

## **Bellarine District FAC Weekend**

**(Ocean Grove SLSC, Barwon Heads / 13<sup>th</sup> Beach SLSC, Bancoora SLSC and Point Lonsdale SLSC)**

### **At Point Lonsdale Surf Life Saving Club**

#### **DEAR BELLARINE DISTRICT MEMBER,**

On the weekend of Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> August 2010, the Point Lonsdale Surf Life Saving Club will be facilitating a Bellarine District training and assessment weekend, covering the Senior First Aid Certificate (HLT).

All Clubs will benefit from an intensive weekend where their members can undertake an award that we are all lacking numbers in at our individual Clubs and across the State generally.

We often find it difficult to find the qualified / experienced personnel to conduct specialist awards and appropriate trainers and assessors will be on hand at this weekend.

Training in a District is a smart move - we benefit from economies of scale, while building networks and social links to surf life savers in our neighbouring Clubs.

#### **Introduction:**

If you have done a first aid course in the past you should notice a difference with this course ! The course identifies that you have a good knowledge base of first aid, an excellent understanding of resuscitation (basic life support) and have a lifesaving background. The aim will be to quickly revisit these areas, while extending and expanding your knowledge base in other areas.

#### **Prerequisites:**

The only prerequisites are that you are a current financial member of a Surf / Life Saving Club and be a minimum age of 15 at the date of assessment.

#### **BRIEF SYLLABUS / CATERING:**

##### **(Includes 2 Lunches, 2 Morning teas and 2 Afternoon teas)**

Introduction to First Aid, Anatomy & Physiology, First Aid Management, Resuscitation, Bleeding, Shock, Respiratory Emergencies, Cardiovascular Emergencies, Conditions affecting level of consciousness, Wounds, Dressing and bandages, Splints and Stings, Poisoning, Bites and Stings, Temperature related illness, Hard and Soft tissue injuries, Moving injured casualties, Drugs and Substance abuse.

#### **A SUMMARY OF EVENTS**

##### **Saturday 7<sup>th</sup> August -**

9:00am	Introduction
9:15am	Start
4:00pm	Finish Day 1 approx

## **Sunday 8<sup>th</sup> August -**

9:00am Prepare for Day 2  
9:15am Start  
4:00pm Finish approx

### **Preparation:**

In order for us to quickly revisit the basics, you should do some pre-reading of the SLSA 33rd edition manual - Public Safety and Aquatic Rescue Manual.

Please have these sections pre-read prior to the course :

Chapter 3 The Human Body  
Chapter 4 Resuscitation  
Chapter 6 First Aid

If you do not have a manual then copy can be purchased from Life Saving Victoria or there are some copies available for purchase from the Club Office. Please contact Cath or Gavin at the Point Lonsdale SLSC Office if you would like to purchase a copy from the Club.

### **Costs:**

The costs for this course have been purposely kept low to encourage active members to undertake this course and increase their skills.

The cost is only \$ **12.65** which includes a roller bandage, a triangular bandage, First Aid Manual (SLSA First Aid & Emergency Care Manual), handouts and other materials.

Your Club will cover the costs for your LSV Certificate.

All meals will be provided as part of the course each day.

### **Registration:**

In order to have the appropriate materials available for the course you are asked to complete the Registration Form (following) and send this back to the Club Office by **Friday 23<sup>rd</sup> July**

Please ensure that you enclose a cheque with your registration, or provide your credit card details, or use Payment Gateway – to the Point Lonsdale SLSC and use the ‘ Course Fee ‘ option as your registration cannot be accepted until the form and payment have been received.

### **LSV Certificate:**

The assessment for these courses covers the assessment for the LSV First Aid Certificate (HLT).

Therefore, please ensure that your Club has completed a Surfguard Form 14 through your Club's Chief Instructor for you and bring 3 copies to the weekend.

**Bellarine District First Aid Course Weekend**  
**POINT LONSDALE SLSC**  
**SEASON 2010 / 2011**  
**REGISTRATION FORM**

Name : \_\_\_\_\_

Telephone : \_\_\_\_\_

Date of Birth : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

e-mail : \_\_\_\_\_

I am a member of : \_\_\_\_\_ SLSC  
(specify which club, eg Point Lonsdale)

**Payment options:**

1. By mail                      Cheque posted, Credit Card details, or Payment Gateway receipt number can be posted to the Club:  
   Point Lonsdale SLSC  
   PO Box 120  
   POINT LONSDALE 3225
  
3. By fax                        Fax your credit card details, or Payment Gateway receipt number to the Club Office on 5258 2823.

**Credit Card option:**

The Club accepts Visa or Mastercard. Please complete the following details.

Name of card holder (please print clearly) \_\_\_\_\_

Type of card                      Visa                      Mastercard

Card number    

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Card Expiry date    \_\_\_\_\_    Amount to be charged \$ \_\_\_\_\_

Card holder's signature    \_\_\_\_\_

Or: Payment Gateway Receipt Number : \_\_\_\_\_ (Paid to Point Lonsdale)

**Please send this form back to the Point Lonsdale SLSC Office by Friday 23<sup>rd</sup> July**