



COOGEE SLSC 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 generally takes 6 weeks and concludes with two exams (Part A Theory and Part B Practical). 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.

The next course will begin on Tuesday 1 November 2005 with further courses commencing throughout the season. A lesson plan for the upcoming course is set out below.

Tuesday 7.00pm-9pm & Thursday 7:00pm-9pm (Clubhouse)

Session	Unit No.	Lesson	Date
1	1+8	Safety + Surf Awareness + Communications + Tour Anatomy & Physiology + Basic Resuscitation	Tue 1/11
2	3+6+Rev 1 & 8	Assessment (EAR)	Thur 3/11
3	6+7+Rev 3 & 6	Mannikins	Tue 8/11
4	12+9+ Rev 6 & 7	CPR & Oxygen therapy + Use of Oxy-viva (3 person)	Thur 10/11
5	11+7+Rev 12 & 9	Revision	Tue 15/11
6	4+5+Rev CPR table	Basic First Aid + First Aid	Thurs 17/11
7	7 + Rev 4 & 5	Patrols + Communications	Tue 22/11
8	7 + Rev	Advanced Resuscitation (CPR) & Oxy-viva	Thur 24/11
9	All	Revision on results of first trial and re-test	Tue 29/11
10	All	Revision and second trial	Thur 1/12
11	All	Part A – Revision	Tues 6/12
12	Exam	Part A Assessment	Wed 7/12
13	Special Award	ARC revisions & defib course	Tues 20/12
14	Special Award	ARC revision	Wed 21/12
15	Special Award	ARC exam (Coogee)	Thurs 22/12

Saturday 9-11am & Sunday 11am -1pm (on the beach)

Session	Unit No.	Lesson	Date
1	Swim + 1 +10	400m Swim + Surf Awareness + Tube rescues	Sat 5/11
2	6 + 10 + Rev	Basic Resuscitation (EAR) + Board familiarisation Basic (EAR) & Advanced Resuscitation (CPR)	Sun 6/11
3	6 + 7 + 10 + Rev	Tube + Board with assessments	Sat 12/11
4	7 + 10 + Rev	Board + Resuscitation + Oxy-viva Supports & carries + Advanced resuscitation (CPR)	Sun 13/11
5	2 + 10	Surf skills + boards + tubes (Maroubra)	Sat 19/11
6	12 + 9 + 11 Rev	Patrols + radios + supports & carries (Maroubra)	Sun 20/11
7	2 + 10	Patrol Scenarios instruction	Sat 26/11
8	All	Trial Assessment Part A - theory and resus	Sun 27/11
9	All	Rescues + Resuscitation + Oxy-viva + First Aid	Sat 3/12
10	All	Patrol Scenarios instruction	Sun 4/12
11	Rev	Part B Trial Exam + Revision	Sat 10/12
12	Exam (9.00am)	Part B Practical Assessment (Coogee)	Sun 11/12
13	Special award	ARC course	Sat 17/12
14	Special award	ARC course	Sun 18/12

Fitness

Club members regularly meet for an early morning fitness session at Coogee beach. On Tuesdays and Thursdays the training begins promptly at 6am and concludes promptly at 7am. Saturday morning training during the season begins at 9am. The sessions cater for all levels of fitness and surf skills and are led by the club president Rob Yeldon who is often praised for his enthusiastic and motivating leadership. Most 'bronzies' join his morning sessions during their course as a means of preparing themselves for their exams and find they continue with their training throughout the year. All clubbies and prospective clubbies are welcome to join Rob's morning sessions. For further information, please contact Rob Yeldon on rob@purruna.com.au

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 all you need do is pop by the clubhouse office on a Sunday morning from 10am to noon. You will then be asked to fill in an application form. Cost for joining Coogee SLSC and for the bronze medallion course is \$125 (including security pass) for over 18s and \$115 for under 18s.

Information nights will be held at the Coogee SLSC clubhouse (located at the southern end of Coogee beach) generally on the first Monday of every month at 6.30pm with the next information night being **Tuesday** 4 October 2005, due to the long weekend.

For further information, please contact Mark Doepel on mark.doepel@minterellison.com or Patrick Garcia on Patrick.Garcia@jws.com.au