



DADS AND MUMS ARMY XXIII



**Welcome to
Coogee SLSC**

Dads and Mums Army XXIII

- SLSA Bronze Medallion Course -



DADS AND MUMS ARMY XXIII



The Trainers

Doug Hawkins & James Campbell



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| Proposed Training Schedule COOGEE SLSC DADS AND MUMS ARMY XXIII | | | | |
|---|--------------|-----------------|---|-----------------|
| DAY | DATE | TIME | SUBJECTS | WHERE |
| <u>SKILLS & FITNESS TRAINING COOGEE BEACH - Nthside of the Boatshed</u> | | | | |
| <u>Tues/Thursday 6.00am-6.45am Commences 15-10-19</u> | | | | |
| Bronze Medallion Training Schedule Feb/March 2020 | | | | |
| Monday | 3rd Feb 2020 | 7:30pm - 9:45pm | Paperwork, Ch1 Safety , Ch2 Surf awareness, Ch 7 Communications | Club house |
| Tuesday | 4th Feb | 6-6.45am | Training | Coogee boatshed |
| Thursday | 6th Feb | 6-6.45am | Training | Coogee boatshed |
| Sunday | 9th Feb | 11am-1.30pm | 400m Proficiency swim, board intro, tube rescues, RSR | Coogee beach |
| Monday | 10th Feb | 7:30pm - 9:45pm | Signals,Ch3 Human Body & Ch 6 First Aid | Club house |
| Tuesday | 11th Feb | 6-6.45am | Training | Coogee boatshed |
| Thursday | 13th Feb | 6-6.45am | Training | Coogee boatshed |
| Sunday | 16th Feb | 11am-1.30pm | RSR, Board & tube rescues & carries, RSR | Coogee beach |
| Monday | 17th Feb | 7:30pm - 9:45pm | Signals, Ch4 CPR & Ch5 Oxy & Defib | Club house |
| Tuesday | 18th Feb | 6-6.45am | Training | Coogee boatshed |
| Thursday | 20th Feb | 6-6.45am | Training | Coogee boatshed |
| Sunday | 23rd Feb | 11am-1.30pm | RSR, IRB awareness, Spinals, RSR | Coogee beach |
| Monday | 24th Feb | 7:30pm - 9:45pm | Signals, Ch8 Radios, Ch11 Beach Management | Club house |
| Tuesday | 25th Feb | 6-6.45am | Training | Coogee boatshed |
| Thursday | 27th Feb | 6-6.45am | Training | Coogee boatshed |
| Sunday | 1st March | 11am-1.30pm | RSR, Spinals & scenarios, RSR | Coogee beach |
| Monday | 2nd March | 7:30pm - 9:45pm | Signals, CPR & First Aid Scenarios | Club house |
| Tuesday | 3rd March | 6-6.45am | Training | Coogee boatshed |
| Thursday | 4th March | 6-6.45am | Training | Coogee boatshed |
| Sunday | 8th Mar | 11am-1.30pm | RSR, Full scenarios, RSR | Coogee beach |
| Monday | 9th Mar | 7:30pm - 9:45pm | Signals, Scenarios | Club house |
| Tuesday | 10th Mar | 6-6.45am | Training | Coogee boatshed |
| Thursday | 12th Mar | 6-6.45am | Training | Coogee boatshed |
| Saturday | 14th Mar | 9am-12pm | Signals, RSR, Full Scenarios | Club house |
| Sunday | 15th Mar | 9am-12pm | Theory Review | Coogee boatshed |
| Tuesday | 17th Mar | 6-6.45am | Training | Coogee boatshed |
| Wednesday | 18th Mar | 6.30pm | PART A ASSESSMENT | Club house |
| Saturday | 21st Mar | 8.30am | PART B ASSESSMENT | Coogee beach |
| | | | | |
| Pre Session Tips | | | | |
| Attend Skills and fitness sessions prior | | | Watch instructional videos | |
| Read chapters | | | Practise signals | |

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The Schedule

Pre Session Tips:

Read chapters

Complete online learning

Watch instructional videos

Practise Signals

Practise DRSABCD

Practise pistol grip & jaw thrust

Attend all training sessions



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The Schedule

This is a Condensed Course so there is a reliance on self learning and the online package

Tues/Thursday 6.00am skills and fitness sessions at Coogee Beach are a required part of the course

We will also do some extra board session Sat 7.00am and a session at Maroubra

14-15th March are half day Training sessions



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The Skills to be Learnt

Surf Awareness

Tube Rescue

Board Rescue

Signals

Radios

Beach

Management

SLS

First Aid

CPR

Spinal Wet

Spinal Dry

Carries

WHS

Run Swim Run



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The Skills to be Learnt

Online Training to support the Physical and Theory work

On-line must be completed prior to the relevant session



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Physical Skills to be Learnt

Entry: 400m swim in under 9 mins

11.00am 9th Feb 2020

For training and Assessment

**200m run 200m swim 200m run in
under 8 mins**

Final RSR - 8.30am 21st March 2020



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Physical Skills to be Learnt

Tube and Board rescues

Conscious and Unconscious

Spinal rescues from the water



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The Outcome

Fully qualified Australian Surf Lifesaver

SLSA Bronze Medallion

(internationally recognised award)

Cert II in Public Safety



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The Outcome

**Able to patrol at any Patrol at
any Surf Club in Australia**

Highly Skilled

Focussed

Able to save a life



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Where to now

Able to patrol at Coogee anytime

we have Patrol

Water Safety for Nippers

Water Safety for Club Events



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Where to now

Next round of Awards/Courses

Applied First Aid

Advanced Resus

Spinal

IRB Crew

Trainer

IRB Driver



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Where to now

**Opportunities to compete for
Coogee SLSC**

Sand events Sprints relays etc

Water Events - Board, swim,

Relays, Tube rescue

Lifesaving events



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Where to now

**Skills and Fitness Training
Tuesday and Thursday
6.00- 6.45am**

**This is specifically for the
DMA Course team**



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Where to now

Need to register

<https://forms.gle/vDgLxD5mBXCMTH5MA>

Confirmation email forwarded

Doug Hawkins

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