



Point Lonsdale Surf Life Saving Club

BRONZE MEDALLION CAMP

Information Pack - Season 2018/2019

Dear Camp Applicant,

This pack has been collated to provide you with information about our club's Surf Lifesaving Bronze Medallion Camp, costs, conditions of admission, and details about the application process.

This season's Bronze Camp will be conducted over the following dates:

Sunday 16 December 2018 - Saturday 22 December 2018

Participants must attend every day of the program.

Camp dates may be subject to change

The program is designed to equip participants to a proficient standard in methods and techniques of Surf Lifesaving, including:

- ✓ Safety and Wellbeing
- ✓ Surf Awareness and skills
- ✓ Anatomy and Physiology
- ✓ Basic First Aid
- ✓ Basic Resuscitation
- ✓ Communications
- ✓ Rescue Techniques
- ✓ Patrols

Our club's core responsibility is to provide effective lifesaving operations and promote a safe beach environment for the Point Lonsdale community – and by completing your Bronze at Point Lonsdale you agree to support this responsibility.





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The Lifesaving Bronze Medallion is the basic qualification for any Surf Lifesaver and is considered essential for a lifetime in lifesaving. As an active club member of the Point Lonsdale Surf Lifesaving Club, **each Bronze Medallion holder is required to patrol the Point Lonsdale surf beach. The patrol season runs, November - April, and you will be required to attend your ROSTERED patrol (min 4 - 5 weekends over this period). Patrol times vary from 3 to 8 hours (usually 1pm - 6pm Saturdays and 10am - 6pm Sundays).**

Due to venue and resource limitations, **places are strictly limited and applying does NOT guarantee you a place.** The club conducts a selection process of all applications received, before offering a place to the successful applicants. You must **apply before the deadline of 7 September.**

This years camp will be a live-in format with accommodation and most meals provided at:

YMCA Camp Wyuna
71 Flinders Street
Queenscliff

Parent Availability:

Parents must be available to stay a minimum of one night at the camp to assist in the supervision of the candidates as required.

Timeline for pre-camp organisation:

- 6 August Applications open
- 7 September Applications close (including club membership)
- 5 October Applicants notified of admission
- 9 November Payment & final confirmation due (including enrolment from Member Training from Anywhere website)





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APPLICATION PROCESS

This process has been developed to ensure that each applicant has a consistent opportunity of gaining admission into the program, as well as making it efficient for administrators at our club and Life Saving Victoria. The process is as follows:

1. The applicant must comply with ALL conditions of admission, above.
2. If you are successful in your application, you will have to complete and online registration form on Member Training From Anywhere. This form is essential for all paperwork to be completed.
3. Enrolment includes taking out club membership (if not already a member), in filling a medical form, providing ID documents, and making payment. This must be completed **by the 9th of November**.

CONDITIONS OF ADMISSION

This program is both physically and mentally taxing, and this nationally recognised award carries formal requirements for its training and assessment. Therefore, the following pre-requisites must be met.

You must be:

- ✓ Aged at least 15 years, for assessment on the final day
- ✓ A financial member of Point Lonsdale SLSC before the program begins
- ✓ Able to swim 400 metres in 9 minutes or less in a pool
- ✓ Prepared to patrol the Point Lonsdale surf beach as an active member

If you accept a place in this program, you agree to take part in every activity that is involved in the program. If a candidate does not participate at an appropriate level deemed by the instructors, they may be asked to withdraw from the program.





