling into the course, you will receive a workbook. The workbook SHOULD be completed by the beginning of your course start date. Don't worry too much about this though as some areas you will need help with and your trainer will go through the book with you. Before your assessment each sections must be correctly answered or you will not pass the assessment.

For more information on IRB courses please email [somertonci@gmail.com](mailto:somertonci@gmail.com)

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Thanks Chloe and Charlotte xx

