



COOGEE SLSC BRONZE INFORMATION SHEET

HISTORY OF THE CLUB

Coogee SLSC was founded in 1907 by some concerned people who thought that surf bathers needed protection from the dangers and vagaries of the surf. Our beginnings were humble and we operated out of a wooden shack until 1920 when the first clubhouse was built.

Coogee has always been at the forefront of surf life saving. The first mass rescue, night surf carnival, shark attack and resuscitation technique all happened at Coogee. Since then the club has grown to over 1800 members with over 150 members performing patrols. The club is extremely proud of its record of 'NO LIVES LOST' while Coogee SLSC has been on patrol.

MEMBERSHIP

A wide variety of membership categories are offered by Coogee SLSC. These generally include:

1. Senior Active membership
2. Reserve Active membership
3. Junior Active membership
4. Cadet membership
5. Associate membership
6. Long service membership
7. Junior Activity membership

BRONZE MEDALLION

The Bronze Medallion course is a preparatory course for Senior Active membership. It takes 6 weeks and concludes with two exams (Part A Theory and Part B Practical together with an on the job training component referred to as Part C).

During the course you will learn basic first aid, identification of surf conditions, use of rescue boards, use of rescue tubes, signals and a variety of other topics as outlined in the SLSA manual.

You will also need to complete and submit a training manual/workbook.

There is also a practical component to the course, where you will spend a few hours observing an active Life Saving patrol.

The next course, **Spring Bronze**, will begin on Tuesday 9th September, 2008 at 7pm with further courses commencing throughout the season.



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A lesson plan for the upcoming course is set out below.

Tuesday	7.00pm - 9.00pm (Clubhouse) - Theory Sessions
Thursday	7:00pm - 9.00pm (Clubhouse) -Theory Sessions
Saturday	9.00am - 11.00am (on the beach) - Practical sessions
Sunday	11.00am - 1.00pm (on the beach) - Practical sessions

SESSION	UNIT NO.	LESSON
1	1+8	Safety + Surf Awareness + Communications + Tour Anatomy & Physiology + Basic Resuscitation
2	3 + 6+ Rev 1 & 8	Assessment (EAR)
3	Swim + I + 10	400m Swim + Surf Awareness +Tube rescues
4	6+10+Rev	Board Resuscitation (EAR) + Board familiarisation Basic (EAR) & Advanced resuscitation (CPR)
5	6 + 7 + Rev 3 & 6	Manikins
6	12 + 9 + Rev 6 & 7	CPR & Oxygen therapy + Use of oxy-viva (3 person)
7	6+7+10+Rev	Tube + Board with assessments
8	7+10+Rev	Board + Resuscitation + Oxy-viva + Supports & Carries + Advanced Resuscitation (CPR)
9	11 + 7 + Rev 12 & 9	Revision
10	4 + 5 + Rev CPR	Basic First Aid + First Aid
11	2+10	Surf skills + boards +tubes (Maroubra)
12	12+ 9+11 Rev	Patrols + radios +supports &carries (Maroubra)
13	7+ Rev 4 & 5	Patrols + Communications
14	7 + Rev	Advanced Resuscitation (CPR) & Oxy-viva
15	2 + 10	Patrol Scenarios Instruction
16	All	Trial Assessment Part A - theory & Resus
17	All	Revision on all theory sessions
18	All	Trial Part A Assessment
19	All	Rescues & Resuscitation & Oxy-viva + First Aid
20	All	Patrol Scenario's Instruction
21	All	Part A revision
22	Exam (6.30pm)	Part A Theory Assessment (Coogee)
23	Rev	Part B Trial Exam + Revision



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Exam (8.30am)

Part B Practical Assessment (Coogee)

STAY WARM

For most of the year Coogee is pretty toasty, but for the early sessions please make sure you bring something to stay warm such as a fleece or a spring suit. Not essential but it will make things more comfortable.

FITNESS

A large component of the Bronze Medallion is geared towards fitness both on the sand and especially in the water. It is important you have a solid base of fitness and keep up some personal training sessions every week throughout Course. Part of your Bronze Assessment requires you to complete a Run/Swim/Run within a required time.

Of course, there are further opportunities available at the club including use of Club facilities, use of the Club gym, competition, further courses and social events.

THE NEXT STEP

To join Coogee SLSC as a Bronze Medallion member, all you need do is bring your credit card/cash to the Information night or to the first Tuesday night session up at the Club House from 7pm. You will then be asked to fill in an application form.

Cost for joining Coogee SLSC and for the bronze medallion course is \$215.00 for adults, \$165.00 for students and \$110.00 for Juniors. Bronze medallion course fees include Club membership and electronic fob.

Information nights will be held at the Coogee SLSC Clubhouse (located at the southern end of Coogee beach) on the following dates: Sunday 31 August 08, 26 October 08, 18 January 09 at 6.30pm.

For further information, please contact mail@coogeesurfclub.com.au or refer to our website www.coogeesurfclub.com.au.

AND FINALLY.....

Once the Bronze course is completed, your life in the club, in many ways, is only just beginning. There are patrols to attend to during the course of the season, many social activities to get involved in, and importantly, for many people, there is a very strong active competition side to the club.



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Coogee SLSC has a very proud history in relation to its performance at branch, state and national titles and members will see the fruits of our labours on the wall in the ocean room.

Members of the club who complete their bronze medallion are very strongly recommended to explore all aspects of the club competition side.

In this regard, please liaise with either the Lead Instructor or any of the Chief Instructors in the club who will direct you to our Director of Competition for *this* season, Rebecca Hamilton. Please note that you can also contact Rebecca through the clubs website.

Cheers and we look forward to welcoming you at the Club,

Will, Rob, Claire & Nicola

Education team
Coogee SLSC