



POINT LONSDALE
TRAINING

Point Lonsdale Surf Life Saving Club

SURF RESCUE CERTIFICATE (SRC)

'CADETS' CAMP - SEASON 2017/2018

Information Pack

Dear Camp Applicant,

This pack has been collated to provide you with information about our club's Surf Rescue Certificate (SRC) 'Cadets' camp, plus costs and conditions of admission. We also include details about the application process.

This season's Cadets Program will be conducted over the following dates.

Saturday 16 December 2017 - Wednesday 20 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 SRC at Point Lonsdale you agree to support this responsibility.





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Holders of the SRC award are active members of our club, and thus **required to patrol the Point Lonsdale surf beach as part of the patrol season. The patrol season runs from November - April and you will be required to attend your ROSTERED patrol (min 4 - 5 weekends over this period). Patrol times can run from 3 to 8 hours (approx 1pm - 6pm Saturdays and 10am - 6pm Sundays). Patrol attendance is also a requirement for future bronze applications.**

Places are strictly limited and applying does NOT guarantee you a place. Instead the club conducts a selection process of all applications received, before offering a place to the successful applicants. You must **apply before the deadline on 15 September.**

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

Whitehall Guest House
11 Learmonth St
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:

- 8 Aug Applications open
- 15 Sep Applications due (including club membership)
- 16 Oct Candidates notified
- 10 Nov Payment & final confirmation due (including Member Training from Anywhere)





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FIRST DAY

The first day of the program will begin at Camp Wyuna, with a sign-in at 9 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 also includes vital practical information about the week, and therefore a parent must attend with each SRC candidate.

At this introductory session, candidates will collect the following items:

- ✓ Caps
- ✓ Workbooks
- ✓ Manuals
- ✓ T-Shirts
- ✓ Timetable

Candidates will also be allocated to 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 workbooks.

Following dinner a session will be held to help prepare for the next days activities.

INDICATIVE SCHEDULE

Our schedule is highly weather dependant, so changes may be necessary.

Generally days will start at 7:15 am sharp with a run, followed by a surf swim.





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Sessions will be run at Santa Casa beach in Queenscliff and Point Lonsdale Back Beach.

Formal sessions will be completed by 5.30 each day.

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

- Physical Training
- Surf Skills
- Rescue Methods
- General Theory

LAST DAY

The final day of the program will involve their final assessment at either Point Lonsdale Back Beach or Santa Casa, depending on conditions. Successful candidates will be allocated into patrols and uniforms will be presented.

Parents are invited to attend the presentations at 5pm which will be held at Whitehall Guest House. The day is expected to conclude at 5.30

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.

CONDITIONS OF ADMISSION

This program is both physically and mentally taxing, so candidates should prepare before it starts. The following pre-requisites must be adhered to.



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You must be...

- ✓ Aged at least 13 years, for assessment on the final day.
- ✓ A financial member of Point Lonsdale SLSC, before the program begins.
- ✓ Able to swim 200 metres in 5 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 as deemed by the instructors, they may be asked to withdraw themselves from the program.

CADET 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.



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APPLICATION PROCESS

This process has been developed to ensure that each applicant has an 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 club membership (if not already a member), filling a medical form, providing ID documents, and making payment. This must be completed **by the 15th of September**

WHAT YOU NEED TO BRING

Each candidate should have the following for the program duration:

- ✓ Bathers suitable for surf swimming e.g. speedos (navy, black or club bathers preferable)
- ✓ Running gear (runners, shorts etc)
- ✓ Towels (at least two)
- ✓ Sun protection (sunglasses, hat and SPF 15+ sunscreen)



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- ✓ Wet Weather clothing (plenty of warm clothes)
- ✓ Water bottle (strongly recommended)
- ✓ Pens, pencils
- ✓ Full-bodied Wetsuit (strongly recommended)
- ✓ Toiletries (including soap, shampoo, tooth brush, toothpaste)
- ✓ Pyjamas
- ✓ Bedding (pillow in pillowcase, sleeping bag or doona, bottom sheet),

MANDATORY SWIM TEST

The first day will include the mandatory swim test which will be completed at Santa Casa beach or the Ocean Grove pool.





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COSTS

Approximate cost of the camp is \$631 for the 4 nights / 5 days

*subject to change once candidate numbers have been finalised.

1. hire of a wetsuit - it is up to each candidate to organise this if required.
2. Membership fees (all candidates must be a financial member 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 at the bottom to explain your circumstances and the Club may be able to offer a discount from the Camp cost. This must be emailed well before the application deadline.

OTHER QUERIES

Please contact the club office with any queries about membership issues.

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 SLSC

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