



# **Surf Rescue Certificate (SRC 1) Course 2023**

Sunday 29 October to Saturday 2 December 2023

**Registration Information  
& Timed Swim Form**

## Welcome to Surf Rescue Certificate (SRC1) Course October – November 2023

Please read this registration package carefully. To secure a place on this course, ALL of the following steps (using the [underlined blue links](#)) are required by **Sunday, 22 October 2023**:

### SUMMARY (Details of each step in following pages)

1. If not already done, please complete your [Jan Juc SSLSC 2023/24 membership](#) **\*\*Parents - please note that while still on a family membership, every candidate will now require their own SLSA login & email (not school) PRIOR to completing step 4 and to enable them to complete the required online learning.**
2. Submit the [Jan Juc SLSC Surf Rescue Certificate \(SRC 1\) Oct - Nov 2023 online Registration](#)
3. Pay the full \$110 **course fees** via your [Online Payment Gateway](#) SLSA Members Area account.
4. Complete the [Online LSV Course enrolment](#) **\*\* This is DIFFERENT to step 2 JJ registration\*\***
  - o **“SURF RESCUE CERTIFICATE”**, commencing **29 October at Jan Juc, Course ID: 1965716**
    - *Places are limited, online LSV Course enrolment will close once all places are filled, or 2 days prior to course commencement, whichever is sooner.*

The following **MUST** be completed **prior** to commencement of the course and scanned to [tam@janjucsurfclub.com.au](mailto:tam@janjucsurfclub.com.au) by **Thursday 26 October**:

5. A completed [SRC Prerequisite Timed Swim](#) - see last page

### Course details:

Surf Rescue Certificate (13yo min) is a fun, although very busy (22 hour) course. Candidates will learn theoretical and practical components crucial to lifesaving, as well as spend a significant amount of time in the water. It is a Jan Juc SLSC expectation and SLSA requirement that candidates will attend EVERY session. Please ensure your child is able to make that commitment before registering.

This course is conducted in **two types of sessions**:

1. **THEORY and LAND** practical scenario training, where some online learning, study and practice is required at home; and
2. **WATER** components which will run on the weekend sessions. Jan Juc is the proposed location, however depending upon conditions the session may take place at Cosy (mid front beach) Torquay.

Date	Time	Venue	Bronze Medallion
<b>October 2023</b>			
<i>Pre-course</i>			
<i>Sunday</i>	<i>22</i>	<i>9:00 – 11:00am</i>	<i>Upstairs Clubhouse</i>
<i>Pre-course session - SRC Welcome, Tour of clubhouse and patrolling areas, plus Parent information</i>			
<i>Week 1</i>			
Sunday	29	8:30am – 12:30pm	Upstairs Clubhouse
<b>SRC 1 starts</b>			
<b>Theory &amp; Land components eg Intro, signals, hazards &amp; risk assessment, surf awareness and safety, Resuscitation</b>			
<b>November 2023</b>			
<i>Week 2</i>			
Wednesday	8	5:30 – 8:30pm	Upstairs Clubhouse
<b>Theory &amp; Land components eg Resuscitation, Radios &amp; Rescues</b>			
Sunday	12	8:45 - 11:15am	Jan Juc Beach
<b>Beach / Aquatic components - Signals, Aquatic Risk Assessments, Run-swim-runs, Surf skills</b>			
<i>Week 3</i>			
Monday	13	5:30 – 8:30pm	Upstairs Clubhouse
<b>Theory &amp; Land components eg Resuscitation &amp; Radio scenarios, carries &amp; IMISTAMBO</b>			
Sunday	19	8:45 - 11:15am	Jan Juc Beach
<b>Aquatic components – RSR, Tube &amp; Board Rescues, Patient assessment on the beach, Radios, Resus</b>			
<i>Week 4</i>			
Tuesday	21	5:30 – 8:30pm	Upstairs Clubhouse
<b>Assessment - Theory &amp; Resus practical, Incident report +/- Radio</b>			
Sunday	26	8:45 - 11:15am	Jan Juc Beach
<b>Revision of Aquatic components &amp; Patrol set up</b>			
<i>Week 5</i>			
<b>DECEMBER</b>	2	8:30 – 11:30am <i>(finish TBC)</i>	Jan Juc Beach
Saturday			
<b>Assessment – Aquatic &amp; Beach components followed by presentation</b>			

## Notes

- **Water work sessions are subject to conditions at time.** Safety is paramount; in the instances where conditions are not appropriate at Jan Juc, candidates will be moved to Cosy Corner or an alternative day.
- You are required to READ & have access during class to the first **six (6) modules** of the **Public Safety & Aquatic Rescue Training eManual (PSAR)** 35th edition; available either online modules (*preferred*) or as a pdf:
  - On the [Club Gateway](#) use your SLSA login then search and access 'PSAR Manual', a handbook which is found in the Resource library. You are required to have access during the course, at home and during the theory assessment. This contains valuable information, diagrams, photos and skills videos to help with learning.
- **eLearning** - Candidates are required to **complete the eLearning prior to the assessment day**. Practising land techniques as much as possible at home is beneficial. Speak to your trainer if you require more practise, body surfing, board and tube skills.
- **Meals** – Not included, however you are welcome to preferably eat dinner prior to evening session time and bring your snacks and water bottles to all sessions.
- **Vaccination** - Life Saving Operations are part of Emergency Services, it is recommended that you are fully vaccinated. Please check with your GP or First Aid Officer if unsure.
- **Unwell** – if unwell please do not attend the course and notify your Course Lead Trainer ASAP.

