

## Mullaloo Surf Life Saving Club

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

Course	<b>Surf Rescue Certificate for Parents of Nippers (SRC3 – 3 December 2022)</b>
General	The aim of this course is to provide Parents of Nippers with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in water safety and 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>• <b>Swim 200 metres in under 5 minutes</b></li> </ul>
Register	We are accepting online registrations via the club website. Registrations close midday Monday 28 November 2022.
Cost	<b>\$40 per person.</b> Payments to be made through the club and 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.
Resources	<b>Training Manual.</b> We encourage you to download and familiarise yourself with <i>The SLSA Public Safety and Aquatic Rescue Training Manual - 35<sup>th</sup> Edition (PSAR35)</i> from the members portal. <a href="http://www.members.sls.com.au">www.members.sls.com.au</a> prior to commencing training.
Session Days & Times Training Room 1 Mullaloo Beach	<p><b>Compulsory Timed Swim:</b> HBF Arena Joondalup Monday 28 November 7:00pm.  <b>Online theory assessment:</b> To be completed prior to commencing training.  <b>Training Days:</b> Saturday 3 December - MSLSC Training Room 1, 12:00-4:00pm.            Sunday 4 December - MSLSC Training Room 1, 12:00-4:00pm.            Saturday 10 December - Mullaloo beach, 7:00-11:00am.            Sunday 11 December - Mullaloo beach, 7:00-11:00am.  <b>Final Assessment:</b> Sunday 11 December 2022 7:00-11:00am approx.</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> </ul> </li> </ul>
Questions	Please email <a href="mailto:education@mullaloosurf.com.au">education@mullaloosurf.com.au</a> if you have any queries.