



BRONZE CAMP INFORMATION
&
APPLICATION FORM
SEASON 2009 / 2010



Dear Lifesaving Bronze Candidate,

After the Point Lonsdale SLSC decided to run just the one Bronze Camp instead of two, the number of candidates was overwhelming. However, with the growing numbers of members doing their Bronze every year, we believe that one Camp is just not enough. Rather than going back to two individual Camps, we will be running the normal Bronze Camp as well as a Bronze Up-skill Camp. The Up-skill camp is only available for those members who have previously completed their Surf Rescue Certificate and this year for the first time will provide the chance for candidates to also obtain their First Aid (FAC) and Advanced Resuscitation (ART) awards. The dates for these Camps are as follows.

Bronze Up-skill Camp:

Thursday 10th December 2009 – Sunday 13th December 2009

Main Bronze Camp:

Monday 14th December 2008 - Sunday 20th December 2009

As part of Surf Life Saving Australia's commitment to move it's education structure into the Government training framework (the Australian Qualifications Framework or AQF), they have ensured that all members of the organization attain nationally accredited training. As a result, the National Board of Lifesaving has resolved that:

"From 1st September 2005 all new active members completing the Bronze medallion will attain the Certificate II in Public Safety (Aquatic Rescue) on or before their next proficiency test"

The Lifesaving Bronze is the basic qualification for any Surf Lifesaver and is considered essential for a lifetime in lifesaving. Accompanying the award is some responsibility. As active Club members, Bronze medallion holders are required to patrol the Surf Beach at Point Lonsdale as part of a roster system, which is organized at the conclusion of the camp.

Pre-requisites

The camp will be both physically and mentally taxing, there are also strict guidelines that must be followed; therefore the **following pre-requisites must be adhered to**.

1. Be a minimum of 15 years old on the date of the assessment.
2. Be a financial member of the Club.
3. Have completed a **400 metre swim in 9 minutes or less** (tested by the Club on the first day of the camp).
4. Be prepared to patrol the surf beach at Point Lonsdale as an active member.

Youth Involvement Program

The Youth Involvement Program (YIPs) enhances and encourages participation of young members in lifesaving. There are three levels of achievement, bronze, silver and gold that reward members for being involved in our volunteer community service. This program allows youth to be mentored and helps continual development of leadership and personal life skills.

You can choose to enroll at the bronze level whilst enrolling for the camp, and the club will fund enrolments for further levels should you wish to continue. Enrolment at the bronze level costs \$25.00. For more information, you can contact our Junior Club Captains – John (0424 366 835) or Margot (0433 244 429).

Enrolment

Enrolments will only be open for current members first, so they will have first chance to sign up for the Bronze Camp, but from Monday the 17th of September, registrations will be open to anybody, provided that there are places remaining for the course.

YOU CANNOT REGISTER ON THE DAY OF THE CAMP

The registration cut-off date for this camp is **Friday 30th October 2009**. Any enrolments received after this date will be placed on a waiting list, and in the case of a booked participant becoming unable to do the camp, the person at the top of this list will take his/her position and so on.

By enrolling in this camp you agree to **take part in every activity that is involved in the program.** If a candidate does not participate at an appropriate level deemed by the Training Development Officer (Lifesaving), they may be asked to withdraw themselves from the program.

To enrol please return the attached application and medical form with the necessary payment to:

Point Lonsdale SLSC
PO Box 120
Point Lonsdale VIC 3225

Please ensure this arrives at the club by the cut-off date - **Friday 30th October 2009**. The camp is extremely popular and therefore numbers must be capped, it is extremely important to enrol as soon as possible to avoid disappointment

Membership / Camp Fees

<u>ITEM</u>	<u>DESCRIPTION</u>	<u>PRICE</u>
Training Manual & Candidates Workbook	Manual to assist with learning. Workbook to be finished as part of assessment.	\$30.00 + \$6.00
Lifesaving Cap	Double sided; club colours and patrol colours.	\$15.00
Patrolling Bumbag (compulsory)	Bumbag with resuscitation mask and other patrolling gear.	\$30.00
Breakfast	Both hot and cold, provided for every morning of camp. Inc. drinks & fruit.	\$40.00
Pizza and Video Night	One night during the camp will be a pizza and movie night.	\$15.00
Official 2008 / 2009 Bronze Camp T-shirt	To be worn on exam day as well as whenever necessary during camp.	\$25.00
Administration Camp Fee	To assist the club in the running of the camp. \$50.00 for the Bronze Up-skill Camp	\$100.00 OR \$50.00
Patrolling Bond* (Not for Up-skill course)	Will be returned once member has done sufficient patrol hours as deemed by the Club Captain.	\$200.00
Patrol Uniform	Supplied by the Club / SLSC	FREE
YIPs Enrolment	Enrolment in the Youth Involvement Program.	\$25.00

* Bond may be waived for previous service to the club by written application

You must also be a member of the club to enroll in this course. Please refer to the membership section of the Clubs website www.pointlonsdaleslsc.asn.au or the renewal form send out our address.

