

Point Leo Surf Lifesaving Club

Cadet Handbook (Welcome to The Lion's Den)

**2021-2022
Season**



Version 1 November 2021

WELCOME TO THE LIONS DEN!

So, you've graduated from Nippers and have attained your SRC or you are completing your Bronze this year. You're probably wondering - what's next? The answer – **lots!**

The Lion's Den is a program that has been created to provide YOU (our graduated 'Nippers' and new 'Bronzies') with heaps of opportunities to keep getting involved, especially now that you have been awarded your SRC or Bronze!

Specifically, *The Lion's Den* provides you further opportunities to:

- Be a valued and active member of the Club
- Do fun things and keep in touch with lifesaving friends
- Keep up lifesaving skills and fitness
- Learn new lifesaving skills and discover new experiences
- Understand how other parts of the Club operate
- Be inspired to stay involved in surf lifesaving over the longer term

The Lion's Den includes specific activities organised just for the under 15s (14yo) & 16s (15yo) (the first two year groups after Nippers) as well as broader club activities. Specifically, this area of membership is called Cadets and is any person between the ages of 14 and 15 years as at September 30 2021 who has qualified for the SRC of SLSA.

All activities are a great chance to keep fit and practise the great lifesaving skills you already have. They are also a good steppingstone towards being ready for seniors.

The Point Leo spirit is all about having a go and getting involved.

We can't wait to see you soon at the Club!

SUMMARY OF KEY ACTIVITIES

Activity	Booking required	Dates	Target Group	Age
Lion's Den T-Shirts	Yes	New 2022 Design! Order by Dec 1 https://www.pointleoslsc.com/the-den-t-shirt-order/	U15s & U16s	
Point Leo Mates	No	Sunday 2 nd Jan	U16s	
Under 15 Swim Camp	Yes	Wednesday 12 th Jan – Thursday 13 th Jan 2022. Register and pay by Dec 1. https://www.pointleoslsc.com/point-leo-slsc-u15-swim-camp/	U15s	
Portsea Swim Classic	Yes	15 th Jan 2022 – optional sign up as part of the Point Leo Cadet Team	U15s & U16s	
Social Event	Yes	Sunday 9 th Jan 2022 Register and pay https://www.pointleoslsc.com/point-leo-slsc-u16-social/	U16s	
Social Event	Yes	Friday 7 th Jan 2022 Register and pay https://www.pointleoslsc.com/point-leo-slsc-u15-social-event/	U15s	
Water and Beach Sessions	No	Wednesday 29 th Dec, Wednesday 5 th Jan	U15s & U16s	
First Aid Course	Yes	Monday 3 Jan 2022 (online learning) Monday 10 Jan 2022 (practical) https://www.pointleoslsc.com/u15-first-aid-course-expressions-of-interest/	U15s & U16s	
Patrolling	Yes	From Nov 2021	SRCs and Bronzies	
Nipper Water Safety	No	From Dec 27 th 2021	SRCs and Bronzies	
Nipper Activity Leaders	Yes	From Dec 27 th , 2021	U16s	
LSV Youth/Senior Carnivals	Yes	Refer to Team App	U15s, U17s	
Pool Life Saving Carnivals	Yes	Winter	U15s, U17s	

Read details on all activities and how to book from Page 6.

KEY CLUB CONTACTS

VP Youth Development: – Fiona Romari- youth@pointleoslsc.com.au

HOW TO PREPARE FOR THE LION'S DEN ACTIVITIES

If you are 14 or 15 years as at the 30 September 2021, then you are eligible to join the activities in *The Lion's Den*.

Firstly, to be involved in *The Lion's Den*, there are a couple of things to do *before* the season officially starts in November each year.

1 Renew your Point Leo SLSC Membership

Every club member must renew their membership and pay the membership fees. Point Leo SLSC offers an annual membership that is due every August. The instructions on how to do this are on our website: <https://www.pointleoslsc.com/membership-renewal-information/>

2 Requalification – Skills Maintenance for 14-year-olds (U15s)

After renewing your membership in August the very first task you need to do at the beginning of each season (in November / Dec) is to make sure you book and attend one of the organised **Skills Maintenance** sessions at the Club. For you, it's all about making sure your Surf Rescue Certificate (SRC) is validated for another season so you can take part in *The Lion's Den* and other Club and LSV initiatives.

