



PROFICIENCY UPDATE FOR BRONZE & SRC HOLDERS – 2025/26 SEASON

As we head into the new season, please take note of the updated skills maintenance requirements for those holding a Bronze Medallion or Surf Rescue Certificate (SRC).

What You'll Need to Complete:

1. Lifesaving CPR (LSCPR)

This is a new face-to-face component introduced this season. It **MUST** be delivered by a **qualified Wanda trainer or assessor**. Thanks for your patience while we coordinate sessions.

2. Run-Swim-Rescue

This replaces the traditional run-swim-run. You'll complete:

- 100m run from waist-deep water around a flag.
- 100m swim with rescue tube (fins optional)
- Secure a patient at the 100m marker
- Return swim with patient to shore

 **Timed component must be completed in 3 minutes 30 seconds or less**

3. Signals

You'll need to demonstrate:

- Beach-to-water signals
- Water-to-beach signals

 Visit the Wanda [website](#) and the clubroom noticeboard for upcoming session times.

 **SLS Members Hub** - a streamlined platform for patrol hours, awards, eLearning, and renewals. Visit hub.sls.com.au.

Questions?

Contact Lachlan Black – Director of Education

 directoreducation@wandaslsc.com.au

Or reach the Wanda office:

 clubhouse@wandaslsc.com.au