Optional Accommodation

Accommodation is offered at the Clubrooms at an extra cost of \$5 per night. This only includes accommodation and a communal kitchen, so the candidate must organize their own lunch and dinners (breakfast is provided for all candidates). There will also be an instructor over the age of 18 to supervise each night. If accommodation is required, candidates must book at least one week prior to the commencement of the camp to ensure a bed. Please contact the club office (5258 1257).



Required Equipment

It is expected that each candidate will have the following equipment for the entire duration of the camp:

1. Bathers suitable for surf swimming (navy, black or club bathers)
2. Running gear (runners, shorts etc)
3. Towels (at least two)
4. Sun protection (sunglasses, hat and SPF 15+ sunscreen)
5. Wet weather clothing (plenty of warm clothes)
6. Water bottle
7. Pens, pencils, and paper (**VERY IMPORTANT**)
8. Asthma inhaler (if asthmatic) or other medication if needed
9. Wetsuit (recommended)
10. Some money for emergencies and snacks.

Schedule

Every day of the camp the candidates will participate in four elements of training;

- ✓ Physical Training
- ✓ Surf Skills
- ✓ Rescue Methods & Techniques
- ✓ Lifesaving Theory

Generally, days will start at 7:00am with a run followed by a surf swim. Breakfast will be supplied at the Clubrooms every morning, with dry theory sessions at the Club usually occupying the rest of the morning. Afternoons will typically be practical rescue sessions, finishing around 5:00pm. The evenings are a time for the participants to relax and socialize in preparation for the following day, unless an evening theory session is planned.

Obviously our schedule is highly dependent on weather conditions, so changes may be necessary.

On one of the nights the Club will hold a pizza/video night for all of the participants. This is a **compulsory part of the program**. This night will conclude at approx. 10:30pm, instructors over the age of 18 will be there to supervise.

First Day of Camp

On the first day of the camp, **Thursday 10th December 2009 (Upskill)** and **Monday 14th December 2009 (Main Camp)**, the day will start with camp sign in and introduction sign in from 9:00am and introduction from 9:30am, parents are welcome. This is an **important session** that will include a formal club welcome, an introduction into Surf Life Saving and more specifically Surf Life Saving at Point Lonsdale.

At this session the candidates will collect their:

- ✓ Caps
- ✓ Candidate Workbooks
- ✓ SLSA Training Manuals
- ✓ Official 2008 / 2009 Bronze Camp T-shirt
- ✓ Timetables

It is also a good opportunity for candidates and their parents to meet some of the club personnel.

Pre-requisite Swim

As previously mentioned, this swim will be **tested by the club** on the first day of the camp. After the barbecue lunch, all candidates will make their way to a local Pool at around **12:30pm**. After the swim has been completed, we will begin an introductory to rescue techniques at the pool; this session will finish at around **4:30pm**. This session is **compulsory for all candidates**. As there are

more candidates than instructors, **we do ask if parents could please make themselves available to give lifts to and from the pool.** Parents are welcome to stay and watch this session.

Assessment

Up Skill Camp & FAC / ART

All Assessments for the Up Skill program including the up skill components will be run all day on **Sunday 13th December** starting at **9:00am** at the Clubrooms at Point Lonsdale

Main Bronze Medallion Camp

The Bronze Medallion district assessment is to be held at **8:00am** at the Ocean Grove Surf Club on **Sunday 20th December** as these assessments are always well attended by camps from other Surf Clubs as well as our own we try to make the day quicker by assessing the written theory paper and some other elements of the course the night before at the Clubrooms at Point Lonsdale this will happen at **7:00pm** on **Saturday 19th December**.

Because of varying weather and surf conditions the finishing time for the assessment can vary and we do ask for your patience. At the completion of the assessment, **all candidates** are asked to make their way back to the **club for presentation of uniforms**.

Camp Rules

All candidates of the camp must adhere to the following rules:

1. For safety reasons you must obey all instructions from you instructors.
2. Candidates must attend all training sessions to be eligible for examination.
3. Candidates will not be entered into any examination until they have reached a certain standard recognized by the Training Development Officer (Lifesaving).
4. Strictly NO Alcohol.
5. Strictly NO Smoking.
6. Candidates must remain with the instructors and the group at all times.
7. All candidates must obey the rules and regulations set out by the Point Lonsdale SLSC.

Any candidate who does not obey the rules mentioned above will be asked to withdraw themselves from the camp by the Training Development Officer (Lifesaving).

FAQ's

What if I have already done a 400m swim in 9 minutes or less, prior to the camp?

Unless you have a medical certificate that prevents you from doing the swim test, you will be expected to undertake the test. Notes from teachers/coaches will not be accepted.

What happens if I can't finish the 400m swim test in 9 minutes or less?

