

## 2018 Live in Camp

### Bronze Medallion & Surf Rescue Certificate



Where: **Dicky Beach SLSC - Dorm Room Training Area & Beach** [www.dickybeachsurfclub.com](http://www.dickybeachsurfclub.com)

When: **3pm Sunday 23<sup>rd</sup> September to 8pm Friday 28<sup>th</sup> September 2018**

- Course is being run as a live in camp.
- Accommodation is at Dicky Beach SLSC.
- All meals (breakfast, lunch and dinner) will be catered.

Pre-Requisites: Dicky Beach SLSC Membership (Including new members)  
 Bronze (15/16 years & 400 meter pool swim in < 9 minutes)  
 SRC (13/14 years & 200 meter pool swim in < 5 minutes)  
*All Pool swims for camp participants must be completed at one of the Club sign-on days:  
 John Wallace Pool, Caloundra 26<sup>th</sup> August 9am-12pm and 1<sup>st</sup> September 2pm-4pm.*

Costs:	Camp Fee:	\$170 Plus
	Club Membership: Active Junior	\$60 (Nippers to join as a family membership)
	Training Manual <i>Edition 34</i>	\$35 (If you don't already have one)
	Workbook	\$5 (required for all participants)
	Patrol/Training Cap:	\$20 (If you don't already have one)
	High Visibility Vest (Fluro pink):	\$30 (If you don't already have one)

Registration: email: [lifesaving@dickybeachsurfclub.com](mailto:lifesaving@dickybeachsurfclub.com)  
 Please provide your name, email address, phone number and course (Bronze or SRC)  
 A camp pack will be emailed back with full registration instructions.

**Closing Date: 14th September 2018 (All Payments & Online Membership must be lodged by this date)**

Enquiries: Robyn - Office Administrator  
 Ph: 5491 5742  
 E: [lifesaving@dickybeachsurfclub.com](mailto:lifesaving@dickybeachsurfclub.com)

Course Facilitator: Ross Gibb, Chief Training Officer  
 Ph: 0423 697255  
 E: [ross.gibb@outlook.com](mailto:ross.gibb@outlook.com)

#### What is involved

- Water/Beach Activities: Pool Swim, Surf Swims, Runs, Board & Tube Rescues, Releases, Tows and Carries.
- Theory: Safety and Wellbeing, Surf Awareness, Rescue Techniques, First Aid, Resuscitation (CPR, Oxygen & Defibrillator), Radio Operations, Communications & Signals, Working in a Patrol/Team.
- Fun: Heaps of fun – games, activities, learning, water activities