



Bronze Medallion 2023 (BM 1 course)

Wednesday 8 November to Saturday 2 December 2023

**Registration Information
& Timed Swim Form**

Welcome to Bronze Medallion (BM 1 – modular) Course (at least 15yo by December 2, 2023)

Please read this registration package carefully. To secure a place on this course, ALL of the following steps (using the [underlined blue links](#)) are required by **Thursday, 2 November 2023**:

SUMMARY (Details of each step in following pages)

1. If not already done, please complete your [Jan Juc SSLSC 2023/24 membership](#) ****U18 candidates - Parents - please note that while still on a family membership, every candidate will now require their own SLSA login & email (not school) PRIOR to completing step 4 and to enable them to complete the required online learning.**
2. Submit the [Jan Juc SLSC Bronze Medallion \(BM 1\) November 2023 online registration](#)
3. Pay the full **\$110 course fees** via your [Online Payment Gateway](#) SLSA Members Area account.
4. Complete the [Online LSV Course enrolment](#) **** This is DIFFERENT to step 2 JJ registration****
 - o “BRONZE MEDALLION”, commencing **8 November at Jan Juc**, Course ID: **1965718**
 - *Places are limited, online LSV Course enrolment will close once all places are filled, or 2 days prior to course commencement, whichever is sooner.*

The following MUST be completed **prior** to commencement of the course and scanned to tam@janjucsurfclub.com.au by **Monday 6 November**:

5. A completed [BM Prerequisite Timed Swim](#) - see last page

COURSE DETAILS:

Bronze Medallion (40 hours) is an enjoyable, although very busy course. Candidates will learn theoretical and practical components crucial to lifesaving, as well as spend a significant amount of time in the water. It is a Jan Juc SLSC expectation and SLSA requirement that candidates will attend *EVERY session*. Please ensure you are able to make that commitment before registering.

This course is conducted in **two types of sessions**:

1. **THEORY and LAND** practical scenario training, where some online learning, study and practice is required at home; and
2. **WATER** components which will run on the weekend sessions. Jan Juc is the proposed location, however depending upon conditions the session may take place at Cosy (mid front beach) Torquay.

Date		Time	Venue	Bronze Medallion
November 2023				
Week 1				
Wednesday	8	5:30 – 9:30pm	Upstairs Clubhouse	Land components eg Intro, signals, hazards & risk assessment, surf awareness and safety, Resuscitation
Sunday	12	11:30am – 3:30pm	Jan Juc Beach	Beach / Aquatic components - Signals, Aquatic Risk Assessments, Run-swim-runs, Surf skills
Week 2				
Monday	13	5:30 – 9:00pm	Upstairs Clubhouse	Revision and extension of all practical dry components, carries & IMISTAMBO
Wednesday	15	5:30 – 9:30pm	Upstairs Clubhouse	Land components incl. Radio, commence Emergency Care
Sunday	19	11:30am – 3:30pm	Jan Juc Beach	Revision of Aquatic components and Patrol setup, Rescues, Radios, Resus
Week 3				
Tuesday	21	5:30 – 9:00pm	Upstairs Clubhouse	Land components incl. Emergency Care, Spinal,
Thursday	23	5:30 – 9:30pm	Upstairs Clubhouse	Land components – Patrols, Comms & revision
Sunday	26	11:30am – 3:30pm	Jan Juc Beach	Revision of Aquatic components & Patrol scenarios
Week 4				
Monday or Tuesday TBC	27 / 28	5:30 – 9:30pm	Upstairs Clubhouse	Assessment - Theory & Resus practical, Incident report +/- Radio
Wednesday	29	5:30 – 9:30pm	Upstairs Clubhouse	Assessment – Emergency scenarios +/- Radio (<i>Split into 2 shifts</i>)
DECEMBER Saturday	2	8:30am – 1:30pm (<i>finish TBC</i>)	Jan Juc Beach	Assessment – Aquatic & Beach components followed by presentation

Notes

- **Water work sessions are subject to conditions at time.** Safety is paramount; in the instances where conditions are not appropriate at Jan Juc, candidates will be moved to Cosy Corner or an alternative day.
- You are required to READ & have access during class to the **Public Safety & Aquatic Rescue Training eManual (PSAR)** 35th edition; available either online modules (*preferred*) or as a pdf: On the [Club Gateway](#) use your SLSA login then search and access 'PSAR Manual', a handbook which is found in the Resource library. You are required to have access during the course, at home and during the theory assessment. This contains valuable information, diagrams, photos and skills videos to help with learning.
- **eLearning** - Candidates are required to **complete the eLearning prior to the assessment day.** Practising land techniques as much as possible at home is beneficial. Speak to your trainer if you require more practise, body surfing, board and tube skills.
- **Meals** – Not included, however you are welcome to bring your dinner/snacks and water bottles to the evening sessions. Tea and coffee will be available.
- **Vaccination** - Life Saving Operations are part of Emergency Services, it is recommended that you are fully vaccinated. Please check with your GP or First Aid Officer if unsure.
- **Unwell** – if unwell please do not attend the course and notify your Course Lead Trainer ASAP.
- **LSV BM fitness guidance** can be found here:
 - Weeks 1-4 Fitness Program [Week 1 - 4](#) Weeks 5-8 Fitness Program [Week 5-8](#)