We use 9 minutes as a guideline, if you complete the swim in just over 9 minutes we are able to continue to assess your swimming competency over the remainder of the camp. If you are not confident in your swimming abilities I would **start training before arriving at the camp** in order to maximize your ability to benefit and participate well in the camp.

I'm keen to do the camp, but am frightened of swimming in the surf, what should I do? The idea of the camp is to help you become comfortable in the surf; we do this by giving you special techniques to use. Also every time you are in the surf, there will be a number of qualified lifesavers in the water with you with the appropriate rescue equipment in case anything goes wrong.

I am under 18 and want to stay at the club; will someone be there to supervise me?

Yes. At least one instructor over 18 will be staying at the club during the camp; their job is to supervise those that are staying there. All of these instructors have completed Working with Children Checks.

I am available for the camp just not the exam day, is that alright?

Whilst there are other options in terms of the exam, we STRONGLY recommend that you attend the exam day. We cannot guarantee that we will be able to arrange for you to attend another exam.

If you have any further enquiries about the camp feel free to call or email me, if I don't answer your questions right away, please be patient as I do work part-time and study full time, but I will endeavor to answer your questions as soon as I can.

For all registration and membership enquiries please contact the club office (5258 1257).

I am looking forward to see you down at Point Lonsdale this year

Regards,

AJ Wookey

Training and Development Officer (Lifesaving)

Point Lonsdale SLSC

0421 844 460

POINT LONSDALE SLSC
BRONZE APPLICATION FORM

First Name	Surname

Sex	DOB
Male / Female	

Address

Home & Mobile Phone	e-mail address

Patrol Shirt Size
XS S M L XL XXL

Patrol Shorts Size
XS S M L XL XXL

Camp T-Shirt Size
XS S M L XL XXL

Camp Type
Bronze Up-Skill Camp or Main Bronze Camp

Please answer the following questions:

Do you know anyone else that is doing the Camp as well? If yes what is their name ?

What are your reasons for doing this Camp ?

Do you currently have a holiday house, live locally or rent a house in Point Lonsdale ?

Which one of the following best describes what you would like to get out of the Camp?
(please circle one):

1. To make some more friends.
2. To be able to compete at carnivals
3. For employment purposes
4. To join a surf lifesaving club as an active member
5. Just to get my bronze medallion and nothing else

Do you intend on patrolling the surf beach at Point Lonsdale?
(please circle one):

YES / NO

Do you already know of anyone that is a current member at Point Lonsdale SLSC? If yes,
what is their name?

How did you hear about the Bronze Camp at Point Lonsdale SLSC?

The registration cut-off date for this camp is **Friday 30th October 2009**

Item	Price	No.	Total
Training Manual This is the new (2009) 33rd Edition - Public Safety and Aquatic Rescue Training Manual	\$ 30		\$ 30
Candidates Workbook	\$ 6		\$ 6
Lifesaving Cap	\$ 15		
Patrolling Bumbag	\$ 30	1 per person	\$30
Breakfast	\$ 40	1 per person	\$40
Official 2009 / 2010 Bronze Camp T-shirt	\$ 25	1 per person	\$25
Pizza and Video Night	\$ 15	1 per person	\$ 15
Camp Administration Fee	\$ 50 (Upskill) or \$ 100 (Main)	-	
Patrolling Bond (NOT FOR UPSKILL)	\$ 200		
OPTIONAL	Price	No. of nights	Total
Accommodation @ the Club	\$ 5 per night		
YIPs Enrollment	\$ 25	-	

Grand Total

You can enclose a Cheque, or the Club accepts Visa or Mastercard.

Name of card holder (please print clearly)

Type of card

Visa

Mastercard

Card number

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Card Expiry date

Amount to be charged

\$ _____

Card holder's signature

Point Lonsdale SLSC
Camp Medical Information Form

Member's Name: _____

Camp Dates: __/__/__ to __/__/__ D.O.B. __/__/__

Phone (Holidays) _____ (Home) _____

Family Medicare No. _____ Private Health Cover: **YES / NO**

Ambulance Cover: **YES / NO**

Name of Doctor: _____ Phone: _____

Any known allergies to food, drugs, insect bites, chemicals or other?

If severe, what is the reaction? What are the treatment details?

Do you have any of these physical/health problems?

- Asthma (attach any special treatments) Migraine / Severe Headaches
- Diabetes Arthritis / Scoliosis
- Epilepsy / Convulsions Joint Problems

Any Other: _____

What routine medications (and dosages) are required for these conditions?

Last Tetanus injection date: __/__/__ Hepatitis B immunized? **YES / NO**

DECLARATION

To be signed by a parent/guardian if member is under the age of 18

In the event of accident or illness, I authorize the person in charge to obtain all necessary medical assistance and hospital accommodation, including the administration of anaesthetics, blood transfusions and operations. I undertake to pay all medical and hospital expenses on demand.

Name: _____ Signature: _____