

Join Mums & Dads' Army XIX !

Coogee Minnows Parents/Carers Bronze Medallion Course Info
Register your interest for the course beginning 9th October 2017

***Don't just stand on the beach each Sunday - Water Safety
is not a spectator sport!***

Join us to do the Bronze Medallion!

Key dates	Deadline for expressions of interest 1 st October 2017 Information and registration session: Monday 2 nd October 2017, 7pm Downstairs at the Coogee SLSC Clubhouse. Start date: Sunday 8 th October 2017 11am (400m under 9min qualifying swim). Final exams: Thursday 7 th December 2017 - TBC (Part A). Saturday or Sunday December 9 th or 10 th 2017 - TBC (Part B). Every Monday 7-9pm (from 9 th Oct) and every Sunday 11am-2pm. (from 15 th Oct) Surf Skills at Maroubra 7-8am on the first 3 Saturdays – TBC (voluntary). This is a very intensive course that requires all your attention and commitment
Costs	\$ 100 per person, plus senior club membership (\$80)
Course contents	The course is a comprehensive 9 week endeavour that will earn you the Bronze Medallion (Certificate II in Public Safety (Aquatic Rescue)), the subjects covered are: <ul style="list-style-type: none">• Safety and wellbeing• Surf awareness and surf skills• Rescue techniques; unaided, tube and board rescues• First aid and the human body• Cardio-Pulmonary Resuscitation with oxygen and defibrillator• Communications (Signals and Radios)• Spinal injury management and carries• Patrol procedures
Fitness	Entry to the course is contingent on achieving a 400m swim in open water in less than 9 minutes. If you wish to practice, point to point of Coogee beach is roughly 350m or else 9 laps of Wylies is 400m. Weekly fitness sessions are recommended (but voluntary) these run every Tuesday and Thursday morning at 6am from 12 th September (date TBC). Meeting at the Coogee SLSC Boatshed.

Please contact coogee.dadsarmy@gmail.com for further information

Register your interest on <https://goo.gl/forms/qylzAVzDbkUv6w9o2>

Lead trainers: Wayne Penn & Pat Garcia

Please note that part of the course involves online learning and that we use a Facebook Group to distribute information and the Whatsapp smartphone application to communicate last minute information to participants.

info@coogeminnows.com.au

www.coogeminnows.com.au