Adult Rescue Certificate (ARC) - 2025

Prerequisites & Registration:

- 1. Membership must be paid and approved for the current season.
- 2. The participant must be at least 13 years of age at final assessment.
- 3. The participant must have their own Members' Portal login to access their account.
 - **a.** Go to https://members.sls.com.au/ and choose the option to Create an Account.
 - **b.** Register for the SRC course online at mt.lsv.com.au using the same username and password you just created.
- 4. Complete a 200-metre swim in five (5) minutes or less, in a swimming pool of not less than 25 metres. This can be completed during the course or prior to course commencement.

Please provide evidence by submitting the Timed Pool Swim Form

- 5. Pay the course cost of \$50 per candidate HERE.
- 6. Download the Public Safety & Aquatic Rescue Training Manual 35th Edition. This is now online via <u>LSV Club Gateway</u> > Resource Library > Member Training > PSAR Manual.

The course consists of 6 sessions and participants are required to attend ALL sessions.

Date	Time	Location	Spaces
Tues 7th Oct 25	6pm - 8.30pm	Mentone LSC	16
Thus 9th Oct 25	6pm - 8.30pm		
Sun 12th Oct 25	10am - 4pm		
Tues 14th Oct 25	6pm - 8.30pm		
Sun 19th Oct 25	10am - 4pm		
Thur 23rd Oct 25	6pm - 8.30pm		

<u>PLEASE NOTE</u> - It is an expectation that all members completing their SRC Award commit to a patrol team and complete rostered patrols.