

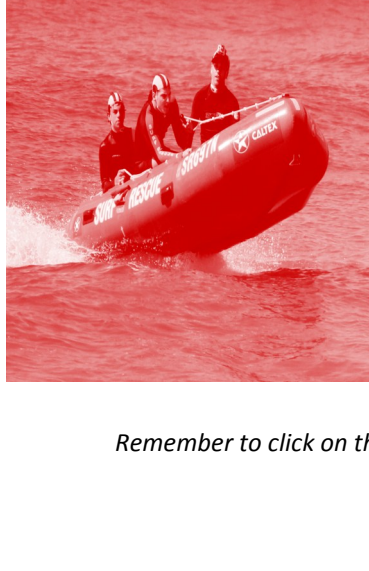


[Lifesaving](#)

[Education](#)

[Competition](#)

## IMPORTANT UPDATES



### COMPETITION

Good luck to our Juniors who will start their State campaign tomorrow at Umina. We hope you have better conditions than last year and enjoy your time together. Thanks to JAG group, parents, officials and water safety for all of your hard work.

Last weekend saw the start of the State Championships with the Lifesaving and First Aid events., congratulations to Danielle Herman for her top 10 finish—the first time this has happened in these events for a number of years.

[Age championship website link](#)

### PATROL ROSTER

**Sat 1/3**

**Patrol 8(8:45—13:30) & Patrol 9 (13:15—18:00)**

**Sun 2/3**

**Patrol 10 (7:45—13:00) & Patrol 11 (12:45—18:00)**

**Next weekend**

**Sat 8/3 Patrol 12 (am) and Patrol 1 (pm)**

**Sun 9/3 Patrol 2 (am) and Patrol 4 (pm)**

### EDUCATION PROGRAMS

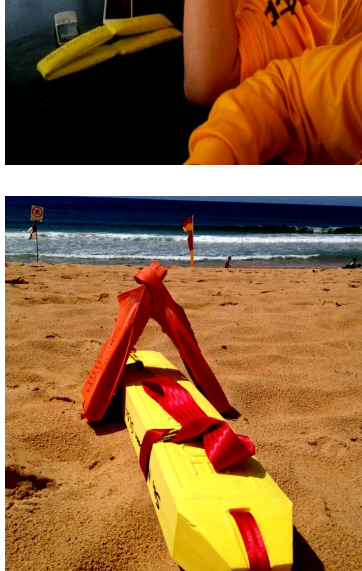
A spinal course has been planned for Saturday 15th March. The course will be held at North Cronulla starting at 8.30am.

See below for information regarding First Aid Course, Gold and Silver Medallion courses also being held in March and April.

Contact the office to sign up, [full description of courses is available on our website](#)—you must be a current financial member.

Remember to click on the [blue hyperlinks](#) to take to you the relevant link.

## EDUCATION COURSES



### First Aid Course Saturday 22nd March

This course provides participants with the knowledge and skills needed to manage emergency first aid situations and deliver competent emergency care until the arrival of professional medical support. Once completed, participants will obtain a first aid certificate that is valid for three years. The Apply First Aid course is nationally recognised WorkCover approved training.

[CLICK HERE FOR MORE DETAILS](#)



### Silver Medallion

The aim of this course is to provide participants with the skills, knowledge and experience to manage a beach in emergency and non-emergency situations

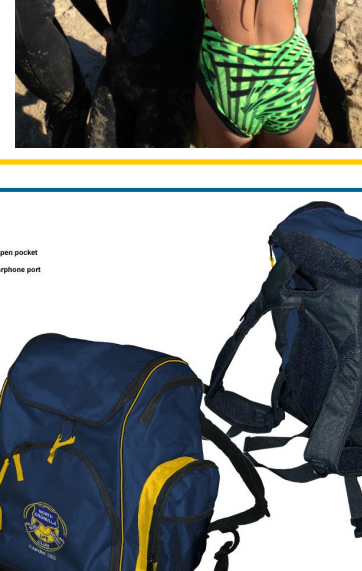
**March Course at North Bondi Surf Club**

24th, 25th, 27th March. 6.30pm-9.30pm

**April Course at Cronulla Surf Club**

22nd, 23rd, 28th April. 6.30pm—9.30pm

[CLICK HERE FOR MORE INFORMATION](#)



### Gold Medallion

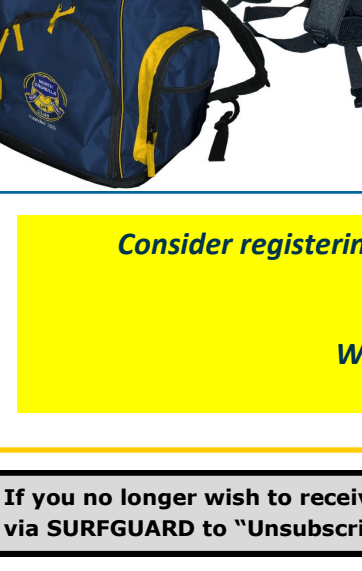
The aim of this course is to provide participants with advanced skills and knowledge to manage emergency situations in autonomous situations

Course will be held at our beach!

**North Cronulla Surf Club**

Saturday 26th April 10am

[CLICK HERE FOR MORE INFORMATION](#)



### Spinal Course

The aim of this course is to provide participants with skills and knowledge to manage injured casualties with suspected spinal injuries in an aquatic environment in an emergency situation.

Course will be held at our beach!

**North Cronulla Surf Club**

Saturday 15th March 8.30am

[CLICK HERE FOR MORE INFORMATION](#)



## Apparel Sale

Sunday 16th March

9am—Midday

Surf Club Ballroom.

Great bargains—costumes from \$10

New back packs great for carnivals.

**Consider registering and participating in Boardies Day 2014.**

**Friday 28th March**

**Website details [CLICK HERE](#)**

**If you no longer wish to receive these emails, please update your personal details via SURFGUARD to "Unsubscribe". PLEASE DO NOT REPLY TO THIS EMAIL**