



## **South Melbourne Life Saving Club Bronze (SRC) Camp September 28 to October 2 2009**

Thank you for your interest in attending South Melbourne Life Saving Club's first award class for season 2009/10. The course will not only be training you in lifesaving skills pertaining to an aquatic environment, but also training in life skills, teamwork and communication while making new friends and having fun!

The course will run from Monday 28<sup>th</sup> September to 2<sup>nd</sup> October 2009, 8.45am to 4.30pm each day. The whole week's attendance is necessary for you to be able to gain your award.

On the Friday evening, after completion of your award, we will be holding a BBQ for all participants and their families. This will give you an opportunity to meet the Committee of Management at South Melbourne LSC and receive your Patrol Uniforms.

It is expected that once you gain your award you will patrol during the season. The demand is not great usually 5-6 days during the season from November to Easter each year. You will receive more information from our Rescue Service Manager about Patrols once you have completed your award.

Another benefit of achieving your award is that you can compete at lifesaving carnivals. Carnival training is provided by the club. If interested, please contact the Club Captain.

SMLSC is a family club and we encourage all members of the family to join. Nippers start at 5 through to 13 years of age and their training runs on Tuesday evenings. Family membership is also available. Parents too can get involved in competition (once completing your Bronze Medallion) as we have an active Masters section. We also run regular social events.

Please complete the Camp Order Form, Wetsuit Order Form (if desired) and Confidential Details Form, together with payment of \$250 by 18<sup>th</sup> September to ensure your place.

Please email all forms back to: [clubcaptain@southmelbournesc.com.au](mailto:clubcaptain@southmelbournesc.com.au) or post to:  
South Melbourne LSC  
PO Box 3091  
South Melbourne DC 3205

Please highlight any dietary requirements or allergies or any medical conditions you may need to make your instructors aware of.

If you have any further questions, please feel free to contact our Club Captain, Alison Porter on 0407 128 303 or email [clubcaptain@southmelbournesc.com.au](mailto:clubcaptain@southmelbournesc.com.au).

We look forward to hearing from you soon!

## **WHAT IS INCLUDED**

- Years Membership to SMLSC, including all training and assessment and use of club facilities
- Training Manual, Workbook and stationary items as required
- Use of training manikins, rescue equipment – boards & tubes, first aid equipment etc.
- Entry to pool on day 2
- Certification & award
- Full patrol uniform on completion of course – shirt, shorts, patrol cap, club bathers
- Morning tea, lunch, afternoon tea each day BBQ for candidates and family on Friday

## **WHAT TO BRING**

- Bathers
- Wetsuit (if you need to purchase one, please see the order form, enclosed)
- 2-3 Towels
- Extra warm jacket that can be worn over wetsuit outside
- Swim cap (to be worn at all times during water work to prevent heat loss)
- Drink/Water bottle
- Any medication you may require eg: Ventolin spray and  
Please make you instructors aware if you carry medication.

### **South Melbourne Life Saving Club Inc**

Beaconsfield Parade, Albert Park, PO Box 3091, South Melbourne DC, 3206

Club Telephone: 03 9699 9802 Website: [www.southmelbournesc.com.au](http://www.southmelbournesc.com.au)

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