



# 2023/2024 COURSE SCHEDULE

## BECOME A SURF LIFESAVER!



### **BRONZE MEDALLION (BM)/ CERT II IN PUBLIC SAFETY**

The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness to be able to participate in lifesaving operations.

Pre-requisite: Minimum 15 years of age. Ability to swim 400 meters within 9 minutes - prior to commencing training, you will be required to complete a 400 meter swim within 9 minutes. This is a 6 week course and concludes with an assessment.

**COURSE 1: Commences Saturday 29 July 2023, (Assessment on 2 September 2023)**

**COURSE 2: Commences Saturday 7 October 2023, (Assessment on 11 November 2023)**

**COURSE 3: Commences Saturday 20 January 2024, (Assessment on 24 February 2024)**

Training Times: 7am - 3pm @ Noosa Heads SLSC Training Room.

Training times and locations may vary due to surf conditions and are at the discretion of the facilitator.

### **NIPPER PARENTS SURF RESCUE CERTIFICATE (SRC)**

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

Pre-requisites: Minimum 13 years of age and the ability to swim 200 meters within 5 minutes prior to commencing training. You must attend all four session Saturday and Sunday.

**COURSE 1: 2, 3 & 9 September 2023, 7am - 3pm (Assessment on 10 September 2023)**

### **IRB CREW COURSE**

Pre-requisite: Minimum 15 years of age & Bronze Medallion holder.

**COURSE 1: 2, 3, 9 & 10 September 2023**

### **SILVER MEDALLION IRB DRIVERS**

Venue: Noosa Heads SLSC, Training Room & Main Beach

Pre-requisite: Minimum 17 years of age, Marine License, Proficient Bronze Medallion & IRB Crew, Financial Member of NHLSC and able to attend all dates/sessions listed below.

**COURSE 1: TBA. Please submit an Expression of Interest**

### **FIRST AID**

Venue: Noosa Heads Training Room.

Pre-requisite: Minimum 14 years of age.

**COURSE 1: 5 & 12 August 2023, 11am - 3pm**

**COURSE 2: 4 & 6 September 2023, 6pm - 9pm**

**COURSE 3: 21 & 28 October 2023, 11am - 3pm**

**COURSE 4: 27 January 2024 & 3 February 2024, 11am - 3pm**

**COURSE 5: 2 March 2024, 8am - 4pm**

### **ADVANCED RESUSCITATION TECHNIQUES**

Venue: Noosa Heads Training Room.

Pre-requisite: Minimum 15 years of age, Bronze Medallion of First Aid certificate (HLTAID011) holder

**COURSE 1: 11 & 13 September 2023, 6pm - 9pm**

**COURSE 2: 13 & 15 November 2023, 6pm - 9pm**

**COURSE 3: 9 March 2024, 8am - 4 pm**

*Attendance required at both Monday and Wednesday sessions*

### **SCHOOL HOLIDAY COURSES**

#### **BRONZE MEDALLION (BM) AND SURF RESCUE CERTIFICATE (SRC)**

Venue: Noosa Heads SLSC, Training Room

BM Pre-requisite: Minimum 15 years of age at assessment date. Ability to swim 400m freestyle within 9 minutes prior to course commencement.

SRC Pre-requisite: Minimum 13 years of age at assessment date. Ability to swim 200 meters within 5 minutes prior to course commencement.

**COURSE 1: 3 - 6 July 2023, 7am - 3pm**

**COURSE 2: 18 - 21 September 2023, 7am - 3pm**

**COURSE 3: 25 - 28 September 2023, 7am - 3pm**

**COURSE 4: 18 - 21 December 2023, 7am - 3pm**

**COURSE 5: 8 - 11 April 2024, 7am - 3pm**



**TO REGISTER YOUR INTEREST, COMPLETE THE JOTFORM VIA QR CODE  
OR CONTACT LIFESAVING ADMIN VIA EMAIL  
LIFESAVING@NOOSASURFCLUB.COM.AU OR CALL  
T: 07 5448 0900**