

## Mullaloo Surf Life Saving Club

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*Family, safety, respect, excellence, integrity and unity*

Course	<b>Surf Rescue Certificate (SRC1 7 November 2022)</b>
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 entry level 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"> <li>• Current financial club member</li> <li>• Minimum age 13 years</li> <li>• <b>Swim 200 metres in under 5 minutes</b></li> <li>• Parental approval if under 18 years of age</li> </ul>
Register	We are only accepting online registrations via the club website. Registrations close midday Monday 31 October 2022.
Cost	<b>\$40 per person.</b> Payments to be made through the club link provided on the form. Payment includes course resources and resuscitation mask. The <i>SLSA Public Safety and Aquatic Rescue Training Manual - 35<sup>th</sup> Edition (PSAR35)</i> is available online and can be accessed via the members portal.
Session Days & Times Training Room 1 Mullaloo Beach	<p><b>Compulsory Timed Swim:</b> HBF Arena Joondalup Monday 31 October 7:00pm</p> <p><b>Training Days:</b> Starting Monday 7 November - MSLSC Training Room 1, 7:00pm-9:00pm (Parents of U18's are required to attend the 1<sup>st</sup> hour of this session). Saturday's and Sunday's on the beach 7:00am-9:00am</p> <p><b>Final Assessment:</b> Sat 26 November 2022 (TBC) 7-11am approx. Please allow for this session to run overtime</p>
What to Bring	<ul style="list-style-type: none"> <li>• Water</li> <li>• Towels</li> <li>• Sun screen &amp; hat</li> <li>• Change of clothes</li> <li>• Workbook pack and pen</li> <li>• Club bathers, club cap and pink/yellow vest</li> </ul>
Assessment	<ul style="list-style-type: none"> <li>• SRC Workbook is completed to the required standard</li> <li>• Online Theory Assessment with 100% score</li> <li>• Final (SLSWA) Practical skills assessments demonstrating: <ul style="list-style-type: none"> <li>- 100m run/100m swim/100 run in 5 minutes or less</li> <li>- Signals and radio operations</li> <li>- Demonstrate resuscitation and defibrillation.</li> <li>- Demonstrate board and tube rescues</li> <li>- Demonstrate lifts and carries</li> <li>- Patrol setup and scenarios</li> </ul> </li> </ul>
Questions	Please email <a href="mailto:education@mullaloosurf.com.au">education@mullaloosurf.com.au</a> if you have any queries.