

Point Lonsdale Surf Life Saving Club  
**BRONZE MEDALLION**  
**BRONZE CAMP - Season 2017/2018**  
Information Pack



**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 17 December 2017 - Saturday 23 December 2017**

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.



# Point Lonsdale Surf Life Saving Club

## **BRONZE MEDALLION**

### **BRONZE CAMP - Season 2017/2018**

#### Information Pack



POINT LONSDALE  
TRAINING

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).**

**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 15 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:

**Due to cost and the number of camp attendees, parents will be required to stay a minimum of 1 night.**

#### **Timeline for pre-camp organisation:**

- 8th August Applications open
- 15th September Applications due (including club membership)
- 16th October Candidates notified
- 10th November Payment & final confirmation due (including enrolment from Member Training from Anywhere website)



# Point Lonsdale Surf Life Saving Club

## **BRONZE MEDALLION**

### **BRONZE CAMP - Season 2017/2018**

#### Information Pack



POINT LONSDALE  
TRAINING

#### **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
- ✓ Workbook
- ✓ Manual
- ✓ T-Shirt
- ✓ Timetable

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.

#### **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



# Point Lonsdale Surf Life Saving Club

## **BRONZE MEDALLION**

### **BRONZE CAMP - Season 2017/2018**

#### Information Pack



POINT LONSDALE  
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.

#### **LAST DAY**

The final day of the camp will include an interclub completion between Ocean Grove and Point Lonsdale (a trophy will be awarded to the winning club), a demonstration from the Westpac helicopter crew, and the final practical assessment. Parents will be invited to the evening session which will include the presentation of awards to the successful candidates.

#### **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 recorded on the Camp Medical form. The camp medical forms are to be either emailed, posted or handed into the club office at least **1 MONTH before camp commencement**.

#### **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:



# Point Lonsdale Surf Life Saving Club

## **BRONZE MEDALLION**

### **BRONZE CAMP - Season 2017/2018**

#### Information Pack



POINT LONSDALE  
TRAINING

- ✓ 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.

#### **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.



# Point Lonsdale Surf Life Saving Club

## **BRONZE MEDALLION**

### **BRONZE CAMP - Season 2017/2018**

#### Information Pack



POINT LONSDALE  
TRAINING

#### **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.
1. 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.
2. 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 start of November**.

#### **WHAT YOU NEED TO BRING**

Each candidate should have the following for the camp duration:

- ✓ Bathers suitable for swimming, e.g. speedos (Navy or Black preferably)
- ✓ 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



Point Lonsdale Surf Life Saving Club  
**BRONZE MEDALLION**  
**BRONZE CAMP - Season 2017/2018**  
Information Pack



POINT LONSDALE  
TRAINING

- ✓ Toiletries (including soap, shampoo, toothbrush, toothpaste)
- ✓ Pyjamas
- ✓ Bedding (pillow in pillowcase, sleeping bag or doona, bottom sheet)

**MANDATORY SWIM TEST**

The first day will include the mandatory swim test, at Santa Casa beach or the Ocean Grove Pool.



# Point Lonsdale Surf Life Saving Club

## **BRONZE MEDALLION**

### **BRONZE CAMP - Season 2017/2018**

Information Pack



POINT LONSDALE  
TRAINING

#### COSTS

Cost of the camp will be confirmed ASAP, you will receive an email notification.

The fees do not include

1. hire of a wetsuit - it is up to each candidate to organise this if required.
2. 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 15th September.

If you have any enquiries regarding the camp, please contact:

**Justine Cain - Vice President lifesaving (Training and Assessment)**

[vplifesaving@pointlonsdaleslsc.asn.au](mailto:vplifesaving@pointlonsdaleslsc.asn.au)

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!

Kind regards,

**Justine Cain**

Vice President Lifesaving (Training & Assessment)





Point Lonsdale Surf Life Saving Club  
**BRONZE MEDALLION**  
**BRONZE CAMP - Season 2017/2018**  
Information Pack



Point Lonsdale SLSC

[vplifesaving@pointlonsdaleslsc.asn.au](mailto:vplifesaving@pointlonsdaleslsc.asn.au)

