



# **Surf Rescue Certificate (SRC) Course 2021**

*For Jan Juc candidates*

Saturday 18<sup>th</sup> December 2021 to 21<sup>st</sup> December 2021

**Registration  
Information & Timed Swim Form**

## Welcome to SRC Course 2021

Please read this registration package for the SRC Course. To secure a place on this course, ALL of the following are required by Friday 10<sup>th</sup> December 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 (Saturday 18<sup>th</sup> December):

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

Registrations will close once the 16 available places are filled. (A second course can be opened if full.)

### Course details:

SRC is a fun, although very busy (24 hour) course. Candidates will learn theoretical and practical components crucial to lifesaving, as well as spend the right amount of time in the water.

1. THEORY and LAND practical scenario training, where some online learning, study and practice is required at home; and
2. WATER components.

Day	Date	Time	Venue	Activity
<i>Day 1</i>	December			
Saturday	18	0900hrs – 1600hrs	Upstairs Clubhouse	Intro, Theory and Practical components
<i>Day 2</i>				
Sunday	19	0900hrs – 1600hrs	Upstairs Clubhouse	Theory, Practical and Water components
<i>Day 3</i>				
Monday	20	0900hrs - 1600hrs	Upstairs Clubhouse	Theory, Practical and Water components
<i>Day 4 - Revision and Assessment</i>				
Tuesday	21	0900hrs - 1600hrs	Upstairs	All 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 Surf Rescue Certificate.

## 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 Surf Rescue Certificate course is a lifesaving skills-based award for people aged 13 years minimum and over. SRC provides participants with basic patrolling and surf awareness knowledge, in order to be able to participate in lifesaving patrol activities. The next opportunity from this course is the Bronze Medallion and many advanced award pathways available to all members - refer our [Jan Juc Lifesaving Pathways](#) webpage or the 'Public Safety and Aquatic Rescue' manual, 35<sup>th</sup> edition.

Lifesaving Skills Development Manager: Finn Dripps  
Email: [training@janjucsurfclub.com.au](mailto:training@janjucsurfclub.com.au)  
Mobile: 0475 085 074

Course Lead Trainer: Steve Scammell  
Email: [info@janjucsurfclub.com.au](mailto:info@janjucsurfclub.com.au)  
Office Mobile: 0475 265 820

### **General**

Club Administrator: Sue Bettanin  
Email: [info@janjucsurfclub.com.au](mailto: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](http://janjucsurfclub.com.au)

### **Life Saving Services**

Jan Juc SLSC provides Beach Patrols from last weekend in November through April. At completion of the Surf Rescue Certificate course candidates will be able to self-roster on to patrols (via the [Patrol Roster](#)), usually a few half days and few full days over the five month period, or Nipper Water Safety; in particular the Nipper Summer Holiday Program! This will be explained to candidates on the last day of course.

Lifesaving Service Manager: Grace Lightfoot  
Email: [lifesaving@janjucsurfclub.com.au](mailto: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
- Your own packed food for the day
- 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 COTE of Amour - Your CONFIDENCE, OPTIMISM, TENACITY and ENTHUSIASM in all activities.  
An attitude to NEVER GIVE UP.*

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

### **Cost**

The total cost for the Bronze Medallion Course 2021 is \$50. You will need a pink rash vest (available at [TeamApp Store](#) if you do not have one in bright colour). 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 10 December 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@janjucsurfclub.com.au](mailto:merchandise@janjucsurfclub.com.au)) to arrange collection.

## 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 'SRC 2021'
  - Amount: \$50
- 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 *Surf Rescue Certificate 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 ***Surf Rescue Certificate*** and click on *Book Practical*, look for the course commencing Saturday, 18 December 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 10 December 2021, PRIOR to Surf Rescue Certificate Course**

**\*\*\* Complete the SIXTH PAPER component (next page) PRIOR to Bronze Medallion Course and bring completed signed form to the first day, Saturday 18 December 2021**

**6. Timed Pool Swim - Compulsory**

As part of the Surf Rescue Certificate all candidates are required to achieve a prerequisite TIMED pool swim PRIOR to the SRC Course. This must be witnessed and signed by a qualified Pool Lifeguard, AUSTSwim Teacher or LSV Assessor and include qualification registration number.

**Timed Pool Swim – Compulsory  
Surf Rescue Certificate**

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200m of continuous freestyle, without fins (goggles permitted), in 5 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 200m continuous freestyle stroke without fins at

.....

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

Assessor Name .....

Assessor Signature .....