



Coogee Minnows Parents Bronze Certificate Course Info
Register your interest for the course beginning 18 October 2011:

Typical Course Outline (Fitness training EVERY Tue and Thur mornings at 6am)

Week 1

- Tue 18th October (Club) 7pm-9pm. Course Introduction, Club Orientation, Signals, 1p-CPR.
- Thu 20th October (Club) 7pm-9pm. Surf Awareness, 1p-CPR

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

- Sun 23rd October (Beach) 11am to 1:30pm. Beach Orientation, 400m swim, Signals, RSR
- Tue 25th October (Club) 7pm-9pm. Anatomy & First Aid
- Thu 27th October (Club) 7pm-9pm. 1p-CPR, Signals

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

- Sun 30th October (Beach) 11am to 1:30pm. Board and Tube Rescues (Conscious & Unconscious), 2-Person Drag, IRB Carry, RSR
- Mon 31st November (Club) 7pm-9:30pm. Radios, Communications & Patrols; Signals;

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

- Sun 6th November (Maroubra Beach) 11am to 1:30pm. Nipper Patrol Introduction (8:30am), Spinal (Walk-up & Water), Beach Scenarios, RSR
- Mon 7th November (Club) 7pm-9:30pm. 2p-CPR, Manikins, OXY intro

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

- Sun 13th November (Beach) 11am to 1:30pm. Wylies Swim, Patrol inspection, Signals, Releases, Boards, Spinal, RSR
- Mon 14th November (Club) 7pm-9pm. 3p-CPR, Signals, Manikins

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

- Sun 20th November (Maroubra Beach) 11am to 1:30pm. Mock Part B Assessment
- Mon 21st November (Club) 7pm-9pm. Mock Part A Assessment

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

- Sun 27th November (possibly Maroubra Beach) 11am to 1:30pm. Review
- Mon 28th November (Club) 7pm-9pm. OH&S, Revision

Week 8 (note: Tuesday & Thursday morning fitness training @ 6am)

- Sun 4th December (Maroubra Beach)
- Mon 5th December (Club) 7pm-9pm. Revision

Exams

- Wed 7th December (Club) 6:30pm-9pm. Part A (Theory) Assessment
- Sun 11th December (Maroubra Beach) 7:30am. RSR & Part B Assessment