



**WAVERLEY
COLLEGE**



Waverley College pupils have the opportunity to select Surf Life Saving as their Co-curricular activity. They will complete a Surf Resuscitation Certificate (SRC) or Bronze Medallion with the Bondi Surf Club over Term 4, patrol and compete with the Club in Term 1 of the following year.

Bondi Surf Bathers' Life Saving Club has been in operation for 113 years, providing lifesaving at Bondi Beach, educating lifesavers, and competing in State, National and International competitions.

Patrolling as a Volunteer Lifesaver has a number of benefits for students, as it:

- Is a rescue based emergency service with formal nationally recognised first aid and leadership qualifications;
- Develops community skills and responsibilities;
- Provides a fitness-oriented, inclusive competitive environment.

Program Details

The Club can take a maximum of 20 students this year. Subject to demand this can be increased for future intakes. The minimum number of students to run a course is eight.

Eligibility

Students must be 15 years old by the time of the Assessment on 30 November. Students must complete a timed swim of 400m in less than nine minutes before they can start the course.

Key Dates

- Friday 20 August: Change of Summer Sport
- Monday 13-Friday 17 September: Swim test eligibility
- Thursday 7 October: Course commences, 3:30-6pm
- Saturday (date to be confirmed): First Aid - Full Day, 8am-4pm
- Thursday 11 November: Mock Bronze Medallion examination Part A - Theory
- Saturday 13 November: Mock Bronze Medallion examination Part B - Practical, 8am-11am
- Saturday 13 November: Shadow Patrol
- Thursday 18 November: Bronze Medallion examination Part A - Theory, 7pm-9pm

- Saturday 20 November: Bronze Medallion examination Part B - Practical, 8am-11am
- Sunday 21 November: Presentation Night

It is important that all participants attend as many sessions as possible. If more than two sessions are missed, it is likely the participant will have to leave the program and join a later class.

Patrols: 4 hours post-award of Bronze by 31 December 2021 and weekend half days every 3-4 weeks from Term 1, January - late April 2022.

First Aid

It is especially important that all participants attend the full day First Aid on the allocated Saturday. If they cannot attend this, we hold other dates, so this should be telegraphed to the instructors early to make other arrangements. Note if a formal First Aid qualification (“provide first aid” HLTAID003) is already held, this component is not required (provide a copy of the qualification prior to course start to confirm).

Costs

The normal Bronze Medallion program cost at Bondi is \$500 per member. **This program will be charged at \$260 per student given the use of school facilities and teacher support.** The cost includes: one season’s club membership fees, First Aid course, Advanced Resuscitation Course (optional after Bronze course), training resources, high-vis cap and vest, patrol uniform, and the club joining fee.

Please notify either Mr O’Donnell or Mr Wilmot of the change of sport choice for 2021 - 2022.

Existing members with a Bronze award return to the program at no additional charge outside of Bondi SLSC membership.

It is envisaged there would be a \$100 charge per person for the competition phase in Term 1, 2022. This would be charged to cover branch and state entries, coaching, plus a competition cap. If wishing to participate in the Australian Titles there may be further charges for accommodation, travel, uniforms and this would be advised separately.

Administration

Pupils indicate interest using the College’s Co-curricular process. They then complete the swim test, and subject to passing, they are added to the program. The surf club then provides details for making payment and signing up with SLSA, then provides course information to the pupils and supporting teacher.

A list of assessment results from the Bronze Medallion, patrol hours, and carnival attendance/ results will be provided to the College by the Club for record keeping.

Locations

Term 4

- Weeknight theory session: 2.5 hours each Tuesday and Thursday, 3:30pm-6pm, in a classroom at

Waverley College with space for 20 students. The last few weeks will be at Bondi at the advice of the instructors;

- Weekend Practical sessions: 2.5 hours each Saturday, 9:30am-12pm, meeting at the front of Bondi Surf Club.

Bronze Medallion Course Curriculum

Pupils will learn the following skills over the course:

- **Surf Awareness** – How to read and negotiate the surf;
- **Beach Awareness** – Learning about the beach and how to read a new beach;
- **Basic First Aid** – Bandaging, treating bone, joint, muscular and common beach injuries and how to treat stingers;
- **Patient Management** – How to approach someone you are concerned about and how to proceed with treatment;
- **Advanced First Aid** – Resuscitation and managing an unconscious patient;
- **Basic Spinal Management** – Stabilisation of spinal injuries;
- **Communication** – With radios, flags, hand signals and non- verbal communication;
- **Assisted Oxygen** – How to administer and when;
- **Defibrillator** – When to use and how;
- **Rescues** – Board, Tube and non-equipment;
- **Fitness** – Running, swimming and paddling in the surf;
- **Patrol Operations** – How to be an active member of the patrol and club.