**Note: Participation in The Lion's Den activities is only accepted with a valid SRC qualification.*

When are the Skills Maintenance usually held?

The Club offers Skills Maintenance opportunities on specific dates at the end of each calendar year. You will find these dates advertised in the club newsletter in the lead up to the season with all the information on how to register.

Alternatively, LSV does advertise other dates and locations to attend Skills Maintenance. Please contact the club's Chief Instructor if you are planning on attending any Skills Maintenance at another location other than Point Leo. Chief Instructor Email: lifesavingtraining@pointleoslsc.com.au

What do I need to do to book and prepare for Skills Maintenance?

1. Make sure you have your own SLSC Members Area Account. You should already have this as you will have needed it to do your SRC last year. If you don't have this already follow the instructions on the "How to Create a Members Area Account" file attached to the Youth Welcome email.

2. Click on this link [LSV portal](#) and use your personal Members Area account (not your mums) username and password to access your profile.
3. On the Dashboard you then select the Skills Maintenance button.
4. Scroll down to Surf Rescue Certificate and click the enrol button on the right.
5. Then select the blue Launch button to complete your online Theory test.
6. Once you have completed your test book into the selected Point Leo Skills Maintenance session.
7. Attend the face-to-face session/s you booked
8. Make sure your Skills Maintenance card is signed off **during** the session
9. Take a photo of your Skills maintenance card and keep it
10. Provide your card to the Skills Maintenance Session Coordinator at the end of the session

What should I expect at a Skill Maintenance Session?

On the day you will perform a run-swim-run and be tested on your patient assessment, CPR and rescue skills – so get out your book and brush up if you need to. Due to COVID – things will look a bit different again this year.

Qualified Club Assessors coordinate the Skills Maintenance sessions and assess all participants.

You should allow a couple of hours to complete the entire SRC assessment components.

Here is a complete list of the components you will be assessed on:

- Online Assessment (must be completed prior to the day – through the [LSV portal](#)) This is an open book assessment.
- Run/Swim/Run
- CPR
- Rescues
- Patient Assessment
- Signals

Sounds complicated? Not really, basically just remember to do the online component then turn up to Point Leo at the skills maintenance session as advertised.

3 *Requalification for 15-year-olds (U16s)*

All 15-year-olds that will be undertaking their Bronze Medallion in December this year **do not need** to attend Skills Maintenance. If you are a 15-year-old and you aren't doing your Bronze Medallion you **WILL** need to attend Skills Maintenance to validate your SRC for another 12 months

WHAT'S HAPPENING IN THE LION'S DEN

Please note: All Point Leo SLSC activities must always follow all relevant Government and LSV COVID requirements and although information can change or be updated on a regular basis, Club activities will always be planned so as to incorporate the required COVID measures. Specifically, if any additional changes or updates are required to what is written below about the Lion's Den program, appropriate modifications will be made and communicated to you.

Congratulations!

Now, that you have passed your SRC Skills Maintenance or your Bronze Medallion for the upcoming season, you can take part in a number of *Lion's Den* activities.

Thanks to our friends at BlueScope, our *Lion's Den* program just got a whole lot better.

We are thrilled that Bluescope is sponsoring our *Lion's Den* program for a 2nd year. With a mutual interest in youth mental health wellbeing, it is a natural partnership that has enabled us to continue to incorporate some really important aspects into *The Lion's Den* offering.

Thanks to BlueScope, the under 15 swim camp has a participant pack included and the program will incorporate some positive wellbeing sessions for participants. We are utilising the rich skills and resources and connections within our club membership to deliver these sessions, to ensure they are really suitable for our youth lifesavers.

1 Lion's Den T-Shirts – U15 & U16s

New Design for 2022!

They will be available for pick -up at Nipper water safety.

Thanks to BlueScope we also have some great t-shirts coming for all our cadet members who participate in *Lion's Den* activities!

