

# Surf Rescue Certificate

The Surf Rescue Certificate is a base award on which to develop your life saving skills further. At the completion of your SRC you will be an active life saver and will be able to carry out patrol duties under the supervision of more experienced life savers. You will be required to complete 16 hours patrol each season. In the following year, the club would expect that you would complete your Bronze medallion and further advance your lifesaving knowledge.

Prerequisites for the SRC:

- Be a minimum of 13 years of age on the date of final assessment
- Have completed a 200m swim in 5 minutes or less before any training begins in the surf

A reasonable level of fitness is required as candidates must perform simulated ocean rescues using a variety of equipment (rescue boards and rescue tubes). Skills taught are resuscitation and patient care, basic first aid, surf awareness and skills, rescue techniques and patrols.

You are expected to be in attendance at all of the training sessions and must be available for the assessment dates.