

## Southport SLSC - School Holiday Bronze/SRC Course - 2016/17

8:30am to 4:30pm Daily (Lunch 12:00pm to 1:00pm)

Morning Tea approx 10:00am

Pre-Read Manual Introduction and Chapters 1 & 2

| Day / Date                     | Time    | Location                        | Activity  | Instructors  | Comments  |
|--------------------------------|---------|---------------------------------|---|--|---|
| <b>Monday</b><br>26/09/2016    | 8.30 am | Nipper Building                 | Introduction, Course outline and forms<br><b>Chapter 0 - Introduction and Signals</b><br><b>Chapter 1 - Safety &amp; Wellbeing</b>  | Richard<br>Richard, Sue & Phil & Julien<br>Richard, Sue & Phil & Julien                        |   |
|                                |         |                                 | <b>Chapter 2 - Surf Awareness &amp; Skills</b>  | Richard, Sue & Phil & Julien   |   |
|                                | 10.00am | Main Beach                      | Run - Swim - Run (Group exercise and timed)<br>Board skills - Board checks, paddling out through the surf and return<br>Surf Awareness & Skills - Wading, dolphining and body surfing   | Richard, Sue & Phil & Julien<br>Phil & Julien<br>Richard & Sue                                 |   |
|                                | 1.00pm  | Nipper Building                 | <b>Chapter 9 - Rescue Techniques and Chapter 10 - Carries &amp; Supports and Chapter 11 - Patrols</b>   | Richard & Julien   |   |
|                                |         |                                 | <b>Chapter 4 - Resuscitation - DRSABCD - Live patient COWS and CPR</b>  | Sue & Phil   |   |
|                                | Evening | <b>Homework</b>                 | Students to read <b>Chapter 4</b> (Resuscitation), <b>Chapter 9</b> (Rescue Techniques) and <b>Chapter 10</b> (Carries & Supports)  |  |   |
| <b>Tuesday</b><br>27/09/2016   | 8.30am  | Main Beach                      | Warm up and Signals<br>Run - Swim - Run (Group exercise and timed)<br>Board skills - Paddling out, rolling under waves and returning to shore and rescue of conscious patient<br>Rescue Techniques and Carries & Supports                                   | Richard, Sue & Phil & Julien<br>Richard, Sue & Phil & Julien<br>Phil & Julien                  |   |
|                                | 1.00pm  | Nipper Building                 | <b>Chapter 7 - Radio Operations and Chapter 8 - Communications</b><br><b>Chapter 4 - Resuscitation - DRSABCD - Live patient COWS and CPR</b>  | Richard & Julien<br>Sue  |   |
|                                | Evening | <b>Homework</b>                 | Students to read <b>Chapter 5</b> (Defibrillation and Basic Oxygen),  |  |   |
| <b>Wednesday</b><br>28/09/2016 | 8.30am  | Main Beach                      | Warm up and Signals<br>Run - Swim - Run (Group exercise and timed)<br>Board Skills - Conscious and Unconscious Patients - Carries and CPR<br>Rescue Tubes - Conscious and Unconscious Patients - Carries and CPR  | Richard, Sue & Phil & Julien<br>Richard, Sue & Phil & Julien<br>Rod<br>Richard & Sue           |   |
|                                | 1.00pm  | Nipper Building                 | <b>Chapter 4 - DRSABCD - Live patient COWS, CPR and Chapter 5 - Defibrillation and Basic Oxygen</b>   | Richard &<br>Sue   | Bronzies<br>Bronzies First<br>SRC's First             |
|                                |         |                                 | <b>Review Students progress towards assessment</b>  | <b>All Instructors</b>   |   |
|                                | Evening | <b>Homework</b>                 | Students to read <b>Chapter 3</b> (Human Body) and <b>Chapter 6</b> (First Aid)   |  |   |
| <b>Thursday</b><br>29/09/2016  | 8.30am  | Main Beach                      | Warm up and Signals<br>Run - Swim - Run (Group exercise and timed)<br>Board Skills - Conscious and Unconscious Patients - Carries and CPR<br>Rescue Tubes - Conscious and Unconscious Patients - Carries and CPR<br>Spinal Rescues (Water and Land carries) | Richard, Sue & Phil & Julien<br>Richard, Sue & Phil & Julien<br>Phil & Julien<br>Richard & Sue | All - 2 Groups<br>All - 2 Groups<br>Bronzies<br>SRC's |
|                                |         |                                 | <b>Preliminary Assessment (Must Attend to qualify for Assessment)</b>   | Richard & Sue  | Bronzies  |
|                                | 11.00am | Nipper Building                 | <b>CPR Pre Assessment</b>   | All - 2 Groups   | Sue to Assess   |
|                                | 1.00pm  | Nipper Building                 | <b>Chapter 3 - Human Body and Chapter 6 - First Aid</b>   | Sue  | All - 2 Groups  |
|                                | Evening | <b>Homework</b>                 | Read any sections of concern  |  |   |
| <b>Friday</b><br>30/09/2016    | 8.30am  | Main Beach                      | Warm up and Signals<br>Run - Swim - Run (Group exercise and timed)<br>Patrol set-up Procedures and IRB Awareness<br>Scenarios/ Practice (Tubes, Boards, Carries, Signals, Resuscitation)  | Richard, Sue & Phil & Julien<br>Richard, Sue & Phil & Julien                                   |   |
|                                | 1.00pm  | Nipper Building                 | <b>Radio Training and Assessment</b><br>Discussion on Assessment expectations   | Richard, Sue & Phil & Julien<br>Richard, Phil & Julien   |   |
|                                | 2:00pm  | Main Beach &<br>Nipper Building | <b>Assessment - Bronze and SRC</b><br>Complete paperwork and Presentation   |  | IRB Cover Required                                    |