Order of T-shirts: Click [here](#) - ORDERS CLOSE STRICTLY 6pm 1st December 2022

2 Point Leo Mates – U16s

Point Leo Mates has been developed to help build and strengthen your youth member connections with the Club. It's all about building a sense of community at Point Leo SLSC, particularly during COVID when organic connections and engagement have been severely restricted across the Club.

The Point Leo Mates initiative is all about creating connections with other youth and our Younger Older Members (YOMs) of the club who are 18 and over. It's a great way to get to know other members of the club and having people you know available and ready to answer any questions you might have throughout

the season. The YOMs are also keen to share their experiences about great aspects of the club to be involved in.

The YOMs will be asked to sign up and complete the LSV online Safeguarding Children and Young People Awareness Course and follow relevant procedures. All participants will be required to adhere to the Point Leo Code of Conduct.

Date: Sunday 2nd January 2022

Activity: Chips and drinks after the Nipper session on the lawn near the kiosk

Bookings: NIL

Additional Cost: NIL

3 The Lion's Den BlueScope Swim Camp - U15

We have our YOMs leading a fun filled day-camp full of plenty of 'not so serious' swimming fun and heaps of tips for improving your open water swimming - an essential part of lifesaving. Some activities include: body surfing, swimming at different Point Leo locations, positive wellness sessions, skills/scenarios sessions, and the opportunity to be part of the Point Leo Cadet Team for the Portsea Swim Classic. Each participant will receive a BlueScope swim camp pack.

Camp dates: Wednesday 12 Jan- Thursday 13th Jan & optional separate entry to the Portsea Swim Classic (15th January) as part of the Point Leo Cadet Team

Details: Specific camp details to follow.

Bookings and payment: Click [here](#) – Booking close 6pm December 1st 2021

Due to COVID no casual walk-ups accepted. Participant numbers are capped so book early.

Additional Cost: \$20.00 per participant. To be paid on booking.

4 The Lion's Den Social Activity - U15s

Date: Friday 7th January 2022

Activity: Pizza & games night at the Club

Bookings and payment: Click [here](#) - Due to COVID no casual walk ups accepted. Booking close January 3 2022

Additional Cost: \$10.00 per participant. To be paid on booking.

5 The Lion's Den Social Activity - U16s

Date: Sunday 9th January 2022

Activity: Pizza Night, other activities TBA

Bookings and payment: Click [here](#) - Due to COVID no casual walk ups accepted. Bookings close 3rd January 2022

Additional Cost: \$10.00 per participant. To be paid on booking.

6 The Lion's Den Beach and Water Scenarios/Sessions – U15s & U16s

We have our young leaders and experienced Activity Leaders organising some beach and water activities/scenarios sessions. Brush up on your surf lifesaving skills, board skills, have fun doing some team events, join in on many lifesaving activities organised.

Details: The sessions will start at **10:00am** on the advertised days. Club cadet boards will be available if required. You are encouraged to bring your own gear.

Dates: Wednesday 29th December 2021 & Wednesday 5th January 2022

Bookings: Not required.

Additional Cost – NIL

7 First Aid Qualification – U15s

Provides participants with the skills and knowledge to manage an emergency first aid situation until professional medical support is available. Participants will become a specialised first aid patrolling member. They can further develop their skills by completing additional emergency care awards. Our Point Leo trainers will be conducting the training.

**U16s that missed out last season can do the general course offered by the club*

Dates: Monday 3rd January 1-3 pm (online theory) & Monday 10th January 9am - 4pm

EOI Registrations: Click [here](#) - Due to COVID no casual walk ups accepted. EOIs close 27 December 2021 (earlier if course fills prior to this date)

Additional Cost: TBA

**This is also a great qualification to have on your resume when applying for part-time jobs!*

8 Patrolling – SRCs & Bronzies

Once you have successfully completed your Skills Maintenance or Bronze for the season, you are OK to patrol again this season!

