

These course fill fast, so register your name with Lifesaving Admin at least two weeks prior to start date on:

[lifesaving@noosasurfclub.com](mailto:lifesaving@noosasurfclub.com)

Or call the club 07 5448 0900.

### FACILITIES & ACTIVITIES

Active members have a variety of facilities available to them:

- Shower, change room and lockers
- Fully equipped kitchen
- Newsletter
- Social BBQ's
- Access to Supports Club
- Coaching sessions
- Club Swim nights



## Contact Us

Noosa Heads Surf Lifesaving Club

69 Hastings Street

Noosa Heads Q 4567

P: 07 5448 0900

E: [lifesaving@noosasurfclub.com.au](mailto:lifesaving@noosasurfclub.com.au)

Visit us on the web:

[www.noosasurfclub.com.au](http://www.noosasurfclub.com.au)

# 2018-2019 Course Schedule

Noosa Heads  
Surf Life Saving Club



# Become a Surf Lifesaver !

## Bronze Medallion/Cert II in Public Safety

This course is designed for people wishing to patrol the beach.

Pre-requisite minimum age 15 years. Ability to swim 400 metres within 9 minutes.

### Course 1

**Sunday 5 August at 8:00am - 6 weeks Commenced**

### Course 2

Sunday 14 October 2018 at 8:00am - 6 weeks

### Course 3

To be confirmed

Prior to commencing training you will be required to complete a 400 metres swim within 9 minutes, which will be held at the Good Shepherd Lutheran Pool. Date to be confirmed.

### Sessions Days

Tuesday at 6:00-8:00pm—Training Room

Sunday at 8:00am-1:00pm Venue: Beach TBC

## Surf Rescue Certificate

This course is designed for people wishing to help with Water Safety at Nippers.

Pre-requisite minimum age 13 years. Ability to swim 200 metres within 5 minutes.

*The Bronze Medallion and Surf Rescue Certificate are both run in conjunction.*

## First Aid (AID)

Pre-requisite minimum age 14 years

Course 1 13 & 14 September 2018 at 6:00pm-9:00pm

Course 2 6 & 7 December 2018 at 6:00pm-9:00pm

**Attendance to both sessions is required.**

Venue : TBC

## Advance Resuscitation Techniques

Pre-requisite minimum age 15 years

Bronze Medallion or First Aid

Course 1 19 & 20 September 2018 6:00pm-9:00pm

Course 2 13 & 14 December 2018 6:00pm-9:00pm

**Attendance to both sessions is required.**

Venue: TBC

## Silver Medallion IRB Drivers

**Pre-requisite minimum age 17 years, Marine License and be an active IRB crew.**

Course 2 Thursday 11 October 2018 Theory session

13,14,20, 21,27,28 October 2018 Practical session

## IRB Crew Course

**Pre-requisite minimum age 15 years, Bronze Medallion**

Course 1 Thursday 20 September 2018 Theory session

22,23,29,30 September 2018 Practical session

Course 2 Thursday 29 November 2018 Theory session

1,2,8,9 December 2018 Practical session

## Silver Medallion Basic Beach Management

Pre-requisites minimum age 17 years, Bronze Medallion, Advanced Resuscitation, First Aid or Radio Operator.

Course 1 Saturday 1 September 2018

## Pain Management

- Register with the Lifesaving Admin

## School Holiday Courses

### Surf Rescue Certificate & Bronze Medallion

- Monday 24 to Friday 28 September 2018
- Monday 1 October to 5 October 2018
- Monday 17 December to 21 December 2018

Time: 8.30am to 4.00pm each day  
[NO session on Wednesday]

### Pre-Requisite:

Surf Rescue Certificate (SRC) - Must be 13 years of age at date of assessment. Ability to swim 200m of freestyle within 5 minutes (SRC)

Bronze Medallion (BM) – Must be 15 years of age at date of assessment. Ability to swim 400m of freestyle within 9 minutes (BM)

### How to Register

Members to confirm your attendance please register your name and course date interest.

If you would like to further your skills please complete a Course Registration From: [click here](#)  
Or email: Lifesaving@noosasurfclub.com.au

Please note the courses are subject to change on times and locations and are dependent on member demand