



Indigenous Aquatic Project - funded by Department of Justice



BRONZE CAMP



CLUB HISTORY



The Lakes Entrance Surf Life Saving Club is a friendly club full of enthusiastic members, great personalities, and a bunch of really special people. It is situated on the Ninety Mile Beach across the footbridge on Main Beach in Lakes Entrance.

The club was first formed in October 1931. Since that time the club has matured and grown in strength. The current membership of the club is approximately 120 active members in addition to the 140 nippers and cadets that form our junior program, plus social members who proudly support the club.

In addition to the traditional rescue and emergency equipment, the club contains racing malibu boards, ski's, a 4wd vehicle, a surf boat and much more. The club itself contains; kitchen facilities, two bunkrooms, an open club house area, the radio tower, bar and function room, toilets / showers, an IRB storage shed and much more. All these facilities are available for members to use.

The atmosphere and positioning of Surf Life Saving Lakes Entrance provides an excellent form of motivation for personal and physical development and promotes a healthy, active lifestyle.

WHY JOIN?

Attaining your Bronze Medallion or Surf Rescue Certificate is a great accomplishment and is a great boost for one's self esteem. Once you are a member there are many benefits both as a member of the club and Surf Life Saving Australia (SLSA). As a club member you are afforded many rights including access to the clubhouse facilities and equipment.

The Surf Rescue Certificate

The Surf Rescue Certificate allows younger members to be probationary lifesavers to help prepare for active patrolling duties. The award trains candidates in rescue skills, first aid and patient management, resuscitation, plus, a theoretical component exploring safety knowledge and surf awareness.

The candidate's physical fitness is tested by a 100m run – 100m swim – 100m run and simulated rescues using a rescue board and tube.

The Bronze Medallion

The Bronze Medallion is the core award for active lifesavers across Australia. The practical and theoretical sections of the award are designed to test a person's competency in surf awareness, emergency care, patrol and rescue procedures and first aid. A candidate's physical fitness is tested by a 200m run – 200m swim – 200m run and simulated rescues using a rescue board and tube.

The Bronze Medallion, along with 20 hours of practical experience on patrol obtained during the season, includes the units of competency for a Certificate II in Public Safety (Aquatic Rescue). As such, this course constitutes nationally recognised training with qualifications being issued by Surf Lifesaving Victoria

Other Awards

The Bronze Camp also provides a platform for members to progress through the lifesaving award pathway. Some of these awards include:

- ARTC – Advanced Resuscitation Techniques Certificate
- First Aid
- IRB Crew Certificate
- Beach Management
- Silver Medallion – IRB Driving
- Gold Medallion – Advanced Lifesaving
- TOC – Training Officer Certificates
- Assessor Certificates

Patrolling: Following successful completion of the training and assessment, new members are expected to patrol for a minimum of one season in return for the training provided by the club. Of course, the club hopes that the Bronze Camp is just the beginning of many enjoyable and rewarding years as a member of the club.

Career: Completing your Bronze Medallion opens up heaps of opportunities for you, higher awards can be achieved in First Aid, Advanced Resuscitation, Boat Driving, Training and Instruction, Radios, Administration, Competition and more!!! There are also heaps of employment benefits. The Bronze Medallion is highly recognised in Outdoor Recreation fields, Teaching, Coaching, Health and Environmental fields. A Bronze Medallion is a requirement for the police force, and it is quite often sort after by airlines and Navy.

The leadership, commitment and community service of a volunteer lifesaver are held in high esteem by the broader community and, although not specifically related, will give an award holder an edge when applying for other jobs.

WHAT IS BRONZE CAMP?

Bronze Camp is the main means of training new lifesavers for our clubs. The Bronze Camp introduces you to surf life saving life, the roles of patrols and competition etc, it is a week where the participants gain valuable lifesaving and personal development skills whilst meeting a new network of friends. Most importantly it's a place about meeting new people and having fun!

The camp provides participants with the necessary skill, knowledge and qualifications to be able to participate in lifesaving patrols throughout the end of November to Easter patrol period. Successful participants will be placed in rostered patrols and they will form an important part of a patrol team that is tasked with providing a safe beach & aquatic environment for the general public.

The Camp will be conducted on a "live in" basis due primarily to the demanding training program, which comprises of full day schedules in addition to evening instructional sessions. Experienced instructors will be conducting the camp and strict supervision is maintained at all times. The correct safety procedures and equipment will be in place whilst all water based activities such as swimming and rescue practice are taking place. The Bronze Camp should be viewed as a fully fledged training program being conducted by a Registered Training Organisation.

It is anticipated that approximately 35-45 people will take place in this years camp with participants split into squads with an instructor allocated to each squad, this allows for one on one based instruction. Group lectures involving all participants will also be held.

The Surf Bronze Camp provides an excellent opportunity to learn new skills in an activity, which not only offers personal and physical development but also fulfils an invaluable community service. Two main awards are covered during the camp, the Bronze Medallion for those aged 15 and above, and the Surf Rescue Certificate for 13 to 14 year olds. Details of the areas to be covered and examination criteria are listed in the training manual which you will receive.

WHAT ARE THE PRE-REQUISITES?

