

Mullaloo Surf Life Saving Club

PO Box 119, Hillarys WA 6923
Phone (08) 9307 7766
www.mullaloosurf.com.au • e-mail: info@mullaloosurf.com.au



family, safety, respect, excellence, integrity and unity

Course	Bronze Medallion (BM1 – 19 October 2022)
General	The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. This is the core award to be a surf lifesaver in Australia. On completion of this course it is expected that you assist your club and participate in a minimum of 16 patrol hours.
Requirements	<ul style="list-style-type: none"> • Current financial club member • Minimum age 15 years • Swim 400 metres in 9 minutes or less • Parental approval if under 18 years of age
Register	We are only accepting online registrations via the club website. Registrations close midday Wednesday 12 October 2022.
Cost	\$60 per person. Payments to be made through the online link. Payment includes course resources and resuscitation mask. The <i>SLSA Public Safety and Aquatic Rescue Training Manual - 35th Edition (PSAR35)</i> is available online and can be accessed via the members portal.
Session Days & Times Training Room 1 Mullaloo Beach	Compulsory Timed Swim: HBF Arena Joondalup Wednesday 12 October 7:00pm Training Days: Starting Wednesday 19 October - MSLSC Training Room 1, 7:00pm-9:00pm (Parents of U18's are required to attend the 1 st hour of this session). Saturday's and Sunday's on the beach 7:00am-9:00am Final Assessment: Sat 26 November 2022 (TBC) 7-11am approx. Please allow for this session to run overtime
What to Bring	<ul style="list-style-type: none"> • Water • Towels • Sun screen & hat • Change of clothes • Workbook pack and pen • Club bathers, club cap and pink/yellow vest
Assessment	<ul style="list-style-type: none"> • BM Workbook is completed to the required standard • Online Theory Assessment with 100% score • Final (SLSWA) Practical skills assessments demonstrating: <ul style="list-style-type: none"> - 200m run/200m swim/200 run in 8 minutes or less - Signals and radio operations - Demonstrate basic first aid, resuscitation and defibrillation. - Demonstrate board and tube rescues - Demonstrate lifts and carries, and spinal management - Patrol setup and scenarios
Questions	Please email education@mullaloosurf.com.au if you have any queries.