



SRC



Welcome to the South Maroubra SLSC awards introduction night for the Surf Rescue Certificate. Below you will find all the information you need to get started!

COURSE EQUIPMENT/MEMBERSHIP:

To participate in the SRC, you will need to become a financial member of the club and purchase the required course materials. Membership can also be purchased online at <https://members.sls.com.au/>. If this is your first time on the member's portal you will need to create a new account.

- Membership - \$65
- Course fee - \$35
- Training Manual - \$10 (Payable online to SLSC, do not pay the club)
- Pink Vest - \$20
- Club cap - \$20

TIMED POOL SWIMS:

To become a lifesaver, there is a certain degree of physical fitness that is required. Prior to attending any of the practical training sessions, you must complete a 200m swim in under 5mins. We have organised two nights for you to attend your timed swim. Note: you only need to attend one. Note, you will be sent a link to book in your time.

- **Tuesday 8th February 6pm at the Maroubra Seals Club – meet in foyer**
- **Tuesday 15th February 6pm at the Maroubra Seals Club – meet in foyer**

TRAINING SESSIONS:

80% attendance is required at both theory and practical training. If you think you will struggle with this, please let your trainers know immediately.

Theory training sessions will be held on Wednesday nights, commencing 23 Feb from 6pm-9pm. These sessions will run for 3 weeks.

Practical sessions will be held on Sunday mornings, commencing 27 Feb 11am.



EXAM DATES:

Theory – Wednesday 16 March @ South Maroubra SLSC

Practical – Sunday 20 March @ South Maroubra SLSC

LEAD TRAINERS CONTACT DETAILS:

Codie Wem & Angelina Garay - SRC@southmaroubrasurfclub.com.au

SOUTH MAROUBRA SLSC

SRC - Lesson Plan

Below is the lesson plan for the 3-week SRC course. The numbers in brackets refer to the session number which you can find in your learner guide, which will give you reference to the section in the PSAR35, and online learning modules. If the self-paced learning section is listed before your theory class this means you need to cover this topic before your theory session.

WEEK 1

Theory – Course Introduction (1) + Safety and radio operations (3)

Self-paced – Safety, wellbeing and radio operations (2) + Radio, signals and surf awareness (4)

Wet – Surf awareness and surf skills (5)

WEEK 2

Self-paced – Resuscitation and rescue planning (6)

Theory – Resuscitation – Part one (7)

Wet – Rescue skills – Part one (8)

WEEK 3

Theory – Resuscitation – part two (9)

Wet – Rescue skills – Part two (10)