

# U14 SURF RESCUE CERTIFICATE

## COOGEE BEACH SLSC

The Surf Rescue Certificate is the very first stage of becoming a lifesaver. For U/14's+ who participate in Senior SLS competitions, the SRC is a requirement, along with minimum patrol hours to compete at local and state competitions/carnivals

- Basic first aid
- Work as part of a team
- Public safety and aquatic rescue
- Communications
- OHS

### PRE-REQUISITES

Able to swim 200m within five minutes (signed off by an authorised club person)

Course participants must be fully financial

Minimum 13 years of age at time of final assessment

### COURSE DATES

Wet sessions Sundays 9:00am - 11:00am

Sunday 12th, 19th, 26th,

Dry sessions Mondays 6:30pm - 8:30pm

Monday 13th, 20th, 27th

Wet Assessment: Sunday 3rd December

Dry Assessment: Monday 4th December

### CONTACT INFO



(08) 9494 1433



training@cbslsc.com.au



cbslsc.com.au

