

## How can you be part of Bondi Surf Bathers' Life Saving Club?

**Bondi Surf Club offers membership to both males and females from the age of 6 upwards.**



### **Junior Activities:**

Members aged 6 to 13 are known as "nippers". While learning surf survival the emphasis is on fun and participation. Fully supervised programs of activity include surf safety, board paddling, basic resuscitation and first aid, and competition.

The Nipper Program operates on Sunday mornings from 10 am.

Lifesavers aged between 13 and 15 are taught basic lifesaving skills and whilst not expected to be involved in life-threatening rescues, they may assist on a patrol.



### **Active Patrolling Member:**

The club has approximately 200 active patrolling lifesavers, 45% of whom are female, ranging from 15 to 75 years of age.

Becoming a surf lifesaver does not require a high level of fitness, but it does require commitment and an enjoyment of surf swimming and the beach.

You will need to pass the Bronze Medallion for which free training is provided by the Club. This course takes 8 weeks to complete and is externally examined.

All active patrolling members are assigned to a 'Patrol' and required to attend about half a day every month. Active patrolling members must be 15 years and over.

Your time as a member of the BSBLSC will be very rewarding; you'll have a great time, make new friends and develop new skills, all whilst performing a valuable community service on Australia's most famous beach.

Some more great reasons to join:

Develop skills in surf rescue, first aid and resuscitation

Have access to surf equipment

Membership of the Club gym

Use of the Sauna

Develop leadership skills and self confidence

Changing facilities every time you visit the beach

Opportunities for personal and team training

Attend social functions

Inter and intra club competitions

Travel around the state and country representing BSBLSC



### **Associate Membership:**

Individuals over 35 years can join the Club as an Associate. This category of membership allows use of the Club facilities and all members receive invitations to Club social functions.

Many of our Associates assist the Club through administrative roles and fundraising, they play an important role in the operation of the Club.

Even if you are over 35 you can still join as an active member and participate in patrols.

