

PROFICIENCY INFORMATION:

Skill Maintenance Proficiency

The SLSQ 2019/20 Skills Maintenance Theory Paper is now available online for members to complete via the SLSA Members Portal in the courses area.

From the Training Library within elearning, members must ensure that they select view course for **SLS- Lifesaving Queensland** in the course category option.

Then enrol (Free) into the SLSQ—2019/20 Season Skills Maintenance Bulletin which has both the reading and question paper.

Please remember that when you complete your Skills Maintenance Online Theory questions you **MUST** print your Certificate of Completion as proof of completion and bring it with you to your practical proficiency session or email your Certificate of Completion to Lifesaving@noosasurfclub.com.au

All pool swims must be timed and completed at the Good Shepherd Lutheran College (GSLC) Pool at **one of the designated club swim nights, as per the “2019/20 Skills Maintenance Dates.”** If unable to attend the GSLC pool sessions please contact the Director of Lifesaving (Club Captain) as prior approval **MUST** be authorised to attend another pool. (Refer Proficiencies Policy Version 2 - 27/09/2015)

Pool Swim pre requisites for proficiencies:

SRC - 200m pool swim within 5 minutes

BM - 400m pool swim within 9 minutes

Proficiencies are to be completed within the same week eg Theory mid-week (6pm to 9 pm) and wet session weekend (8am to 10.30am) or wet and dry on the weekend combined (8am to 2pm),

- If you hold one or more of these awards: BM, SRC, ARTC, IRBC, SMIRBD, Radio, First Aid you need to attend proficiency.
- The only exception is if you gained your award after June 30 this year.
- All proficiencies must be completed by **December 31**
- Must be a current financial member of Noosa Heads Surf Lifesaving Club.

If you have any questions please do not hesitate to contact Lifesaving Administration

Contact Us

P: 07 5448 0900

E: Lifesaving@noosasurfclub.com.au

www.noosasurfclub.com.au

2019-2020 Skills Maintenance Proficiency Dates

Noosa Heads
Surf Life Saving Club



2019-2020 SKILLS MAINTENANCE DATES

Update V1 8 April 2019

| | DRY SESSION | WET SESSION | WET & DRY SESSIONS | POOL Designated Swim Night |
|---|---|--|---|--|
| 1 | Wednesday 11 September 6:00 to 9:00pm Venue: Peregrin Beach | Sunday 15 September 8:00 to 10:30am Venue: Noosa Main Beach | Sunday 15 September 8:00am to 2:00pm Venue: Noosa Main Beach | Monday 09 September @ 6:00pm Thursday 12 September @ 6:00pm |
| 2 | | | Wednesday 25 September 8:00am to 2:00pm Venue: Noosa Main Beach | Monday 23 September @ 6:00pm |
| 3 | | | Wednesday 2 October 8:00am to 2:00pm Venue: Noosa Main Beach | Monday 30 Sept @ 6:00pm |
| 4 | Wednesday 9 October 6:00 to 9:00pm Venue: Peregrin Beach | Saturday 12 October 8:00 to 10:30am Venue: Noosa Main Beach | Saturday 12 October 8:00am to 2:00pm Venue: Noosa Main Beach | Monday 7 October @ 6:00pm (Public Hol) Thursday 10 October @ 6:00pm |
| 5 | Wednesday 13 November 6:00 to 9:00pm Venue: Peregrin Beach | Saturday 16 November 8:00 to 10:30am Venue: Peregrin Beach | Saturday 16 November 8:00am to 2:00pm Venue: Peregrin Beach | Monday 11 November @ 6:00pm Thursday 14 November @ 6:00pm |
| 6 | Wednesday 4 December 6:00 to 9:00pm Venue: Peregrin Beach | Sunday 8 December 8:00 to 10:30am Venue: Peregrin Beach | Sunday 8 December 8:00am to 2:00pm Venue: Peregrin Beach | Monday 2 December @ 6:00pm Thursday 5 December @ 6:00pm |
| 7 | | | Wednesday 18 December 8:00am to 2:00pm Venue: Noosa Main Beach | Monday 16 December @ 6:00pm |
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| | Please note that proficiencies are subject to change on times and location and are dependent on member demand | | Please Note: Timed swims will NOT be conducted on other than the above GSLC pool swim nights. | |