Here are some general notes about Patrolling:

The season's patrol roster has already been released and emailed to each SRC and Bronzie. It allocates each person to a specific Patrol group, and it covers all rostered patrols for that group until the end of the season (in the following Easter). Check the weekly Club newsletter for additional copies. If you can't find your name on a patrol team please email patrols@pointleoslsc.com.au to organise being added to a patrol team.

Each season, SRCs and Bronzies are required to complete a minimum of 16 hours patrolling (November 2021 to April 2022). Patrol hours are also accumulated by undertaking Nipper Water Safety at the JSLP (see details below).

If you can't patrol - you need to do is contact your Patrol Captain to let them know if you **won't** be coming to a patrol. You also need to organise a substitute with the same qualification as you. If a patrol cannot meet the numbers/qualifications required, the patrol cannot be considered "full" and the quality of beach safety is dramatically compromised – please don't put the Club, your Patrol and your fellow Club Members in this dangerous and embarrassing position.

9 Nipper Water Safety - SRCs & Bronzies

It's all about making sure our Nippers are safe and have fun. Nippers just love seeing the older kids come back and help them out and we always love to see our graduated Nippers return and be part of the Nipper sessions.

You are always welcome, and we always need experienced cadets helping as Water Safety. Only people who have their SRC or Bronze Medallion have the skills to do these jobs – and that's why **WE NEED YOU!**

The JSLP commences on December 27, 2021 and runs through January 2022.

For details on session times, please refer to the Club website: <https://www.pointleoslsc.com/juniors/>

Session dates: Monday 27 December, Tuesday 28 December, Thursday 30 December, Sunday 2 January, Tuesday 4 January, Thursday 6 January, Sunday 9 January – Club Championship Day, Sunday 16 January – Carnival day

What you need to do to be involved as Nipper Water Safety?

1. Read the Nipper Water Safety flyer in the Patrol Room to ensure you understand your responsibilities. This flyer is also provided at SRC and Bronze camps.
2. Ensure you are wearing an orange Water Safety Vest at all times when doing Water Safety.
3. Remember to **sign in** (at the commencement of your shift) **AND out** (at the conclusion of your shift) at the Patrol Room (or near) on the Patrol Book to ensure that your Nipper Water Safety hours are recorded and processed towards your total patrolling hours for the season. Unless CLEAR sign in/sign out details are recorded on the day, they cannot be processed. **No** retrospective hours can be added at a later date.
4. Attend the Water Safety briefing held at the start of each Nippers session led by the Nipper Water Safety Co-ordinator. It is important to attend these briefings to understand any specific water safety requirements for the day.

10 Nipper Activity Leaders - Bronzies

If you are interested in helping out as a Nipper Activity Leader, we would love to have you! We know you have the qualifications, skills and knowledge that would really help our Nippers learn so much.

Don't worry, we have people to guide and support you - and there are lots of resources to use.

Please contact the Nipper Coordinator if you are interested nippers@pointleoslsc.com.au .

11 LSV Youth/Senior Carnivals

Join our Pride!

Every Cadet has the opportunity to represent Point Leo at the Life Saving Victoria (LSV) Youth/Senior Carnivals with their lifesaving friends, practising all of the skills acquired during the season and past seasons. There are many individual and team events offered at each carnival such as: flags, sprints, swimming, board paddling, board rescue, relays and more.

At these carnivals, Under 14(Nipper) & Under 15(Cadet) Point Leo competitors participate in activities together as one **'Youth'** cohort. The LSV Youth Carnivals are scheduled to run alongside the Senior LSV carnivals at the same venue (often at opposite ends of the beach). They are not part of the LSV Junior (Nipper) Carnivals. You must have your SRC to compete.

If you are 15 years or over you will be competing as an under 17 competitor in the Senior section at these Youth/Senior carnivals. You must have your Bronze to be able to compete as an Under 17.

There are many Youth/Senior Carnivals scheduled by LSV during the season and Point Leo selects a number of key carnivals to which Point Leo will send a team. The calendar of these carnivals is communicated via the club newsletter and all other details and updates are communicated via Team App

We encourage all of our Cadets to 'have a go' at competition and we provide plenty of opportunities to train and improve skills for those that wish to compete in the Youth(U14 & U15) State Championships both at the individual level and the team events.

