



Adult Bronze Medallion Course 2021

*For new candidates and those upskilling old
Bronze Medallion (if > 5 years since Skills Maintenance)*

Monday 15th November 2021 to 11th December 2021

Registration
Information & Timed Swim Form

Welcome to Adult Bronze Medallion Course 2021

Please read this registration package for Bronze Medallion Course. To secure a place on this course, ALL of the following are required by Wednesday 11th November 2021:

1. Complete your **Jan Juc SLSC 2021/2022 Membership**.
2. Submit the online **Jan Juc SLSC Registration Form**.
3. Pay the full **course fees** via your SLSA Members Area account.
4. Complete the **LSV Online Course Registration**.
5. Double dose of **COVID-19 vaccination** and submitted certificate on **LSV Vaccination Status Form**.

The following **MUST** be brought with you on the first day of the course (Monday 15th November):

6. A completed **Timed Pool Swim** (paper form).

Registrations will close once the 16 available places are filled.

Course details:

Bronze Medallion is a fun, although very busy (42 hour) course. Candidates will learn theoretical and practical components crucial to lifesaving, as well as spend a significant amount of time in the water. Due to Trainer availability, climate / water conditions and Clubhouse booking with COVID restrictions this course will be conducted in **two** parts:

1. THEORY and LAND practical scenario training, where some online learning, study and practice is required at home; and
2. WATER components will run on Saturdays and Sundays from late morning.

Date		Time	Venue	Activity
November				
<i>Week 1</i>				
Monday	15	5:30 – 9:30pm	Upstairs Clubhouse	Intro, about course and start theory components
Wednesday	17	5:30 – 9:00pm	Upstairs Clubhouse	Practical, Theory
Sunday	21	11:30 – 3:30pm	Jan Juc Beach	Swim and tubes (confidence in water)
<i>Week 2</i>				
Monday	22	5:30 – 9:00pm	Upstairs Clubhouse	Practical, Theory
Wednesday	24	5:30 – 9:30pm	Upstairs Clubhouse	Practical, Theory
Sunday	28	11:30 – 3:30pm	Jan Juc Beach	All water components
<i>Week 3</i>				
Monday	29	5:30 – 9:00pm	Upstairs Clubhouse	Practical, Theory
December				
Wednesday	1	5:30 – 9:30pm	Upstairs Clubhouse	Practical, Theory
Saturday	4	11:30 – 4:00pm	Jan Juc Beach	Water and Patrol scenarios
<i>Week 4 - Assessment</i>				
Wednesday	8	5:30 – 9:00pm	Upstairs	All land components
Saturday	11	TBC 4hrs	Jan Juc Beach	All water components

Notes

- **Water work sessions are subject to conditions at time.** Safety is paramount; in the instances where conditions are not appropriate at Jan Juc, candidates will be moved to Cosy Corner or an alternative day.
- Candidates **MUST READ** the **Public Safety & Aquatic Rescue Training Manual (PSAR)** 35th edition; available online, please purchase (\$10) through your [SLSA Members Area](#) account. Refer LSV Circular 375:06:20 [Release of the online PSAR Training Manual Edition 35](#)
- Candidates **MUST** complete the eLearning prior to the assessment day. Practising land techniques as much as possible at home is beneficial.

Please contact the Lead Trainer if you have any questions about the Bronze Medallion.

About Jan Juc SLSC

Jan Juc SLSC began in 1963, with just six members in the first Bronze Medallion Squad and a borrowed belt and reel as rescue equipment. In 2021 we celebrate 58 years of vigilance and service to the community with much improved rescue resources. Our club is part of a volunteer network of Australian Surf Lifesaving Clubs. Volunteer Surf Life Saving began in Australia in 1907, and there are now over 181,600 members across the country. Surf Life Saving Australia (SLSA) strives to create a safe environment on Australia's waterways, beaches and coastline through patrols, education and training, public safety campaigns and the promotion of health and fitness.

Jan Juc SLSC is an exciting organisation where we endeavour to provide you with excellent education and leadership opportunities, the ability to be involved with community service, a range of social activities and a sense of community. We look forward to your involvement.

Useful Contact Information

Training and Assessment

The Bronze Medallion course is a lifesaving skills-based award for people aged 15 years and over. Skills taught include: Safety & wellbeing; Surf awareness & skills; Human body; CPR; Defibrillation techniques; First aid; Communications; Radio operations; Rescue techniques; Carries & supports and Beach Management. To follow on there are many advanced award pathways available to all members - refer our [Jan Juc Lifesaving Pathways](#) webpage or the 'Public Safety and Aquatic Rescue' manual, 35th edition.

Lifesaving Skills Development Manager: Finn Dripps
Email: training@janjucsurfclub.com.au
Mobile: 0475 085 074

Course Lead Trainer: Isabella Heather
Email: issyjih18@gmail.com
Mobile: 0437 389 582

General

Club Administrator: Sue Bettanin
Email: info@janjucsurfclub.com.au
Postal Address: PO Box 179, Torquay VIC 3228
Remote Office hours: Tuesdays and Thursdays 9.30am – 2.30pm
Office Mobile: 0475 265 820
Website: janjucsurfclub.com.au

Life Saving Services

Jan Juc SLSC provides Beach Patrols from last weekend in November through April. At completion of the Bronze Medallion course candidates will be rostered onto patrols, usually a few half days and few full days over the five month period, or Nipper Water Safety. This will be explained to candidates on the last day of course. Patrol Rosters can be found on the Club website.

