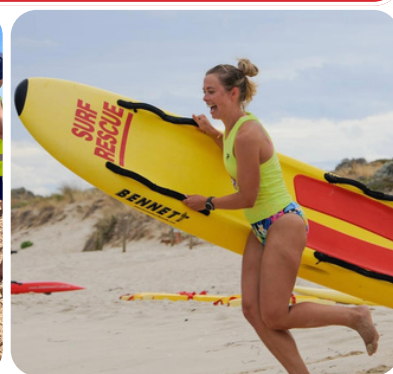




**WANT TO BE A SURF LIFESAVER?**  
**SWANNY BRONZE**  
 STARTS 9 OCT 2024

[WWW.SWANNYSURFCLUB.ORG.AU](http://WWW.SWANNYSURFCLUB.ORG.AU)  SWANNYSURFCLUB







# BRONZE MEDALLION INFORMATION

## BECOME A SURF LIFESAVER

Ready to dive in and become a surf lifesaver? Swanbourne Nedlands Surf Life Saving Club invites you to achieve your Bronze Medallion - the core award to becoming a volunteer surf lifesaver, and keeping our beaches safe in the iconic red and yellow uniform.

Resuscitation, first aid, surf awareness, rescue techniques, how to respond to emergency situations, and plenty more - you'll gain skills that could save lives! Become part of Australia's biggest volunteer movement by achieving your Bronze Medallion.

## WHY A SWANNY BRONZE?

Join a tight-knit community of Swanny members who share a love of the ocean and dedication to keeping our beach safe. We welcome community and socially minded people wanting to learn new skills, meet new people, be active and have a great time on the beach.

### 1. Team-based environment

Lifesaving is a collective effort and at Swanny we emphasise the importance of working together. Foster teamwork and communication skills with fellow candidates as you simulate rescue situations.

### 2. Social

The social element is what makes Swanny and your Bronze! It's a great chance to make new connections, and many people have developed lifelong friendships during a Swanny Bronze course. There's always time to chat at post-training coffees, or social events.

### 3. Great trainers

Swanny prides ourselves on surf education and training, to develop great lifesavers! Our team of volunteer trainers is dedicated to helping you to becoming a skilled and confident lifesaver.

### 4. Get (or stay) active

Bronze is a great chance to get active. We've got plenty of competition and training opportunities for all fitness levels. At Swanny, we just love being active at the beach!

### 5. Our clubrooms and beach!

Bronze training will be in our recently expanded club and stunning coastal setting - with sessions in our education room overlooking the ocean, new facilities, and on the amazing Swanbourne Beach!



## KEY INFO

- Starts Wednesday 9 Oct 2024
- Eight week course duration
- Twice weekly training
- Wednesday 6:30-9pm (indoor)
- Saturday 8-11am (beach)
- \$125 course fee & \$200 club membership
- Join now at [www.swannysurfclub.org.au](http://www.swannysurfclub.org.au)







# BRONZE MEDALLION

## FREQUENTLY ASKED QUESTIONS



### WHAT HAPPENS DURING THE COURSE?

Over 8 weeks you'll meet new people, work as a team and build new skills that could save lives!

There's two training sessions a week. The Wednesday evening sessions (in the clubrooms) focus on resuscitation, first aid and radio communications. Saturday morning sessions are on the beach and in the ocean, where you'll develop surf awareness and learn board, tube and spinal injury rescue techniques.

At the end of the course there is an exam, that gives you a chance to demonstrate all your new skills. With your enthusiasm to become a lifesaver, and the Swanny training team's experience and knowledge, we'll make sure you're ready to go!

### HOW FIT DO I NEED TO BE?

Bronze does have a fitness element, but there's no need to be daunted by this. A diverse range of candidates has achieved their Bronze at Swanny. We also have plenty of fitness training to help!

Bronze Medallion requires a 400m swim to be completed in under 9 minutes prior to commencing ocean based training (our first Saturday session is at the pool to give this a first shot), and a run-swim-run (each leg is 200m) to be completed in under 8 minutes as part of the final exam.

The great news is, if you do want to improve your swimming or fitness, once you've joined the club there is a number of training sessions you can take advantage of. This includes coached all-levels swimming training, and gym-based fitness sessions. And there's even more ocean based training available once you've completed Bronze!

### AND ONCE I'M A LIFESAVER?

Being part of a surf life saving club offers almost endless opportunities for developing skills, keeping fit and contributing to the community!

The main commitment is a 3 hour lifesaving patrol once a month, from October to March. Beyond that there is plenty of opportunities to get involved in our great social events, surf sports (like board and ski paddling), higher awards (e.g. Advanced Resus, IRBs) and many other aspects of Swanny.

You'll be surprised just how many things you can get involved in at Swanny. And what you'd like to get involved in is up to you!

### ANY PRE-REQUISITES?

- To commence the Bronze Medallion you must:
- Be a financial member of a Surf Life Saving Club, and have paid the Bronze course fee.
  - Be at least 15 years old by date of final assessment.
  - Complete a 400m swim under 9 minutes prior to commencing ocean based training.

Alternative pathways to becoming a lifesaver (e.g. SRC, First Aid) with different pre-requisites do exist!

### HOW DO I JOIN?

Visit our website and join through the 'How to Join' page: <https://swannysurfclub.org.au/how-to-join-new-members>.

If you'd like additional info please get in contact with Jacqui, our Club Administrator, via email [admin@swannysurfclub.org](mailto:admin@swannysurfclub.org) or (08) 9384 0020.





**"Best decision I ever made."  
Mel, Swanny Bronze 2022**

"It was a personal life goal to join a surf life saving club and do a patrol. With a great tip from a friend I chose Swanny. Doing my Bronze not only built my fitness and confidence, but also gave me community pride.

The people I've met and the opportunities I've since had as a lifesaver has been amazing and an opportunity not like any other"

**Katy, Swanny Bronze 2022**

"Doing Bronze changed my life. Bronze boosted my confidence, as well as my fitness and general wellbeing. And I met people who have become some of my closest friends."

**Pablo, Swanny Bronze 2022**

"I arrived in Perth and joined Swanny to do Bronze having heard great things. Doing Bronze was excellent for my personal development and confidence, as a lifesaver, and beyond. After Bronze I was hooked on Swanny and being involved in lifesaving!"

**Bec, Swanny Bronze 2022**

✉ [ADMIN@SWANNYSURFCLUB.ORG.AU](mailto:ADMIN@SWANNYSURFCLUB.ORG.AU)

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