Training and Carnival Communications

Informal information on Seniors training and any updates to timings or venue are communicated through the Point Leo Team App. Please download Team App and make sure you are part of the *Youth/Senior Surf Sports* chat and request access to the notifications. Any formal information on specific Youth competition details and costs will be communicated via the club newsletter.

The Role of the Senior Team Manager

Point Leo organises Youth competitors differently from Nippers. In Youth/Senior, there is a Competition Team Manager who undertakes all the administration and coordination of the competitors for each carnival.

For the 2021/22 season, Caleb Grey is the Point Leo Senior Team Manager. This year, Sharyn Clarke is the 'go to person' on the beach in the role of Youth Team Manager supporting Caleb.

As there are no actual 'Age Managers' to help organise competitors, it is up to each individual to ensure they pay their entry fee and confirm with the Senior Team Manager their attendance and their selected events at the Carnival prior to the entry closing date that will be advertised. All teams are selected by the selection panel. This panel is made up of coaches and section heads of each discipline.

How to enter each Youth/Senior Carnival

Half and full season LSV Carnival fees for designated LSV carnivals are set at the beginning of each season and communicated via the club newsletter.

The Senior Team Manager will post details of the upcoming Carnival on Point Leo Team App – Calendar feature. You will need to RSVP with details of what events you would like to compete in. A copy of the program will be available on Team App or from the LSV website.

Beach events and water events can be scheduled at the same time. So if you have a particular beach event that you would like to enter, please make it clear that you don't want to be considered for any teams in water events – otherwise you may be selected which could result in a conflict of events.

If you cannot turn up to a carnival or you need to leave a carnival early, you MUST contact the Team Manager ASAP.

The final Victorian Carnival is the LSV Youth/Senior State Championships Carnival usually held in March each year (usually after the Junior LSV Carnivals). In order to participate in the LSV Youth/Senior State Carnival you MUST have participated in at least one other LSV Carnival during the season. There are also patrol hour commitments to complete eligibility. Contact Caleb on teammanager@pointleoslsc.com.au to find out more about your competition hours.

Youth Competitors are also eligible to attend the Australian Surf Lifesaving Championships (usually held in Qld, but this season they will be held at Scarborough WA) in April each year. More details about 'Aussies' will be available through the club newsletter.

Competition Training

This season Nick Clarke is the Youth coach. Please refer to Team App for details of the Youth training sessions and times.

You are encouraged to participate in any training sessions to maintain and improve your skills.

Contact Point Leo's Head Coach for details: surfsports@pointleoslsc.com.au

For those interested in understanding the details of each Carnival event, The Australian Surf Sports Manual is produced and is an annual reference guide detailing all events and associated rules. A copy is available in Team App along with any annual changes.

Equipment

All equipment for Carnival training and competition is available for use from the club and extreme care must be taken in its use. However, it is recognised that at this age group there will be many competitors who purchase individual boards particular to their own needs. You must have permission to take club craft to a carnival and it cannot be kept for your personal use. Please refer to the [Board and Ski Use Policy](#) available from the club website.

For most Carnivals, a Senior trailer will be taken. Unlike the Nipper trailer that was prepacked and unpacked by the Club Gear Steward, the Senior trailer is packed by those individuals who require equipment at the Carnival. If you need gear to be taken to the Carnival for your own use, you must be prepared to pack it and unpack it yourself on the trailer, otherwise please find alternative arrangements for transport. The trailer is packed the Thursday afternoon before each Carnival. Sometimes we do not take a trailer and all athletes must be prepared to take their own equipment.

Each competitor must provide their own 'tie downs' for any equipment they want transported on the Senior trailer. These can be purchased at any surf shop.

Uniform

Please note: Surf Life Saving Australia require the compulsory wearing of high visibility vests or singlets by ALL ATHLETES at all training sessions and at all competitions. These are available from the Uniform Shop. Each Point Leo competitor will also need a Point Leo orange cap. Point Leo bathers are preferred.

