COTTESLOE SLSC BRONZE MEDALLION COURSE 1 IS STARTING SOON

Cottesloe SLSC Bronze Medallion Course 1 is starting Wednesday 10th of October.

The course starts at 6.00pm on Wednesday, and for the following five Wednesdays for the dry sessions. We will finish at 9.00pm. We will be meeting in the Don Morrison Room (which is the main hall of the clubrooms, located up the stairs).

The first wet session is Saturday 13 October 2018, commencing at 7.30am and will continue for the following five Saturdays. We will finish these sessions at 9.30am. For the wet sessions will be meeting at the boatshed (which is located underneath the Indiana Tearooms).

There are a number of items that need to be done prior, or in the early stages, of the course.

**Financial Membership**

Please ensure you have paid you membership fees for the current season. You are not able to attend the course if you are not financial. If you are unsure as to your status, please login and review the members section of the SLSA website. (<https://members.sls.com.au>). To find your status click [Memberships] and then [Renewals, Payments & Transfers]. Any surf club memberships will be displayed here, for Cottesloe should say ‘Registered Season: 2018’.

If you are having difficulty logging in the members section you can contact the office on 9383 4400 to check you are financial or the SLSA IT Helpdesk on 1300 724 006.

**Pre-requisite swim**

There is a pre-requisite swim of 400m timed in 9 minutes or less. This needs to be signed off by a swim teacher or lifeguard (lifeguards at any pool will do it). A measured open water course is also accepted. The signoff form is attached.

**Additional paperwork**

The following forms will be provided at the first session.

* Candidate Information Form
* For members under 18 years of age: Parental Consent Form [to be returned prior to first water session]
* Candidate workbooks.
* Signals information which you will need to know by the end of the course.

**SLSA Online Account**

Set up an online SLSA account. Instructions are at the bottom of this email. Please ensure this is completed prior to the start of your course. If you are having difficulties creating an account or logging in, please contact the office at admin@cottsurf.com or the SLSA IT Helpdesk on 1300 724 006.

**What to Bring**

Please remember to bring the following items to the appropriate sessions:

***Dry***

Pen (and the pack that you will be given on the first day of the course)

Clothes appropriate for undertaking resuscitation drills and first aid scenarios

Water Bottle (can be refilled at the drink fountain)

Snack (if coming straight from work or school)

Completed candidate information and parental consent form (First Session).

***Wet***

Pen (and the pack that you will be given on the first day of the course)

Bathers, Goggles, Towel, Sunscreen, Hat

Wetsuit (as the water is cool, wetsuits are permitted)

Yellow hi-vest competition vest (if you have one)

Dry / Warm change of clothes

Water Bottle (can be refilled at the drink fountain)

**Online Theory**

There is an online component of 11 modules that are required to be completed during the course. It is beneficial to undertake at least some of the content prior to the beginning of the course. There is a book available to aid you completing the online content which can be picked up from the office during normal business hours. All candidates are encouraged to complete the online learning at the earlier stages of the course, rather than leave it to the last week.

To register for the online theory, please make sure that you have created your online account before the start of the course.

The best browser to use is Chrome.

To create an account, follow this link (<https://members.sls.com.au>) and click [Don't have a Members Area account yet? Click here to create one.]

Attached are instructions on how to access the BRONZE online course material.