

# Bronte SLSC

## Bronze Medallion Application Instructions & Checklist

In order to confirm your place on the upcoming Bronze Medallion Course please complete the steps below:

1. **Apply for Membership** via [The Surf Life Saving website](#) and follow the instructions to make your payment (see course fee below). Your membership request and payment confirmation will be sent to the club and will show as "pending" until signed off by club administration - this can take up to a week.
2. Complete a [Training enrolment Form](#)
3. Complete a [Member Protection Declaration](#) form and provide a copy of the relevant ID.
4. Review the Commitment to Patrol Information
5. Email the following documents to [Bronte Lifesaving Admin](#)  
use "Aug 2018 Bronze Course Enrolment" as the subject line.
  - OR - post to PO Box 33, Waverley NSW 2024
  - OR - drop into the surf club office open 9.30am - 2.30pm Tuesday to Friday

- Training enrolment Form**
- Member Protection Declaration**
- A copy of your ID**

As soon as we receive the completed forms and payment you'll be allocated a spot (subject to completion of proficiency swim).

### Proficiency swim

You are required to complete a compulsory proficiency swim at Bondi Icebergs Pool supervised by a Surf Club official.

Please note wetsuits are allowed for the proficiency swim if the water temperature is below 18c.

The requirement is 400m / 8 laps freestyle only, in less than 8mins 45 seconds.

The proficiency swim will be held at Bondi Icebergs on [Sunday 5th August meet 3pm for 3.15pm swim](#)

### Course Fee's

The fee for the August 2018 Course is \$200

You must submit all membership and enrolment forms, complete the proficiency swim and make payment to Bronte S.L.S.C. prior to commencement of the course.

For full details of the Bronte SLSC Refund Policy [please click here](#)

## Commitment to Patrol

On successful completion of the course, members will be allocated to a patrol team with rostered dates for the season.

You are required as an [Active Member](#) to undertake regular beach patrols from September to April.

Rostered patrols occur approx. once every 4 weeks on either a Saturday or Sunday and 1-2 public holidays totalling approx. 35hrs per season. You can request which day and timeslot you prefer.

If you are unable or unprepared to meet these minimum requirements please do not enrol in this course.

## Training Timetable

Swim Timing	
<b>Sunday 5-Aug</b>	<b>3.15pm</b> Swim timing at Bondi Icebergs

Weekday		Weekend		
Dry Skills		Saturday	Dry skills	Wet Skills
<b>Monday</b>	<b>7PM-9PM</b>		<b>9AM-10AM</b>	<b>10AM-12PM</b>
20-Aug	Intro, Radio, SA, Resuscitation	25-Aug	1 Person Resus	Board Skills, No Gear Rescues
27-Aug	Resuscitation	1-Sep	2 Person Resus	Board and Tube Rescues
3-Sep	First Aid	8-Sep	First Aid Scenarios	Spinals
10-Sep	Oxy Defib	15-Sep	4 Person Resus	Rescues
<b>17-Sep</b>	<b>Mock Assessment</b>	22-Sep	Review	Scenario
<b>24-Sep</b>	<b>Part A Assessment</b>	<b>29-Sep</b>	<b>Part B Assessment</b>	<b>9am -12noon</b>

## Checklist

- Confirm you are able to attend the swim proficiency and Assessment Dates
- Apply for membership
- Make Payment – do not wait for membership to be approved
- Training Enrolment Form
- Member Protection Declaration
- Copy of ID – passport or Drivers Licence with current address
- Confirm you are able to attend the pre-requisite swim
- Ensure you understand the commitment to patrol