Youth/Seniors Carnival Parental Involvement

Parents are encouraged to attend Carnivals to support their competitors and to offer themselves as carnival officials, water safety or assist on the day. The Youth Carnivals operate a bit differently to Nippers, so the support of parents will help the smooth transition for the under 14s & 15s.

Parents of Youth competitors are encouraged to organise themselves for car-pooling and general communication via the chat feature on the Teams App platform.

It is important that Point Leo fulfills its water safety and official requirements at every carnival. The Senior Team Manager will be calling for volunteers. Parents are encouraged to undertake the Officials Course that LSV offer as only qualified officials are permitted at these carnivals. Each participant must also

provide support for each carnival in the areas of either officials, water safety, IRB, beach set up, beach pack up, first aid.

For any other information about Youth Carnivals, please contact the Senior Team Manager Caleb Gray via email: teammanager@pointleoslsc.com.au

Go Team Leo!

12 Pool Life Saving

Surf Lifesaving's winter sport!

LSV's Pool Life Saving competitions are scheduled during the months of June to September. Point Leo SLSC has a group of enthusiastic members who participate regularly. There are some individual and team events to enjoy keeping up your health and fitness in the off season.

LSV offers regular training sessions for those who would like to give it a go and practise their skills.

It is lots of fun!

Individual events: 50m Manikin Carry, 100m Manikin Carry with Fins, 12.5 Line Throw, 100m Manikin Tow, 200m Obstacles, Super Lifesaver

Team events: 4 x 50m Obstacle Relay, 4 x 50m Medley Relay, 4 x 25m Manikin Relay

For more information, please contact our Senior Team Manager teammanager@pointleoslsc.com.au

13 Helping Out

There are lots of other ways to help out and use your skills at Point Leo SLSC. Keep a look out for details about our Disabled Surfing Day (mid-January). We always need SRCs and Bronzies to help with water safety.

14 Other Club Social Events

The Club has a number of other social events that are organised during the season. Keep a look out in the club newsletter for details about: Muso night, Trivia Night and much more.

PARENTAL INVOLVEMENT AND SUPPORT - WE NEED YOU!

The Lion's Den relies solely on volunteers to coordinate and deliver these great opportunities for our Cadet members. We thank all of our qualified trainers and our leaders for providing Lifesaving Award opportunities for our Cadets.

We also thank all parents for their continued support in enabling our Cadet members to continue to embrace and be ready to be involved in Nipper Water Safety, patrolling and other aspects of Club life. We will reach out to parents to help out on the swim camp and social activities (in particular) when the time comes. As always, - you don't need any particular skills, just enthusiasm and a willingness to help so we can keep providing these programs for our Cadet members.

WESTERN
PORT



LSV OPPORTUNITIES

Under 15 Leadership Development Camp

(For 14-15-year-old club members)

The U15 Leadership Development Camp is a fun filled weekend of thought-provoking activities designed to develop participants knowledge of self and their team-mates, while learning the fundamental skills of leadership. Throughout the camp participants will build their state-wide network of contacts and broaden their understanding of lifesaving as they are mentored by experienced volunteer leaders.

The U15 Leadership Development Camp aims to develop participants in the following areas:

- Develop participants self – awareness, leadership and team-work skills
- Inspire participants to stay involved in lifesaving through broadening their understanding of lifesaving pathways
- Facilitate an environment to develop a network of friends across the state
- Exposure to fundamental SRC lifesaving skills
- Encourage participants to make a valued contribution back to their clubs

To participate, youth must be nominated by their Club.

In the past couple of years, Point Leo has successfully nominated members to attend the camp.

Point Leo SLSC is guaranteed one position on the camp (like other clubs), but if the camp quota has not been met, the remaining positions will be allocated to clubs with more than 1 application. Nominations will close approximately 2 months prior to the camp date. The Camp is usually held in May each year.

For more information regarding the U15 Development Camp, please refer to the Leadership & Development Programs section of the Life Saving Victoria website - <https://lsv.com.au/clubs-members/leadership/leadership-and-development-camps/>

If you are interested in attending the camp, please contact the VP Youth Development.