About Jan Juc SLSC

Jan Juc SLSC began in 1963, with just six members in the first Bronze Medallion Squad and a borrowed belt and reel as rescue equipment. In 2023 we celebrate 60 years of vigilance and service to the community with much improved rescue resources. Our club is part of a volunteer network of Australian Surf Lifesaving Clubs Emergency Services Victoria. Volunteer Surf Life Saving began in Australia in 1907, with currently over 181,000 members across the country. Surf Life Saving Australia (SLSA) strives to create a safe environment on Australia's waterways, beaches and coastline through patrols, education and training, public safety campaigns and the promotion of health and fitness.

Jan Juc SLSC is an exciting organisation where we endeavour to provide you with excellent education and leadership opportunities, the ability to be involved with community service, a range of social activities and a sense of community. We look forward to your involvement.

USEFUL CONTACT INFORMATION

Training and Assessment

The Bronze Medallion (15yo min) courses are lifesaving skills-based awards. Skills taught for both include: Safety & wellbeing; Radio operations; Surf awareness; Rescue techniques and Resuscitation, with Bronze Medallion also including: Patrolling, Emergency Management, Communications and Spinal Management. To follow on there are many advanced award pathways available to all members - refer to the 'Public Safety and Aquatic Rescue' manual, 35th edition (PSAR35) or <https://janjucsurfclub.com.au/SKILLS-DEV>

Lifesaving Skills Development Manager: Nathan Gillard
Email: training@janjucsurfclub.com.au
Mobile: 0420 654944

Training and Assessment Manager: Davina Jackson
Email: tam@janjucsurfclub.com.au
Mobile: 0438 096428

General

Club Administrator: Anita & Meagan
Email: info@janjucsurfclub.com.au
Postal Address: PO Box 179, Torquay VIC 3228
Remote Office hours: Tuesdays and Thursdays 9.30am – 2.30pm
Office Mobile: 0475 265 820
Website: janjucsurfclub.com.au

Life Saving Services

Jan Juc SLSC provides Beach Patrols from November through April. At completion of the Surf Rescue Certificate & Bronze Medallion course candidates will be rostered onto patrols, usually a mix of half days and full days over the six month period, and/or Nipper Water Safety. This will be explained to candidates on the last day of the course. Patrol Rosters can be found on the Club website.

Lifesaving Service Manager: Olivia Jenkins
Email: lifesaving@janjucsurfclub.com.au
Mobile: 0408 260365

SUGGESTED TRAINING

It is recommended that you are now regularly swimming and undertaking another form of fitness, eg running. Ideally you would be swimming at least 1000m a few times each week, in preparation for your fitness, Run-Swim-Run and your prerequisite 400m pool swim in less than 9 minutes. You will benefit from supported practising of scenarios during the week eg CPR, Patient Assessment, First Aid, Signals, Radio and revision of PSAR manual, including photos and videos for specifics, eg pistol grip for breathing in CPR, how to roll an unconscious patient onto the board etc.

During the course you will require:

Theory and Land Components

- Water bottle
- Brimmed hat/ peak cap
- Beanie
- Warm clothes as we experience varying conditions
- Resuscitation Pocket Mask – received first session
- Candidate Resource kit (learner guide) – obtained first day
- Pens and highlighters
- Online access to PSAR35 eManual

Water Components

- Bathers
- Pink rash vest – **mandatory**
- Goggles
- 2 x own brightly coloured swim cap – **mandatory**
- Beach towel
- Wetsuit* – **Long-sleeved/ long legs a must**
- Sunscreen
- Warm clothes and shoes

A positive attitude; enthusiastic to learn in a peer supported environment

Water work = signals, run-swim-run, tube swims & rescues, board paddling & rescues, lifts & carries and spinal management. **Long sleeve/long leg wetsuit a must, to prevent hypothermia.*

Please note all electrical equipment is the sole responsibility of the owner. We do have a Wi-Fi service at Jan Juc SLSC.

