

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](#)
2. **Make Payment:** 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.
3. Complete a **Training Enrolment Form** (attached)
4. Complete a **Member Protection Declaration** form (attached) and provide a copy of the approved ID.
5. Complete the **Commitment to Patrol Declaration** (attached)
6. Email the following documents to office@brontesurfclub.com.au use "October 2019 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: Indicate Oct Bronze #1 or Oct Bronze #2 in the course details field**
- Member Protection Declaration**
- A copy of your ID**
- Commitment to Patrol Declaration**

As soon as we receive the completed forms and payment, you'll be allocated a spot and can commence online training (final course confirmation is subject to completion of proficiency swim).

Proficiency swim

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

- The requirement is 400m in less than 8mins 45 seconds.
- Wetsuits are allowed for the proficiency swim if the water temperature is below 18c.
- Proficiency Swim dates are listed for each course in the training timetable below. You must be able to attend one of the scheduled dates.
- Please don't ask for individual timing sessions as all our trainers are volunteers.

Please register for swim via link:

[Survey Monkey Link to sign up for swim](#)

Course Fee

The course fee includes all training materials, equipment and full club membership with unlimited access to weekly board paddling and swim skills sessions for the lifesaving year September 2019 - August 2020.

- New Member Over 30 years old: \$400
- New members Under 30 years old: \$200
- Existing General Member (Nipper Parent): \$290

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](#)

Checklist

- Confirm you are able to attend all of the following dates:
A set swim proficiency timing
Part A Mock Assessment
Part A and Part B Assessment
- Apply for membership
- Make Payment – do not wait for membership to be approved
- Training Enrolment Form
- Member Protection Declaration
- Commitment to Patrol Declaration
- Copy of ID – passport or Drivers Licence with current address
- Advise date you will attend swim proficiency via survey above

Training Timetable

There will be two October Bronze Courses run concurrently.

There are a maximum of 12 places on each course. Trainees must select one course and attend all the scheduled training sessions for that course only. You cannot swap between training session days or times.

October Bronze Medallion Course #1 (Monday night / Saturday PM)

This is a standard length course split into wet and dry sessions run over 8 weeks.

Dry skills Monday evenings 7-9pm

Wet skills on Saturday afternoons 2-4 pm.

October Bronze Medallion Course #2 (Wednesday night / Saturday AM)

This is a shorter, more intense course run over 6 weeks.

Dry skills Wednesday evenings 7-9pm.

Dry skills 9.30am-10.30am Saturday morning

Wet Skills 10.30am-12.30am Saturday

Pre-Course Online Training

There is an online training component that must be completed prior to the first face to face session. This is to ensure a base level of knowledge and facilitates better training delivery.

You can commence online training as soon as you have finalised your course enrolment.

You will be sent a course commencement document with instructions for online training as soon as your place on the course is confirmed.

October Bronze Medallion Course #1 (Monday night / Saturday PM)

SWIM PROFICIENCY DATES	
Sunday 15 th September 3:45pm for 4pm start @ Bondi Icebergs (8 laps)	
Sunday 22 nd September 3:45pm for 4pm start @ Bondi Icebergs (8 laps)	
TRAINING SCHEDULE	
Part A – Monday 7-9pm	Part B Saturday 2-4pm
Tuesday Night due to public holiday 8- Oct-19	12-Oct-19
14- Oct-19	19-Oct-19
21-Oct-19	26-Oct-19
28-Oct-19	2-Nov-19
4-Nov-19	9-Nov-19
Mock Assessment 11-Nov-19	16-Nov-19
Revision Mon 18-Nov-19	23-Nov-19
Part A Assessment Mon 25 th Nov 19, 6.45pm – 9pm	Part B Assessment Sat 30 th Nov 19, 9.00am -12noon <i>*note assessment time is AM</i>

October Bronze Medallion Course #2 (Wednesday night / Saturday AM)

SWIM PROFICIENCY DATES	
Sunday 15 th September 3:45pm for 4pm start @ Bondi Icebergs (8 laps)	
Sunday 22 nd September 3:45pm for 4pm start @ Bondi Icebergs (8 laps)	
TRAINING SCHEDULE	
Part A –Wednesday 7 -9pm	Part B Saturday 9.30 – 12.30am
16-Oct-19	19-Oct-19
23-Oct-19	26-Oct-19
30-Oct-19	2-Nov-19
6-Nov-19	9-Nov-19
Mock Assessment Wed 13 th Nov-19	16-Nov-19
Part B Assessment Wed 20 th Nov 19, 6.45pm – 9pm	Part B Assessment Sat 23rd Nov 19, 9.00am -12noon