In order to participate candidates must be:

- **Bronze Medallion:** Minimum of 15 years of age and complete a pool swim of 400m in 9min or less
- **Surf Rescue Certificate:** Minimum of 13 years and complete a 200m pool swim in under 5 minutes.

Both of the above swims must be completed in a pool of not less than 25m and witnessed by one of the clubs endorsed assessors. These times are to be obtained before the start of the Bronze Camp at one of the following pre-organised swim sessions in **November** to be held at:

- Bairnsdale Aquatic & Recreation Centre
- Lakes Entrance Aqua Dome

All applicants are to pre-register for these sessions. Exact times will be announced on the club website and emailed to registered applicants closer to the date. For more information contact the Chief Instructor via email chief.instructor@lakesentrancesurflifesaving.org.au

WHEN & WHERE IS THE CAMP HELD?

The camp will be held at the Lakes Entrance Surf Life Saving Club (Opposite end of the footbridge on the Esplanade in Lakes Entrance).

Start Time: Sunday to Saturday, for times please check our website

Bronze candidates are required to stay at the Surf Club, whereas Surf Rescue Certificate's are only required between 8am and 5pm.

ACCOMMODATION

All participants will be accommodated for by Allambi Holiday Apartments. There is separate bunkrooms, toilets and shower facilities for males and females.

MEALS

All meals are provided and prepared by voluntary kitchen staff. Care is taken to ensure that food is tasty, nutritious and plentiful. To assist in catering all participants are asked to provide 1 cake, slice or similar that can be shared for morning/afternoon tea or supper.

If you have any food allergies or special dietary requirements please ensure that you inform your coordinator well in advance of the camp. This can be done by completing and returning the medical & consent form. If any parents, friends, extended family, etc would like to help out with the preparation of lunch and dinner meals, even if only for one or two meals it would be greatly appreciated. You never know, you might pick up some surf skills yourself and get to know everyone at the club!

WHAT DO I NEED TO BRING?

- Running Shoes
- Workout Clothing
- T-Shirts
- Shorts
- Warm Pants
- Beanie
- Warm Waterproof Jacket
- Warm Jumpers
- Underwear & Socks
- Bathers x 2
- Goggles
- Towels
- Wetsuit &/ rash vest
- Water bottle
- Sleeping bag
- Pillow & Pillowcase
- Toiletries
- Sunscreen & zinc
- Sunglasses & Hat
- Notebook/pad & pens
- Spending money** (if you want to)

*Any money brought is at participants discretion and may be spent at the kiosk downstairs IF it is open and if time permits. Participants will NOT be allowed over to the main street without parental consent and must be supervised, the surf club is not responsible for providing supervision but may do so at its discretion and if time permits.

DISCIPLINE & RULES

Rules, behaviours and expectations will be further outlined to participants at the commencement of the camp. In addition to this all participants are required to read and sign the code of conduct included in this handbook.

Any participants whose behaviour breaches the code of conduct or has the potential to cause serious danger or distress to themselves or others may be excluded from some activities. In repeat or extreme cases participants may be sent home.

SAFETY, MEDICATION & FIRST AID

Any special health, medication or dietary requirements need to be advised prior to commencement on the Medical form. All instructors hold the SLISA Bronze medallion & relevant training officer's certificates.

In addition to this there will be at least one member in attendance with qualifications in Senior First Aid, Oxygen and Defibrillator at all times. In an emergency an ambulance will be called to the club. In such a situation every reasonable attempt will be made to contact the participants emergency contacts as specified on their medical form.

COMMUNICATION

In an emergency participants can be reached at the club on (03) 5155 1333. Families and friends are not encouraged to call unless there is an emergency as this can cause disruption to the participants learning. During practical session the phone is likely to be unattended.

CAMP COST - Full Programs

The camp costs are dependent upon the award you are obtaining and if you already have a membership, please check our website for costs.

The above camp cost structure includes:

- Accommodation & all meals
- LSV Candidate workbook
- Course instruction & assessment
- Patrol uniform & merchandise
 - Patrol shirt & shorts
 - Red & yellow patrol cap
 - Club bathers
- Lifesaving awards
- Equipment usage
- Training resources
- SLSA training manual
- Membership & insurance. *

* If two or more family members participate in the course, please consider a family membership this could alter the cost of the camp and will allow other family members to use the club facilities throughout the season, for more information please see our website.

HOW DO I ENROL?

- STEP 1** Contact the Chief Instructor to express your interest (if prior to September 1st.)
chief.instructor@lakesentrancesurflifesaving.org.au
Otherwise go to **Step 2**.
- STEP 2** Ensure that you meet the pre-requisites for the award you wish to obtain and start training for your swim.
- STEP 3** Complete the forms online from the club website (www.lakesentrancesurflifesaving.org.au).
- STEP 4** Attend and pass the pre-requisite swim.
- STEP 5** Online Payment: pay.slsa.com.au - Please sure you select "Surf Life Saving Lakes Entrance".
Bank Deposit: BSB: 063832 Acc: 10022700. (Use your 'Surname' and 'Bronze Camp' as ref)
- STEP 6** Participate and have fun

BRONZE CAMP

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LAKES ENTRANCE