

Thinking about becoming a volunteer surf life saver? Want to gain confidence and grow your skills in and out of the surf while helping others? Find out how here....

Becoming a surf lifesaver not only equips you with valuable life-saving skills, it fosters a sense of community and responsibility, and gets you fit. You can also take part in surf sports competitions, and it is fun!

The Bronze Medallion program offered at Black Head Surf Life Saving Club provides training in water rescue techniques, first aid, and CPR. You will learn the knowledge and practical skills to confidently respond to aquatic emergencies, skills that are useful both on and off the beach.

The program also teaches beach safety and awareness, empowering you to educate others and promote a culture of safety at beaches and other aquatic environments. Once you've completed your Bronze Medallion, you can then undertake further training in areas such as beach management and emergency coordination, surf rescue craft, advanced resuscitation and first aid.

Not only does becoming a surf lifesaver grow you as an individual, but it also introduces you to a community of like-minded individuals committed to ensuring the safety of beachgoers and the broader community.

The role of a surf lifesaver goes beyond rescues. It includes education, preventative actions, and community engagement. Not only will your life be enriched, but you will also be contributing to building a safer, more resilient, community.

Ultimately, earning a Bronze Medallion and becoming a surf lifesaver is not just a certification. It is a commitment to safeguarding lives and fostering a spirit of unity and responsibility that extends far beyond the shore.