



Proficiency - Annual requirements

- 200m Run - 200m Swim - 200m Run in less than 8 minutes - **NO WET SUITS**
- Either a board or tube rescue
- Pass signals
- Deliver CPR on single and 2 persons for 2 minutes
- Practice in the use of oxygen and defibrillator
- **NOTE: Generally dry land component will be conducted first in the ball room (to avoid sand and wet carpet) followed by the water component.**
- **If people don't sign on they were never there!!!!!!**
- Please check weather and surf conditions prior as scheduled proficiencies can be cancelled if beach is closed or inclement weather.

A member's proficiency is valid until the **31st December each year** unless stated otherwise in Surfguard or via Circular (e.g. Apply (Senior) first Aid has a three year proficiency requirement). This Circular should be read in conjunction with Policy 5.4, where it is stated:

"1.1 Members who are not proficient as at December 31st are not permitted to patrol, or compete in any SLSA competition, until they have obtained the required proficiency."

This means that any member who is not proficient by the 31st December, or has not completed appropriate awards shall not be allowed to:

- Perform patrols
- Operate rescue craft or
- Compete in surf life saving competitions

Proficiency Dates for North Cronulla December 2014

SRC and Bronze Proficiency



- Sun 5th October 10:30
- Sun 19th October 10:30
- Sun 2nd Nov 10:30
- Sun 16th Nov 10:30
- Sun 30th Nov 10:30
- Sun 14th Dec 10:30

ARTC

- Thurs 15th Oct 7pm
- Thurs 5th Nov 7pm
- Thurs 26th Nov 7pm
- Thurs 10th Dec 7pm

IRB Crew & Driver

- Sun 2nd Nov 8:30am
- Sun 14th Dec 8:30am



Further information

www.northcronullaslsc.com.au

Proficiency requirements refer to Pre-season pack at <http://www.surflifesaving.com.au/members/resources/administration>

ALTERNATE PROFICIENCY DATES

If you are unable to attend a proficiency on any date listed at North Cronulla you can attend a proficiency at another club. Refer to dates on Sydney Branch website.

You must return sign on card to office.
Proficiency dates Branch Clubs
Click on underlined items to go directly to website reference.

