

PROFICIENCY DATES 2009-10

All patrol members must complete an annual proficiency for their patrolling awards by 31st December 2009.

Awards include: Bronze, SRC, ARC, Defib Cert, Spinal Management, IRB Crew and IRB Driver.

There will be 3 sessions offered this season:

Saturday November 28th
(Black, Green, Juniors Duties, Red)

Saturday December 5th
(Orange, Yellow, Grey, Purple)

Saturday December 19th
(Carnival, Aqua, Lime, Blue)

All sessions will start at 11am in the Toproom.

All members must bring their bathers, goggles wetsuits etc, as a run swim run and rescue scenarios will be conducted after resus and theory proficiencies.

All proficiencies will include training on how to use the Defibrillator.

Please allow time to complete the full session. Depending on numbers on the day, each session could run between 1 – 2 hours.

The patrol group's allocations are a guide only. If the allocated date is inconvenient please attend a different session. No need to let me know, as long as you come on one of the sessions.

If it is impossible to attend any of the 3 sessions, please contact Tony as soon as possible to make alternative arrangements. (0433 102 103)

No proficiencies will be conducted after 31st December 2009 (unless you have made prior arrangements)

Please note: If you have not made an effort to attend a session or seek alternate arrangements prior to December 19th, you may end up not being proficient for the season, which will effect your competition rights.

Each member will need to complete a 200m run, 200m swim 200m run in under 8 minutes. All members will also have to attend a refresher session on CPR, Defib training and signals, as well as refresher training in all other patrolling awards.