LSVj

LSVj (LSVj Advisory Committee) is a new LSV initiative that will annually recruit youth members (13-17 years), at all three levels of their committee.

- LSVj Advisory Committee member
 - LSVj Advisory Committee Position Description [download](#)
- LSVj Area Representatives – appointed and voted on by the LSVj Club Representatives
 - LSVj Area Representative Position Description [download](#)
- LSVj Club Representatives - who are responsible for representing their own Club.
 - LSVj Club Representative Position Description [download](#)

Each of the three positions come with slightly different responsibilities, levels of commitment and areas of focus – which are outlined in the Position Descriptions below and attached.

The three positions, all have the following commonalities.

- To represent youth member views, challenges, values and ideas
- To support the development of Membership and Leadership Development Programs, which address current skill gaps
- Provide additional pathways for youth members and improving retention of youth members through identification and supporting targeted programs.
- Support additional leadership pathway and participation for youth members through advocating, promotion and supporting.
- Be an active voice and participant in promoting Safeguarding Children as required by LSV.

Click here for the [LSVj Promotional Video](#)

For further information about LSVj, please visit the [LSVj webpage](#) or contact the Youth Leader.

LIFE SAVING AWARDS

Surf Rescue Certificate (SRC)

The Surf Rescue Certificate (SRC) is offered to those juniors who have turned 13 years of age on the date of the assessment. The course is run over a couple of weekends at the start of the season and includes an assessment.

It provides participants with basic patrolling and surf awareness knowledge, in order to be able to participate in basic lifesaving patrolling operations.

Participants will be able to participate in patrols under the guidance of more experienced patrolling members. Skills are further developed through the Bronze Medallion.

An SRC candidate

- Must be a minimum age of 13 years old on the date of the final assessment
- Must complete a 100m run, 100m swim, 100m run within 5 minutes
- Must have completed a 200m swim in 5 minutes or less, in a swimming pool or over a measured open water course before any training starts in the surf

For more information about the SRC camp and the units covered, refer to the Club website:

<https://www.pointleoslsc.com/surf-rescue-certificate/>

Bronze Medallion

The Point Leo Bronze Camp held in December each year.

It provides participants with basic patrolling and surf awareness knowledge, in order to be able to participate in basic lifesaving patrolling operations.

Participants will be able to participate in patrols. Bronze Medallion is a prerequisite for most other lifesaving awards.

A Bronze Candidate

- Must be a minimum of 15 years of age on the date of examination
- Must complete a 200m run, 200m swim, 200m run within 8 minutes
- Must have completed a 400m swim in 9 minutes or less in a swimming pool or measured open water course before training starts in the surf
- Must be a financial member of the club

For more information about the Bronze camp and the units covered, refer to the Club website:

<https://www.pointleoslsc.com/bronze-camp/>

First Aid Qualification

Description: Provides participants with the skills and knowledge to manage an emergency first aid situation until professional medical support is available.

Outcome: Participants will become a specialised first aid patrolling member. They can further develop their skills by completing additional emergency care awards.

Pre-requisites: Must be a financial club member, Min. age - 14 years

Qualification

- HLTAID003 Provide First Aid - Valid 3 years
- HLTAID002 Provide Emergency Life Support - Valid 3 years
- HLTAID001 Provide Cardiopulmonary Resuscitation - Valid 1 year

THE LION'S DEN – 'TO DO' LIST – PRE-SEASON

- Pay your seasonal membership fees in August
- U15s book in for a Point Leo Skills Maintenance session (when advertised in the club newsletter)
- Complete the online SRC Skills Maintenance online theory assessment
- U15s attend a Skills Maintenance Session before Christmas
- U16s sign up to complete your Bronze Medallion
- U15s Sign up and pay for the Swim Camp
- U15s Sign up to attend the First Aid Training
- Sign up and pay for the social events (U15s & U16s)
- Look up the Patrol Roster and mark your patrol group & dates in your calendar
- Those interested in Youth LSV Carnivals and Training - Download Team App and sign up to Point Leo SLSC. Ask to be added to the Senior Surf Sports Chat to receive notifications