Lifesaving Service Manager: Grace Lightfoot
Email: lifesaving@janjucsurfclub.com.au
Mobile: 0466 628961

Suggested Training

It is recommended that participants are now regularly swimming a few times each week.

You would benefit from supported practising of scenarios at home eg CPR, Patient Assessment, First Aid, Signals, Radio and revision of PSAR manual, downloaded prior to the course.

During the course you will require:

Theory and Land Components

- Water bottle
- Brimmed hat/ peak cap
- Beanie
- Warm clothes as we experience varying conditions
- Running gear and shoes
- Learner guide – obtained first day
- Pens and highlighters

Water Components

- Bathers
- Pink rash vest – mandatory
- Goggles
- Bright coloured swim cap – mandatory
- Beach towel
- Wetsuit – **Long-sleeved/ long legs a must**
- Sunscreen
- Online PSAR 35 Manual
- Warm clothes and shoes

A positive attitude; enthusiastic to learn in a peer supported environment

Water work = signals, run-swim-run, tube swims & rescues, board paddling & rescues, lifts & carries. **Long sleeve/long leg wetsuit a must, to prevent hypothermia.*

Cost

The total cost for the Bronze Medallion Course 2021 is \$80, which includes pink rash vest (or Patrol Surf Rescue peak cap if patrolling) and the training expenses. This cost does not include your prepaid membership fee. All club helpers, trainers and assessors will be volunteering their time for the course. BYO Food and drink. Fridge and kettle available.

Should you decide to withdraw, cost less 25% will be refunded up until 11 November 2021; after this date there are no refunds. Your payment (less 25%) may be put towards another course this season.

A variety of Club swimwear styles and apparel are available for purchase via the [TeamApp Store](#). Contact the Merch Team (merchandise@janjuclub) to arrange collection.

Licences

A scan of your current Driver's License and Marine License is required to be submitted to the Club Office and the details recorded via your [SLSA Members Area](#) account.

ATV drivers must follow Vic Roads guidelines and have completed both theory & practical ATV Operators certificate.

Registration

The FIVE parts to be completed are:

1. Jan Juc SLSC 2021/2022 Membership

A current 2021/2022 Membership is mandatory. Your membership is not active until ALL membership components are received and processed by the Club Office.

For more details, refer to the [Signing Up for 2021/2022](#) webpage.

2. Jan Juc SLSC Online Registration Form

The online [Registration Form](#) captures all Candidate and Next of Kin details, Confidential Medical Information, Candidate Conduct and Values and Course Helpers. Please complete all pages then submit.

3. Course Payment (due by 11 November 2021)

Click [here](#) to submit a payment to Jan Juc SLSC.

- Set the transaction details to:
 - Transaction type: 'Course Fee'
 - Details: your name and 'Adult BM 2021'
 - Amount: \$80
- Choose your card type then follow the prompts to completion. You will receive a confirmation email, usually within the following few minutes.

4. LSV Online Course Registration

Prior to commencing the *Bronze Medallion course* you must register online with Lifesaving Victoria (LSV) by booking into a Practical Session. Follow these steps to do this:

1. Log in to your [SLSA Members Area](#) account. If you do not have your own account you will need to create one [here](#).
2. Click on *eLearning* - follow the prompts until you reach LSV Member Training pages (URL <https://mt.lsv.com.au/courses/>)
3. Click on *Find a New Course*
4. Locate the entry for **Bronze Medallion** and click on *Book Practical*, look for the course commencing Monday, 15 November at Jan Juc SLSC.

5. LSV Online Vaccination Status form

Complete this [LSV Online Vaccination Status Form](#) as 1 per person.

This form is mandatory and used to collect information regarding your vaccination status as per the directions from the Chief Health Officer under section 200(1)(d) Public Health and Wellbeing Act 2008 (Vic) (PHW Act). As per the PHW Act, penalties will apply from government for any false or misleading information. Collection and storage of vaccination information will be in line with the [COVID-19 Vaccination Privacy Notice](#). For more information, please refer to [LSV's Vaccination FAQ](#).

***** Complete the first FIVE ONLINE components by 11 November 2021, PRIOR to Bronze Medallion Course**

***** Complete the SIXTH PAPER component (next page) PRIOR to Bronze Medallion Course and bring completed signed form to the first day, Monday 15 November 2021**

6. Timed Pool Swim - Compulsory

As part of the Bronze Medallion all candidates are required to achieve a prerequisite TIMED pool swim PRIOR to the Bronze Medallion Course. This must be witnessed and signed by a qualified Pool Lifeguard, AUSTSwim Teacher or LSV Assessor.

**Timed Pool Swim – Compulsory
Bronze Medallion**

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400m of continuous freestyle, without fins (goggles permitted), in 9 minutes maximum is required.

I,, a qualified Pool

Lifeguard, AUSTSwim Teacher or LSV Assessor (circle appropriate qualification)

With registration number declare

..... has

achieved swim of 400m continuous freestyle stroke without fins at

.....

Pool in a time of minutes and seconds on this day ___/___/___.

Assessor Name

Assessor Signature