

2024 Miami SLSC Jan Feb Mar Course

SRC Bronze /Course Notes

Before the Course

- Candidates need to be a signed-up member of a club – email admin@miamibeachslsc.com.au to join.
- Candidates must have their Blue Card.
- Candidates must have their aXcelerate Learner account set-up.

Induction Day 1

- For the Bronze there is a requirement of a 400m swim in under 9minutes and for SRC 200m in under 5 mins. It is a course WHSC prerequisite, if you don't make the time then you cannot start the course. Onus is on candidate to practise before course commencement.
- We will do this all together at Miami Pool at 0730 on Sat 28th so we can see each other's ability before we enter the ocean.

During the Course

- All candidates are expected to be punctual. We start promptly at 0700 each day therefore you need to be parked and in the club by 0645 with your gear ready for the day.
- We will aim to be finished by 1100 each training day.
- If you are having trouble completing online elements, ask in the first few weeks of the course not in the last week prior to assessment.
- All Bronze candidates are expected to attend a full First Aid course as it takes just as long as the HLTAID010 which is usually in a Bronze.
- You are generally expected to attend every session, though under some circumstances one session could be missed (not First Aid).

After the Course

- All Bronze candidates are expected to patrol.

Day Date	Lead Trainer	Proby	Session 1	Session 2	Notes
Sat Jan 20	Session 1 Lisa Session 2 Lisa		0715 Miami Pool 200/ 400 swim Releases Rollovers	0900 Morning Tea/ Coffee 0915 Miami SLS Induction Risk Assessment Radios Signals Videos Tube/ Board	1100 finish Book Hall
Sun Jan 21	Session 1 Al Session 2		0645 CLUB Risk Assessment/ Surfcom Group Run Swim Run/ Times Boards Skills Tubes Conscious Clean Equipment	0900 Morning Tea/ Coffee 0915 Miami SLS Radios revise Signals Revise Intro CPR Walk up Spinal	1100 finish Book Hall Lisa PC SPL ARVO
Sun Jan 27			AUSTRALIA DAY WEEKEND		
Sun Feb 04	Session 1 Lisa Session 2		0645 CLUB Risk Assessment/ Surfcom Run Swim Run Tubes Cons Unconscious Board Rescues Clean Equipment	0900 Morning Tea/ Coffee 0915 Miami SLS Risk Assessment CPR One person	
Sun Feb 11	Session Glen		0730 CLUB FIRST AID BRONZES + SRCS OVER 14		First Aid
Sun Feb 18	Session 1 Al Session 2		0645 CLUB Risk Assessment/ Surfcom Signals Run Swim Run Tubes Cons Unconscious Board Skills and Rescues Spinals Clean Equipment	0900 Morning Tea/ Coffee 0915 Miami SLS Risk Assessment CPR One person INCIDENT REPORT/ Walk Up Spinal	Lisa Racing Noosa
Sun Feb 25	Session 1 Lisa Session 2		0645 CLUB Risk Assessment/ Surfcom PATROL SET UP/ THIRD PARTY Clean Equipment	0900 Morning Tea/ Coffee 0915 Miami SLS Revise Radios CPR One person/ Team CPR RISK ASSESSMENT	All Online elements must be complete. Lisa PC SPL ARVO

Sun Mar 3	Session 1 Session 2		0645 CLUB Risk Assessment/ Surfcom Run Swim Run Tubes Cons Unconscious Board Rescues Rollover Spinal Clean Equipment	0900 Morning Tea/ Coffee 0915 Miami SLS Revise Ana/ Asthma/ Bleeding/ Shock/ Choking/ RICER/ Poison CPR One person/ Team CPR Walk Up Spinal	Uniforms fitting
Sun Mar 10	Session 1 Lisa Session 2		0645 ASSESSMENT <ul style="list-style-type: none"> • Set Up • Radios • Signals • CPR • First Aid Questions • Run Swim Run • Tube Conscious • Board Unconscious • Spinal Walk Up • Spianl Roll over • Equipment Away • Shower • Marking 	Presentations Burgers	Assessment