Surf Sports competition

The students will be required to compete as a group at three carnivals. They will train on Saturday mornings with the Club Coaching staff to identify and develop areas of strength, and then attend carnivals as a group.

The carnivals are:

- Club Championships – TBD;
- Sydney Branch Championships – Early February 2022;
- State Championships – early March 2022.

At these carnivals the students can compete for Bondi, or their own club, by wearing the relevant club competition caps, however, they will be required to wear Waverley swimming costumes and work as a single Waverley squad. We can use a Waverley tent for shelter if provided.

Items to consider

School resources

During Weeks 4-7 of the program we would also use the Waverley CPR manikins for CPR practice.

Use of Pool

Swim tests would be conducted at the Waverley pool under the supervision of Waverley Swim Coach Nick Nezval. There will also be a swim session each Thursday morning at the pool from 6.45am-8.15am. It is possible that the Lead Instructor and the school could use the Waverley College pool during available periods for rescues or various water drills on weekends.

Existing Members of Surf Clubs

Some students may already have a Bronze Medallion (BM) or a Surf Rescue Certificate (SRC) from another club. They can still attend and participate in this program if they wish. SRC holders would gain a Bronze Medallion that they can use with their club. Those with BM would be made probationary trainers with a view to assisting them to train the course (and provide water safety) and gain their Training Officer certification.

All students who do the program must patrol at Bondi as part of the Waverley group (which would count towards hours for their club), and compete with the Waverley team (points would revert to their own club).

Existing sporting commitments

If any pupils have existing Saturday sport commitments that clash, they can attend the 8am-10am Saturday or 8am-10am Sunday practical sessions of other Bronze programs with prior agreement.

Teacher Training

Bondi Surf Club will train any teachers who wish to participate for their Bronze Medallion with the group, or if they already hold a BM we would make them probationary trainers with a view to assisting them to train the course and gain their Training Officer certification.

Swim Times To Participate In The Course

These will be completed on the first day of the course at the Waverley Pool, or beforehand in Term 3 if unsure of timings. Bondi Surf Club will accept 400m/200m swim times that have been recorded by appropriate swim coaches at Waverley College.

Other Information

Alignment with Duke of Edinburgh Program

It is assumed that a number of Waverley College pupils may be completing a Duke of Edinburgh program course. If so, they can use the training with Bondi Surf Club to meet some of the course requirements.

Surf life saving clubs provide elements that match each of the components in the Duke of Edinburgh award, namely:

- **Service – through patrols** – Patrols are led by a Patrol Captain with 2 Vice Captains (usually one of these two assigned to specifically manage junior members). Patrols last 4-5 hours every 3-4 weeks, and run from the end of September to the end of April each year (7 months). Members are expected to do at least 40 hours of patrolling per season with averages closer to 50 hours. During a patrol they will educate the public on safe places to swim, manage the beach, treat first aid cases, and perform rescues.
- **Skills – through RTO certified training courses** – Besides the Surf Rescue Certificate and the

Bronze Medallion which are entry level qualifications, there are numerous First Aid, Leadership, Education, Emergency Management and Powercraft awards that can be achieved.

- **Physical Recreation – through competition, training, coaching** – Local, Branch, State, National and International competitions are available for all members, and there are accredited Coaching/Official roles. There are formal training sessions for sports most days of the week, and a Club Coach is available for technique/training program development.

Trainer Resources

Bondi SBLSC has over 35 active Trainers, and 15 Assessors. Trainers are qualified under the Surf Life Saving NSW RTO (no. 90394) and are required to hold a current WWCC. All trainers selected for the Waverley program will also hold a commercial WWCC if paid by Waverley College.

Trainer support

The course will be led by an experienced and qualified Bondi Surf Club instructor at all times. The theory sessions will be run by one instructor (with school assigned teacher support) and the weekend sessions by 3-5 instructors - (Water safety requirements need 1:10 ratios for calm water and 1:5 for higher risk surf, thus number of instructors will vary up to 5 instructors depending on conditions and pupil numbers).

Coaching Resources

The Head Coach at Bondi Surf Club is Robert Chapman. Robert Chapman competed in surf sports at an elite level for many years and won the Australian Ironman Championship in 1978 and 1984. He is a Surf Coach Level 2. He is supported by a team of coaches for different disciplines including beach sprints, surf ski paddling, board riding, and swimming.

Insurances

The Club holds \$20M of Public Liability insurance and all members are covered during training, competition and activities under the NSW Workers Compensation scheme. All Waverley College attendees would be covered during designated course training, competition training or lifesaving activities under the Club's insurance cover for members. Further details can be provided on request.

More information available from:

Bondi SBLSC – Dori Miller - competition@bondisurfclub.com - 0417 030 811.

Waverley College – Adam Wallington

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