## About Jan Juc SLSC

Jan Juc SLSC began in 1963, with just six members in the first Bronze Medallion Squad and a borrowed belt and reel as rescue equipment. In 2023 we celebrate 60 years of vigilance and service to the community with much improved rescue resources. Our club is part of a volunteer network of Australian Surf Lifesaving Clubs Emergency Services Victoria. Volunteer Surf Life Saving began in Australia in 1907, with currently over 181,000 members across the country. Surf Life Saving Australia (SLSA) strives to create a safe environment on Australia's waterways, beaches and coastline through patrols, education and training, public safety campaigns and the promotion of health and fitness.

Jan Juc SLSC is an exciting organisation where we endeavour to provide you with excellent education and leadership opportunities, the ability to be involved with community service, a range of social activities and a sense of community. We look forward to your involvement.

## Useful Contact Information

### Training and Assessment

The Surf Rescue Certificate course is a lifesaving skills-based award for people aged 13 years and over. Skills taught include: Safety & wellbeing; Radio operations; Surf awareness; Rescue techniques and Resuscitation. To follow on there are many advanced award pathways available to all members - refer to the 'Public Safety and Aquatic Rescue' manual, 35<sup>th</sup> edition (PSAR35) or <https://janjucsurfclub.com.au/SKILLS-DEV>

Lifesaving Skills Development Manager: Nathan Gillard  
Email preference: [training@janjucsurfclub.com.au](mailto:training@janjucsurfclub.com.au)  
Mobile: 0420 654944

Training and Assessment Manager: Davina Jackson  
Email preference: [tam@janjucsurfclub.com.au](mailto:tam@janjucsurfclub.com.au)  
Mobile: 0438 096428

### General

Club Administrator: Anita & Meagan  
Email: [info@janjucsurfclub.com.au](mailto:info@janjucsurfclub.com.au)  
Postal Address: PO Box 179, Torquay VIC 3228  
Remote Office hours: Tuesdays and Thursdays 9.30am – 2.30pm  
Office Mobile: 0475 265 820  
Website: [janjucsurfclub.com.au](http://janjucsurfclub.com.au)

## Life Saving Services

Jan Juc SLSC provides Beach Patrols from November through April. At completion of the Surf Rescue Certificate course candidates will be rostered onto patrols, usually a mix of half days and full days over the six month period, and/or Nipper Water Safety. This will be explained to candidates on the last day of the course. Patrol Rosters can be found on the Club website.

Lifesaving Service Manager: Olivia Jenkins  
Email: [lifesaving@janjucsurfclub.com.au](mailto:lifesaving@janjucsurfclub.com.au)  
Mobile: 0408 260365

## Juniors

Juniors Manager: Kate Walsh  
Email: [juniors@janjucsurfclub.com.au](mailto:juniors@janjucsurfclub.com.au)  
Mobile: 0413 319147

## Suggested Training

It is recommended that you are now regularly swimming and undertaking another form of fitness, eg running. Ideally you would be swimming at least 750m a few times each week, in preparation for your fitness, Run-Swim-Run and your prerequisite 200m pool swim in less than 5 minutes.

You will benefit from supported practising of scenarios at home eg CPR, Patient Assessment, First Aid, Signals, Radio and revision of PSAR manual (including photos and videos for specifics, eg pistol grip for breathing in CPR, how to roll an unconscious patient onto the board etc.

## During the course you will require:

### Theory and Land Components

- Water bottle
- Brimmed hat/ peak cap
- Beanie
- Warm clothes as we experience varying conditions
- Resuscitation Pocket Mask – received first session
- Candidate Resource kit (learner guide) – obtained first day
- Pens and highlighters
- Online access to PSAR35 eManual

### Water Components

- Bathers
- Pink rash vest – **mandatory**
- Goggles
- 2 x own brightly coloured swim cap – **mandatory**
- Beach towel
- Wetsuit – **Long-sleeved/ long legs preferred**
- Sunscreen
- Warm clothes and shoes

*A positive attitude; enthusiastic to learn in a peer supported environment*

*\*Water work = signals, run-swim-run, tube swims & rescues, board paddling & rescues, lifts & carries. **Long sleeve/long leg wetsuit a must, to prevent hypothermia.***

## Cost

The total cost for the Surf Rescue Certificate Course (SRC 1) October-November 2023 is \$110, which includes patrol uniform & quartered cap, patrol whistle, resuscitation pocket mask, training resource expenses and tea & hot chocolate. Please BYO lunch and dinner. This cost does not include your prepaid membership fee. All club helpers, water safety, trainers and assessors will be volunteering their time for the course. If you do not already have a pink rash vests, which is *mandatory* for all aquatic training, please purchase for \$25 via the Club Clothing store. Please BYO drink bottle.

