

**Advice to Surf Clubs**  
**Regarding Selection for Tier 1 Training with Westpac Lifesaver Rescue Helicopter.**

The Greater Sydney Westpac Lifesaver Rescue Helicopter is intending to select and train a number of Surf Life Savers to the level of Tier 1 ( Helicopter Familiarization), Tier 2 ( Water borne – Patients) with the possibly of progressing to Tier 3 ( Helicopter Rescue swimmer).

**Tier 1 applicants are sought now and if selected must be available for training on either Sunday, 15<sup>th</sup> March 2009 or Saturday, 28<sup>th</sup> March 2009.**

Suitable applicants **must be:**

- 18 years of age or more,
- Financial and proficient members of a Surf Life Saving Club,
- Be recommended by their Surf Life Saving Club (Club Secretary) for duties with the Rescue Helicopter,
- Completed at least Three (3) years of active patrols,
- Hold a (SLSA) Bronze Medallion, Advanced Resuscitation Certificate, Senior First Aid Certificate, Radio Operators Certificate.
- Must be available for mid week training and/or shifts on a regular basis from our Base at La Perouse. (Shifts are of ten (10) hour duration, with a minimum commitment of four (4) shifts per month, at least three (3) shifts being mid week).
- Able to work in a small team environment.

Successful applicants will complete a physical assessment consisting of:

- Run – Swim – Run. (400m – 400m – 400m)
- 20 push ups
- 30 sit ups ( under 1 minute )
- 2 Kilometre walk in soft sand.
- 40 minute ocean swim involving various aquatic tasks.
- Capable of safely completing a ten (10) metre jump into water.

It is desirable for applicants to hold:

- Defibrillator Operators Certificate
- Spinal management Certificate
- Advanced Emergency Care Certificate
- Gold Medallion.

Life savers who wish to apply for a role with the Westpac Lifesaver Rescue Helicopter should ensure that they hold the above qualifications and are capable of completing the physical assessment.

Any applicant not able to fulfill the shift requirement may have their future involvement reviewed by the Crew Chief and or Chief Pilot.

A resume must be forwarded to John Restuccia, Director of Lifesaving SLSNSW, no later than 6<sup>th</sup> March 2009, care of [experts@surflifesaving.com.au](mailto:experts@surflifesaving.com.au) and please indicate whether you are available for training on either Sunday, 15<sup>th</sup> March or Saturday, 28<sup>th</sup> March 2009.