SYDNEY BRANCH
THE SURF LIFE SAVING ASSOCIATION OF AUSTRALIA

ESTABLISHED
16TH OCTOBER, 1907

"VIGILANCE AND SERVICE"
ADDRESS ALL CORRESPONDENCE TO:
HON. SECRETARY TO SYDNEY BRANCH
MR. G. B. STAUNTON

BRANCH OFFICE
335 ILLAWARRA ROAD
MARRICKVILLE, N.S.W., 2204

John Tucker
74 Coonong Road
GYMEA BAY 2227

No. 1 DISTRICT
BURNING PALMS S.L.S.C.
ERFA S.L.S.C.
GARIE S.L.S.C.

No. 2 DISTRICT
CRONULLA S.L.S.C.
NORTH CRONULLA S.L.S.C.
ELROUFA S.L.S.C.
WANDA S.L.S.C.

No. 3 DISTRICT
SOUTH MAROUBRA S.L.S.C.
MAROUBRA S.L.S.C.
COOGEE S.L.S.C.
CLOVELLY S.L.S.C.

No. 4 DISTRICT
BRONTE S.L.S.C.
TAMARAMA S.L.S.C.
BONDI S.L.S.C.
NORTH BONDI S.L.S.C.

NELICOTER SURF RESCUE SERVICE

Your application to join the Helicopter Surf Rescue Service has been accepted, subject to your meeting the requirements set out below:

(a) Attendance at a "live in" training weekend at Burning Palms on 8-9 September 1973

(b) Attendance at a one-day training session at a venue to be allocated (probably north harbour) on Sunday September 23

(c) Agreement to obtain the SLSA advanced resuscitation certificate as soon as possible, and to contribute towards the cost of crew uniform if called upon.

Full details of the "live in" training weekend are enclosed. On behalf of the Sydney branch, please accept my congratulations on volunteering for this service. I'm sure you will find it an exciting challenge, and a worthwhile contribution to Surf Life Saving's community recognition.

Ian Badham
Captain
Helicopter Surf Rescue Service
Training "live in" weekend at Burning Palms, in the Royal National Park, on Saturday and Sunday, 8 - 9 September 1973

LOCATION

At Burning Palms, in the Royal National Park, just south of Garie.

To reach the surf club weekenders at the beach entails walking about 1 mile down a 1000 ft hillside.

Remember: Everything you bring to this weekend must be carried down the track to Burning Palms — and back. So bring an adequate minimum.

TIME

The meeting time is by 9 am at the parking area above Burning Palms on Saturday 8 September. The weekend will conclude in the mid-afternoon of Sunday 9 Sept.

WHERE

Driving — the only sure way — take either Princes Highway or General Holmes Drive south from Sydney, to the Royal National Park turnoff on the Princes Highway approx. 2 miles south of Sutherland.

Drive past Audley on the coast road to Wollongong to the Garie turnoff, 10 yards into the Garie turnoff turn sharp right along a dirt track to the parking area (end of the road) for Burning Palms.

(Allow 1½ hour's drive from the city).

BRING

Clothing: sleeping bag, surf towel, swim trunks, walking shoes, shorts, shirt, warm clothing (track suit, jeans, jacket or jumper).

Food: Bring sufficient for lunch Saturday, breakfast Sunday and light lunch Sunday. (all requirements — tea, coffee, etc — the milkman doesn't call at weekends!)

A Barbeque will be held on Saturday night — with a contribution to cover food and drinks.

Also bring a notebook, pen and a torch.

COURSE

The weekend course (as set out) covers lectures on basic first aid, a refresher course on resuscitation techniques, helicopter orientation and flying.

QUESTIONS

Please direct any questions on the weekend (which will not be cancelled due to inclement weather) to:

Ian Badham (telephone: 523. 5012).
Program for "live in" weekend training school at Burning Palms on 8 - 9 September

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SATURDAY 8 SEPT

10.30 am: Introduction
Trainees will then split into two groups for the day's instruction
Morning session: 11 am - 1 pm
Afternoon session: 2 pm - 4 pm
Evening session: 7 pm - 9.30 pm

Morning session
Group A: Helicopter orientation (1 hour)
Group B: First aid (1 hour)
Groups will then reverse

Lunch break (1 hour)

Afternoon session
Group A: Resuscitation revision (1 hour)
Group B: Helicopter operation, flying orientation (1 hour)
Groups will then reverse

BBQ break (until 7 pm)

Evening session
Radio procedures: SLSA network, broadcasts
Power boat liaison
First aid (question and answer session)
Demonstration of flares, etc)

Break at 9.30 pm