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WHAT YOU NEED TO BRING

Each candidate should have the following for the camp duration:

- ✓ Bathers suitable for swimming, e.g. speedos (must be black, red, or club bathers)
(If bathers have been purchased as part of the camp package, they will be received on the first day in the induction package)
- ✓ Running Gear (Runners, shorts, etc)
- ✓ Towels (At least 2)
- ✓ Sun Protection (Sunglasses, hat, SPF 30+ sunscreen)
- ✓ Wet Weather Gear (Jumpers, tracksuit pants etc)
- ✓ Water Bottle
- ✓ Pens and Pencils
- ✓ Full-bodied Wetsuit
- ✓ Toiletries (including soap, shampoo, toothbrush, toothpaste)
- ✓ Pyjamas
- ✓ Bedding (pillow in pillowcase, sleeping bag or doona, bottom sheet)

***Candidates MUST have FINS on the first day.**

***Candidates MUST swim in CLUB, BLACK or RED bathers.**

CATERING

This is a fully catered camp including breakfast, lunch and dinner. Snacks and refreshments will also be provided during breaks in the morning and afternoon sessions. Any information regarding allergies and food allergies must be





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recorded on the Camp Medical form. Medical forms must be submitted **by the 9th of November.**

BRONZE RULES

All candidates must adhere to the following rules, and if rules are not adhered to the candidate may be asked to leave:

1. For safety reasons you **MUST** obey all instructions from your instructors and camp leaders at all times.
2. You must attend **ALL** training sessions to be eligible for examination.
3. Strictly **NO** Alcohol.
4. Strictly **NO** Smoking.
5. During organised sessions candidates **MUST** remain **WITH THE INSTRUCTORS** and the group at **ALL** times.
6. Candidates are not permitted to leave the camp without the approval of the camp leader.
7. All candidates **MUST** obey the rules and regulations set out by Point Lonsdale SLSC, Life Saving Victoria, Surf Life Saving Australia and YMCA Staff.
8. Do not undertake any activity that could endanger yourself or others.

COSTS

The camp cost for the 2018 camp is currently being reviewed. The final cost will be posted to the PLSLSC Website.

*subject to change once candidate numbers have been finalised.

The fees include

- Accommodation
- Food





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- Fins (optional)
- Bathers (optional)

The fees do not include

- Hire of a wetsuit - it is up to each candidate to organise this if required.
- Membership fees (all candidates must be financial members prior to commencing the program).

Should you have personal or financial circumstances which may prevent you from applying for the Camp due to the cost, please email the Vice President (Lifesaving) – see email address at the bottom to explain your circumstances and the Club may be able to offer a discount from the Camp cost. This email must be received well before the application deadline (7th September).

FIRST DAY

The first day of the program will begin at Camp Wyuna, with a sign-in at 9:00 am and an introduction at 10:30am. This session will include a formal club welcome, an introduction to lifesaving and to lifesaving at Point Lonsdale. It will also include vital practical information about the week.

At this introductory session, each candidate will collect the following items:

- | | |
|------------|--------------------------|
| ✓ Cap | ✓ Timetable |
| ✓ Workbook | ✓ Fins (if purchased) |
| ✓ Manual | ✓ Bathers (If purchased) |
| ✓ T-Shirt | |

Candidates will also be allocated their accommodation rooms, and a briefing will be held to explain the features of the camp. Candidates will be provided with some free time to settle in and an opportunity to review their workbooks.

The first day will also include the mandatory swim test at the Ocean Grove Pool, to ensure all candidates meet the minimum admission requirements.





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INDICATIVE SCHEDULE

Our schedule is highly weather dependant, so changes may be necessary. Generally, days will start at 7:00 am with a run / walk from Camp Wyuna to the Surf Club, followed by a surf swim. With the afternoon sessions, typically finishing at 5:00pm.

Each day of the program will consist of four elements of training:

- Physical Training
- Surf Skills
- Rescue Methods and Techniques
- Lifesaving Theory

Evenings will provide the opportunity to review the activities of the day and develop friendships with other participants of the camp.

ASSESSMENT

The final day of the camp will include the final practical assessment. Parents will be invited to the afternoon session which will include the presentation of awards to the successful candidates.

Please contact the PLSLSC camps email with any queries regarding the camp

plslsc.camps@gmail.com

If you have any enquiries regarding membership, please contact:

Club Office: 03 5258 1257 info@pointlonsdaleslsc.asn.au

I look forward to seeing you at Point Lonsdale this summer!





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Kind regards,

Justine Cain

Vice President Lifesaving (Training & Assessment)

Point Lonsdale SLSC

