

**Coogee Minnows Parents Bronze Certificate Course Info**  
**Register your interest for the course beginning**  
**Wednesday 10<sup>th</sup> February 2010:**

**Fitness training EVERY Tue and Thur mornings at 6am from January 5<sup>th</sup> (meeting at the boatshed)**

**Course Outline**

**Week 1** (note: Tuesday & Thursday morning fitness training @ 6am)

- Wed 10<sup>th</sup> February (Club) 7pm-9.30pm. Course Introduction, Club Orientation, Surf Awareness, Signals, CPR.
- Sunday 14<sup>th</sup> February (Coogee Beach) 11am to 1:30pm. Beach Orientation, 400m swim, Signals, Run Swim Run (RSR) (*intro to boards and tubes if time*)

**Week 2** (note: Tuesday & Thursday morning fitness training @ 6am)

- Wednesday 17<sup>th</sup> February (Club) 7pm-9.30pm. Anatomy & First Aid, CPR, Signals
- Sun 21<sup>st</sup> February (Coogee Beach) 11am to 1:30pm. Board and Tube Rescues (Conscious & Unconscious), 2-Person Drag, IRB Carry, RSR (*Beach Scenarios if time*)

**Week 3** (note: Tuesday & Thursday morning fitness training @ 6am)

- Wed 24<sup>th</sup> February (Club) 7pm-9.30pm. First Aid, CPR, signals
- Sun 28<sup>th</sup> February (Maroubra Beach) 11am to 1:30pm. Nipper Patrol Introduction (Coogee 8:30am), Spinal walk-up and water, boards, RSR

**Week 4** (note: Tuesday & Thursday morning fitness training @ 6am)

- Wed 3<sup>rd</sup> March (Club) 7pm-9:30pm. First Aid review, Radios, Communications & Patrols, CPR Signals
- Sun 7<sup>th</sup> March (Coogee Beach) 11am to 1:30pm. Wylies Swim, Patrol inspection, Signals, Releases, Boards, Spinal, RSR, Beach Scenarios

**Week 5** (note: Tuesday & Thursday morning fitness training @ 6am)

- Tuesday 9<sup>th</sup> March (Club) 7pm-9pm. Oxy-viva, Defib, CPR (mouth to mask with mannequins)
- Thursday 11<sup>th</sup> March (Club) 7pm-9pm. Oxy-viva, Defib, CPR (mouth to mask with mannequins)
- Sun 14<sup>th</sup> March (Maroubra Beach) 11am to 1:30pm. Board skills and rescues, Spinal rescues, Signals, Releases, RSR

**Week 6** (note: Tuesday & Thursday morning fitness training @ 6am)

- Tuesday 16<sup>th</sup> March (Club) 7pm-9pm. Revision – all topics
- Thursday 18<sup>th</sup> March (Club) 7pm-9pm. Mock Part A Assessment
- Saturday 20<sup>th</sup> March (Maroubra Beach) 9am-11am. Board skills and rescues, Spinal rescues, Mock Part B
- Sunday 21<sup>st</sup> March (Coogee Beach) 11am to 1:30pm. Revision, beach scenarios, RSR

**Week 7** (note: Tuesday & Thursday morning fitness training @ 6am)

- Tuesday 23<sup>rd</sup> March (Club) 7pm-9pm. Revision
- Saturday 27<sup>th</sup> March (Maroubra Beach) 7:30am. Part B Assessment

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I can **commit** to the Minnows Parents Bronze Certificate course [Dad's Army VII] from February 2010

Name: \_\_\_\_\_ Phone/Mobile \_\_\_\_\_

Email: \_\_\_\_\_

Fill in your details and press the Submit Form (top right) to register your interest.  
Further inquiries email [info@coogeeminnows.com.au](mailto:info@coogeeminnows.com.au)