



# Inverloch Surf Life Saving Club

ABN 81 679 868 651

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Victoria PO Box 47, Inverloch  
3996, Victoria  
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(e) [info@islsc.org.au](mailto:info@islsc.org.au)  
(p) 0356741744 (patrol hours)

## SRC Candidate Information:

Dear Candidates (and Parents/Guardians),

The course will run from 28th to the 30th December and the 2nd to the 4th from 9:30am to 2pm each day.

With this new course timeline, the SRC course will conclude a few days prior to the nippers. This allows for the exciting opportunity for our newly qualified SRC members to participate in water safety for the final days of nippers!

### Values:

Inverloch Surf Lifesaving Club values the relationships between peers within the club and through the Surf Rescue Certificate course we hope to foster positive relationships between candidates, encouraging teamwork and support for others. In previous years we have found candidates attending bronze courses form a special bond over the week resulting in long term friendships. As the camp leaders are active patrolling members, candidates also have the opportunity to become familiar with more senior members of Inverloch Surf Life Saving Club.

During the course candidates and leaders are representing Inverloch Surf Life Saving Club and are expected to behave in a manner that supports Inverloch Surf Life Saving Club and Surf Life Saving Australia's values.

Behaviour expectations - All participants are expected to participate in all activities to the best of their abilities. All participants are expected to show respect, tolerance and inclusion to all fellow participants and course leaders. Participants should expect to be afforded the same treatment from fellow participants and course leaders.

Unacceptable behaviour - Will be addressed immediately, with the participants requested to cease such behaviour. In the event a participant does not comply, or if the behaviour is deemed serious, then parents/guardians will be notified and the participant will be requested to leave the course.

ISLSC has zero tolerance for bullying, harassment and discrimination of any kind. Such behaviour would be deemed seriously unacceptable, parents/guardians will be notified and may result in participants being requested to leave the course.

Mobile Phones - Use of mobile phones outside free time should be kept to a minimum.

Substances - There is a zero tolerance policy for drugs, alcohol and cigarettes. Any individual found with these in their possession will be requested to leave the course



## Pre -Requisite:

- Be at least 13 years of age on the date of final assessment
- Have completed a 200 metre swim in five (5) minutes or less, unaided (goggles/mask permitted), over a measured open water course which will be observed prior to the candidate undertaking any water training or assessment activities.

## Each day, candidates will be required to bring the following items:

- High vis Pink vest and Nippers cap (mandatory for water work)
- Wetsuit
- Bathers
- Hat, Sunglasses, Sunscreen
- Towels
- Goggles
- Water bottle
- Food (Lunch and snacks)
- Notebook and pen
- Phone/iPad with downloaded Public Safety and Aquatic Rescue Manual (35th Edition)

## Course Online Learning

Throughout the course candidates will need to complete online learning as part of the SRC award. This online learning is accessed via [mt.lsv.com.au](http://mt.lsv.com.au)  
You need to click launch to begin online learning.

Prior to the course commencing, candidates need to complete the online sections on surf awareness and safety/wellbeing. After this, candidates will be directed by their trainers to complete learning each night prior to the next day of the course.

## Course Outcome:

- Contribute to the management of work health and safety (WHS)
- Follow workplace procedures for hazard identification and risk control
- Describe surfing and environmental conditions and hazards
- Recognise appropriate beach types, conditions and areas in the surfzone for bathing
- Demonstrate surf skills
- Explain the functions of various systems in the human body
- Perform cardiopulmonary resuscitation (CPR) techniques
- Perform basic resuscitation techniques (oxygen therapy, defibrillation)
- Identify basic patient management techniques
- Communicate in the workplace
- Perform radio communications using approved SLSA radios
- Perform patient approaches, support and escapes aided by equipment on a conscious and an unconscious patient
- Identify people in distress in an aquatic environment
- Perform surf skills
- Perform patient retrieval and support unaided by equipment
- Set up a patrol and describe your role on patrol
- Demonstrate standard patrol practices
- Work as part of a team
- Improve fitness



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## Public Safety and Aquatic Rescue Manual (35th Edition)

This is an online manual that needs to be purchased via SLS Members Website and downloaded onto the SLS Publications App. The online manual is required for online learning and classroom learning throughout the course. Please refer to attached instructions to download the manual.

## Patrol Uniforms

Patrol Uniforms (Cap, Shorts and Shirt) will be available for purchase from the Uniform shop

**This course will have a cost of \$115 per person**

**PLEASE NOTE THAT CANDIDATE NUMBERS ARE LIMITED TO 30 PEOPLE (FIRST IN FIRST SERVED)**

Any further questions please email: [Chiefinstructor@islsc.org.au](mailto:Chiefinstructor@islsc.org.au)

Thank you for your interest,

Enjoy the course and ask lots of questions!

Kind Regards,  
Lucy



**Lucy Tate** | Chief Instructor  
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