

# RESCUE READY

camden haven surf lifesaving club



## Welcome to our club newsletter

You're invited to join Camden Haven Surf Life Saving Club again, build your skills, help our club, and be part of the movement that saves lives, creates great Australians and builds better communities. Please tell your friends about our friendly club and invite them along too!

## It's rego time

Registrations are now open for this coming season – click the join button below for information on how to join or renew your membership. If you're a new member, don't forget, you're joining Camden Haven Surf Life Saving Club (not "North Haven" as that's a club in South Australia).

**JOIN**



Check out who's who on the new committee [here](#).

## Nippers: Open Day, swim dates

You can register now for nippers and come to our Open Day on Sunday, 24 September, at the beach at North Haven, 10am-12pm. We will have a barbecue, some come-and-try activities and club merchandise for sale, and our committee members will be on hand to answer any questions. (continues next page)



The surf club bar opens at noon, so feel free to hang around for a drink.

Dates for the **nippers' preliminary evaluation pool swims at Kendall Pool** are:

- Saturday 30 September, 9am-11am
- Sunday 8 October, 10am-12 noon
- Saturday 14 October, 9am-11am

Please make sure you come to one of our swims before the start of the season. These **swims are compulsory** for nippers to participate in water-based activities. Nippers kicks off on Sunday, 22 October. To learn more about nippers, please contact our Junior Activities Coordinator Nicole Crowe on 0490 939 571.

## **SRC & Bronze Medallion courses**

We have a Surf Rescue Certificate (SRC) and Bronze Medallion course in October.

The **Surf Rescue Certificate** is for people aged 13 and over. The qualification means you can help with our water safety on nippers days (parents – we'd love you to sign up) and assist on beach patrols. The **Bronze Medallion** means you can help with water safety and patrol as a fully qualified lifesaver.

Training will be done in the water, at the pool, on the beach and in the surf club leading up to the final assessment to earn your qualification. Training will take place on **Tuesday** evenings and **Sundays** on the beach between 10am and 2pm. There will be online self-paced learning to complete at home. For each course, there is a timed pool swim to complete. It's 200m in five minutes for the SRC and 400m in nine minutes for the Bronze – but don't worry, we train together to build up fitness over the course.

For more information and to register your interest, please get in touch with our trainers, Ben Hosick on 0420 450 550 or email [ben.hosick@gmail.com](mailto:ben.hosick@gmail.com) or Michelle Garvan on 0457 834 408.

We're looking forward to seeing you on the beach!  
From the Camden Haven SLSC Team

