Course day: what to do

Arrive 15–20 minutes before every session. The training room is upstairs at 151 Marine Parade. Times can vary by course: check your session in the TAF Hub.

1

Course times

Arrive 15–20 minutes before every session

Course	Learning	Assessment
Bronze intensive	Mon–Fri, 8:30am–3:00pm	Sat, 8:30am–1:00pm
SRC intensive	Mon–Thu, 9:00am–2:30pm	Fri, 8:30am–1:00pm
SRC→Bronze bridging	Mon–Thu, 9:00am–3:00pm	Fri, 8:30am–1:00pm
Bronze Work Friendly (5 weeks)	Tue and Thu, 6:00–8:30pm (dry); Sat, 7:00–11:00am (water)	Week 5 Sat, 8:30am–1:00pm

2

Set-up: dry sessions

Training room (upstairs)

- Open the gate to the deck area.
- Training room: AC and lights on.
- Check training AEDs, first aid kits and manikins.
- Attendance sheet out and ready.

3

Set-up: water sessions

Patrol room and sheds

No water if the Surf Risk Rating is High or Extreme, or there's a shark alert or sighting.

A real emergency during radio training: call "No Duff, No Duff, No Duff". Brief candidates before you start.

- Talk water safety through with the patrol.
- Head trainer completes the water-safety assessment (Surf Risk Rating) at operations.sls.com.au, every day.
- Check SharkSmart WA.
- Water safety: 1 per 10 candidates; 1 per 5 in rougher conditions.
- Head-count everyone into and out of the water.
- Check boards, tubes and spinal boards.
- Radios: the club Telstra channel or VHF 1–5. Start and finish with an "All Stations … Training" call.
- Candidates meet you in the training room first.

4

Every session

- Every candidate signs the attendance sheet.
- Day 1: club tour covering the AEDs, toilets, office and patrol room.
- Under 18 and leaving for lunch? Check you have parental consent.

5

Close-down

- Pack away. Wash masks, manikin faces, boards and tubes.
- Reset the training room. Put the reference sheet back beside the bar and the bar AED.
- Compile and store documents.
- Check for anything left behind.
- Lights, AC and TV off.
- Last out: lock the club and office doors and close the gate.

6

Assessment day

Starts 8:30am for every course

- Paperwork ready: portfolios, attendance and tracking tool, assessment form, assessment report form, Form 14, risk assessment.
- At least 1 assessor per 6 candidates. Assessors must not have trained the candidates, and at least one must be external.
- Results go in the Assessing App. Any assessor marks the event complete at the end.
- Food, uniforms and the group photo, then the BBQ.
- Head trainer sends the paperwork to SLSWA within 2 weeks.

Mark an assessment in the Assessing App

7

Who to call

Your head trainer for the course: they're your first call for anything on the day.

Emergency: 000, or Surfcom on the radio: "Rescue, Rescue, Rescue".

Club office (Tue–Fri, 8:30am–5pm): 08 9284 2626 · enquiries@ncslsc.com

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What each day covers

Joining part-way through? Check where the group is up to. Head trainers adjust the plan to suit candidates and conditions.

Bronze intensive

Day	Morning / water	Afternoon / land
Mon	Intro and club tour; signals; run-swim-run; board skills; conscious board and tube rescues; tows	Radios; DRSAB; CPR; defibrillators
Tue	Sirens and evacuation; unconscious tube and board rescues; spinal first aid	Oxygen; DRSABCD; first aid
Wed	Run-swim-run; spinal rescues; unconscious rescues; walk-up spinals	First aid recap; patrol scenarios with radios; DRSABCD
Thu	Signals; spinal rescues; unconscious board and tube rescues	Scenarios; catch-up
Fri	Preliminary skills check	Catch-up on what each candidate still needs
Sat	Assessment, 8:30am–1:00pm	

SRC intensive

Day	Morning / water	Afternoon / land
Mon	Club intro and tour; signals, flags, alarms; run-swim-run (untimed); intro to board and tube rescues	Patrol set-up; DRSABCD; recovery position; CPR
Tue	Signals; board and tube rescues; live patient assessment on the beach	AED; DRSABCD; secondary check; SAMPLE; radios intro
Wed	Signals; timed run-swim-run; rescue consolidation; rescue flags	Radio practice; DRSABCD scenarios
Thu	Signals; escapes; board and tube rescues; patrol room tour	DRSABCD scenarios; radios; booklet; patrol ops
Fri	Assessment, 8:30am–1:00pm	

SRC→Bronze bridging

The Bronze intensive pattern, compressed into four days.

Day	Morning / water	Afternoon / land
Mon	Intro and club tour; signals; run-swim-run; board and tube rescues	Radios; DRSAB; CPR; defibrillators
Tue	Sirens and evacuation; unconscious board and tube rescues; spinal first aid	Oxygen; DRSABCD; first aid

Day	Morning / water	Afternoon / land
Wed	Run-swim-run; spinal rescues; walk-up spinals	Patrol scenarios with radios; DRSABCD
Thu	Preliminary skills check; spinal and rescue consolidation	Scenarios; catch-up
Fri	Assessment, 8:30am–1:00pm	

Bronze Work Friendly

Week	Tue and Thu evenings (dry)	Saturday (water)
Week 1	Tue: welcome, club tour, DRSAB. Thu: CPR, AED, bleeding	Signals, surf hazards, board and tube rescues, carries
Week 2	Tue: first aid, shock, bleeding. Thu: vital signs, SAMPLE, radios	Spinals intro, tows and escapes
Week 3	Tue: head injuries, radio calls. Thu: timed CPR, trauma sim	Run-swim-run, spinal and rescue catch-up
Week 4	Tue: radio scenarios, walk-up spinals. Thu: scenarios	IRB awareness, full scenarios. Extra Sunday: catch-up
Week 5	Tue: 2-minute CPR test, patrol set-up. Thu: scenarios	Assessment, 8:30am–1:00pm