



SURF LIFE SAVING
SYDNEY

ADVANCED AWARD OPPORTUNITIES

Further develop your lifesaving skills, build your confidence and take the next step in your surf lifesaving journey with Surf Life Saving Sydney.



GOLD MEDALLION AWARD ASSESSMENT

New Award Assessments & Skills Maintenance



Saturday, 21 November 2026



Maroubra Beach



Registrations are limited to 20 candidates (including Assessors).

PRE-REQUISITES

- ✓ Be at least 17 years old on the date of assessment
- ✓ Hold and be proficient in:
 - Bronze Medallion
 - First Aid
 - Advanced Resuscitation Techniques (ART)
 - Silver Medallion Patrol Captain or Silver Medallion Beach Management
- ✓ Complete an 800m swim in under 14 minutes (proof of timed swim required prior to assessment).

WHAT YOU'LL LEARN / ASSESSMENT TASKS

- ✓ 800m open water swim (under 14 minutes)
- ✓ Mission test – 400m swim, 800m run, 400m board paddle, 800m run (under 25 minutes)
- ✓ Tube rescue of an unconscious patient (100m out at sea)
- ✓ Board rescue of a novice swimmer (200m out at sea)
- ✓ Complex patient rescue, including equipment selection, returning patient to shore, patient care and post-operational requirements.



SILVER MEDALLION AQUATIC RESCUE (SMAR) COURSE

Develop the skills and knowledge to participate in search and rescue operations.



Tuesday, 8 December 2026 6:30pm – 9:30pm
Thursday, 10 December 2026 6:30pm – 9:30pm
Saturday, 12 December 2026 8:00am – 5:00pm



Little Bay (Sessions 1 & 2)
and **Malabar Beach** (Session 3)



Places are limited to a maximum of 30 candidates total.

PRE-REQUISITES

- ✓ Be at least 16 years of age on the date of final assessment
- ✓ Complete a 400 metre swim in 8 minutes or less (in a 25m pool or longer)
- ✓ Hold and be proficient in the SLSC Bronze Medallion

WHAT YOU'LL LEARN

- ✓ Preparation activities for search and rescue operations
- ✓ Use of basic navigational techniques
- ✓ Search patterns and operation as a search team
- ✓ Advanced water entry techniques
- ✓ Retrieval of submerged objects (3–5 metres)
- ✓ Night search operations
- ✓ Operational communication and risk management
- ✓ Recovery and stand down procedures
- ✓ Operational documentation and equipment maintenance



REGISTER YOUR INTEREST

via email apryke@ncslsc.com.au
by 10 November 2026 if you are interested in participating in these courses.



For more information, please contact **Anita Pryke**
Club Chief Training Officer – North Cronulla SLSC.