Should you decide to withdraw, cost less 25% will be refunded up until 22 October 2023; after this date there are no refunds. Your payment (less 25%) may be put towards another course this season.

A variety of Club swimwear styles and apparel are available for purchase via the [TeamApp Store](#). Contact the Merch Team ([merchandise@janjucsurfclub](mailto:merchandise@janjucsurfclub)) or [info@janjucsurfclub.com.au](mailto:info@janjucsurfclub.com.au) to arrange collection.

## **Water Safety, Classroom helper and Food Preparation help** - Thank you in advance

See part 6 of the online JAN JUC SRC online registration form – please select your role and time available

Please may we have some help for the following:

- **Classroom helper** – the Trainers will be delivering the course however we ask for help to supervise the candidates during breaks and at sometimes during the delivery of training.
- **Water safety helper** – we require **5 BM, SRC qualified members**, including **IRB driver and crew** for each aquatic session

Rosters will be sent out after October 29

## **Registration**

The FIVE parts to be completed are:

### **1. Jan Juc SLSC 2022/2023 Membership**

A current 2021/2022 Membership is mandatory. Your membership is not active until ALL membership components are received and processed by the Club Office.

For more details, refer to the [Jan Juc SSLSC 2023/24 membership](#) webpage.

### **2. Jan Juc SLSC Online Registration Form**

The [Jan Juc SLSC Surf Rescue Certificate \(SRC 1\) Oct - Nov 2023 online Registration](#) captures all Candidate and Next of Kin details, Confidential Medical Information, Uniform sizing, Candidate Conduct and Values and Course Helpers. Please complete all sections then submit.

### **3. Course Payment (due by 22 October 2023)**

Click SLSCA [Online Payment Gateway](#) to submit a payment to Jan Juc SLSC.

- Set the transaction details to:
  - Transaction type: 'Course Fee'
  - Details: Participant's name and 'SRC 1, Oct-Nov 2023'
  - Amount: \$110
- Choose your card type then follow the prompts to completion. You will receive a confirmation email, usually within the following few minutes.

### **4. Online LSV Course Enrolment**

Prior to commencing the *Bronze Medallion course* you must register online with Lifesaving Victoria (LSV) by booking into a Practical Session. Follow these steps to do this:

1. Using your SLSCA account name and password, login to the LSV Member Training Portal <https://mt.lsv.com.au/login/> account. If you do not have your own account you will need to create one [here](#). NB:- Candidates while still part of a family membership are required to have a separate login to the family.
2. Click on *Find a New Course* Locate the entry for **Bronze Medallion** and click on *Book Practical*, look for the course commencing **Sunday, 29 October** at **Jan Juc SLSC**, Course ID: **1965716**
3. When you have time (before assessment) click on *View Enrolled Courses*, locate your **online learning modules**, launch and complete these at your own pace.

**\*\*\* Complete the first FOUR ONLINE components by 22 October 2023, PRIOR to Surf Rescue Certificate Course**

**\*\*\* Print and take to the pool the FIFTH PAPER component (next page). To be completed by the assessing person by 26 October 2023, PRIOR to the Surf Rescue Certificate Course and scanned to [tam@janjucsurfclub.com.au](mailto:tam@janjucsurfclub.com.au)** This required to participate in the Aquatic components.

**5. Timed Pool Swim - Compulsory**

As part of the Surf Rescue Certificate all candidates are required to achieve a prerequisite TIMED pool swim PRIOR to the Surf Rescue Certificate Course. This must be witnessed and signed by a qualified Pool Lifeguard, AUSTSwim Teacher or LSV Assessor. *Please scan completed forms to [tam@janjucsurfclub.com.au](mailto:tam@janjucsurfclub.com.au) prior to commencement of the course. If this swim form is not completed you are unable to commence the course.*



**Timed Pool Swim – Compulsory  
Surf Rescue Certificate**

As part of the Surf Rescue Certificate all candidates are required to achieve a prerequisite TIMED pool swim PRIOR to the Surf Rescue Certificate Course. This must be witnessed and signed by a qualified Pool Lifeguard, AUSTSwim Teacher or LSV Assessor.

200m of continuous freestyle, without fins (goggles permitted), in 5 minutes maximum is required.

I, ....., a qualified Pool Lifeguard, AUSTSwim Teacher or LSV Assessor (circle appropriate qualification)

With registration number ..... declare

..... has

achieved swim of 200m continuous freestyle stroke without fins at

.....

Pool in a time of ..... minutes and ..... seconds on this day \_\_\_/\_\_\_/\_\_\_.

Assessor Name .....

Assessor Signature .....