COST

The total cost for the Bronze Medallion Course (BM 1) November 2023 is \$110, which includes patrol uniform & quartered cap, patrol whistle, resuscitation pocket mask, training resource expenses and tea, hot chocolate & coffee. Please BYO lunch and dinner. This cost does not include your prepaid membership fee. All club helpers, water safety, trainers and assessors will be volunteering their time for the course. If you do not already have a pink rash vests, which is *mandatory* for all aquatic training, please purchase for \$25 via the Club Clothing store. Please BYO drink bottle.

Should you decide to withdraw, cost less 25% will be refunded up until 7 November 2023; after this date there are no refunds. Your payment (less 25%) may be put towards another course this season.

A variety of Club swimwear styles and apparel are available for purchase via the [TeamApp Store](#). Contact the Merch Team (merchandise@janjucsurfclub.com.au) or info@janjucsurfclub.com.au to arrange collection.

Water Safety help - thank you in advance to **qualified family & friends**

See part 6 of the online JAN JUC BM online registration form – please select your role and time available

Please may we have some help for the following:

- **Water safety helper** – we require 5 BM qualified members, including IRB driver and crew for each aquatic session

Rosters will be sent out by November 8

REGISTRATION

The FIVE parts to be completed are:

1. Jan Juc SLSC 2023/2024 Membership

A current 2021/2022 Membership is mandatory. Your membership is not active until ALL membership components are received and processed by the Club Office.

For more details, refer to the [Jan Juc SSLSC 2023/24 membership](#) webpage or contact the office via phone on 0475 265 820 or email info@janjucsurfclub.com.au

2. Jan Juc SLSC Bronze Medallion (BM 1) November 2023 online Registration form

The [Jan Juc SLSC Bronze Medallion \(BM 1\) November 2023 online registration](#) captures all Candidate and Next of Kin details, Confidential Medical Information, Uniform sizing, Candidate Conduct and Values and Course Helpers. Please complete all sections then submit.

3. Course Payment (due by Thursday, 2 November 2023)

Click SLSA [Online Payment Gateway](#) to submit a payment to Jan Juc SLSC.

- Set the transaction details to:
 - Transaction type: 'Course Fee'
 - Details: Your Name and 'BM 1, November 2023'
 - Amount: \$110
- Choose your card type then follow the prompts to completion. You will receive a confirmation email, usually within the following few minutes.

4. Online LSV Course Enrolment

Prior to commencing the *Bronze Medallion course* you must register online with Lifesaving Victoria (LSV) by booking into a Practical Session. Follow these steps to do this:

1. Using your SLSA account name and password, login to the LSV Member Training Portal <https://mt.lsv.com.au/login/> account. If you do not have your own account you will need to create one [here](#). NB:- Candidates while still part of a family membership are required to have a separate login to the family.
2. Click on *Find a New Course* Locate the entry for **Bronze Medallion** and click on *Book Practical*, look for the course commencing **Wednesday, 8 November** at **Jan Juc SLSC**, Course ID: **1965718**
3. When you have time (before assessment) click on *View Enrolled Courses*, locate your **online learning modules**, launch and complete these at your own pace.

***** Complete the first FOUR ONLINE components by 2 November 2023, PRIOR to Bronze Medallion Course**

***** Print and take to the pool the FIFTH PAPER component (next page). To be completed by the assessing person by 6 November 2023, PRIOR to the Bronze Medallion Course and scanned to tam@janjucsurfclub.com.au** This required to participate in the Aquatic components.

5. BM Timed Swim - Compulsory

As part of the Bronze Medallion all candidates are required to achieve a prerequisite TIMED pool swim PRIOR to the Bronze Medallion Course. This must be witnessed and signed by a qualified Pool Lifeguard, AUSTSwim Teacher or LSV Assessor. *Please scan completed forms to tam@janjucsurfclub.com.au prior to commencement of the course. If this swim form is not completed you are unable to commence the course.*



**Timed Pool Swim – Compulsory
Bronze Medallion**

As part of the Bronze Medallion all candidates are required to achieve a prerequisite TIMED pool swim PRIOR to the Bronze Medallion Course. This must be witnessed and signed by a qualified Pool Lifeguard, AUSTSwim Teacher or LSV Assessor.

400m of continuous freestyle, without fins (goggles permitted), in 9 minutes maximum is required.

I,, a qualified Pool

Lifeguard, AUSTSwim Teacher or LSV Assessor (circle appropriate qualification)

With registration number declare

..... has

achieved swim of 400m continuous freestyle stroke without fins at

.....

Pool in a time of minutes and seconds on this day ___/___/___.

Assessor Name

Assessor Signature