

*Surf Life Saving "Dukes" Guidelines

Many thanks to Graham Johnston at McMasters SLSC for the initial compilation of this table

5 Sections of The Award	Award Expectations	Min Hrs Duration	Requirements for Award Completion
Service	Bronze - Patrol duty or voluntary work Silver - Patrol duty or voluntary work Gold - Patrol duty or voluntary work	15 30 60	Consistent* spread over three months Consistent spread over six months Consistent spread over twelve months
Skills	Bronze - SRC, Radio Operators, Emergency Care & Basic Life Support, IRB Crew, Basic Resuscitation, CPR, Basic Resuscitation Certificate, all skills listed below Silver - Surf Bronze, ARC, Basic Life Support, Senior First Aid, Silver Medallion Life Support & IRB Driver, Offshore Jet & Boat Crew Certificate Gold - All of Silver for 12 months, Patrol Captain, Gold Medallion Life Support (advanced), Jet Boat Driver, Training Officer, Examiner, De-Fib Certificate <i>Note: Any Skills commenced, maintained outside SLSC should be encouraged</i>	6 months 6 months 12 months	Club to promote SLSC skill course for member. Commencement date included in Record Book, skill followed for six months and signed off by instructor with general comment on performance. Bronze participant should complete two skills. Copy of course completion to be included in participants' journal. Re-quals OK for proof of maintaining a skill but cannot be used as a skill themselves. Gold Skills commenced and maintained for twelve months prior to signing off with report on progress over the twelve months. <i>Note: when entering in Record Book list the skill course not "Surf Life Saving". Skills completed during school hours are not eligible for Dukes</i>
Expedition	Bronze - Practice - 2 days 1 night - Qualifying - 2 days 1night Silver - Practice - 3 day 2 night - Qualifying - 3 day 2 nights Gold - Practice - days 3 nights - Qualifying - 4 days 3 nights	6 per day 7 per day 8 per day	Simple camp, fun and training at local venue Challenging, bush and camp skills, good food Adventure - stress pre training and planning. Display leadership. navigational skills, gear usage. Ability to co-ordinate all preliminary training Ability to navigate trackless region - self sufficient
Physical Recreation	Bronze - Carnivals, competitions Silver - Carnivals, competitions Gold - Carnivals, competitions <i>Note: Include training times in log book. In date of sessions put months of year & hours</i>	20 30 40	Over eight weeks, training commitment, signed off Over ten weeks, training commitment, signed off Over twelve weeks, training, self motivation <i>Note: Winter and outside sport activities OK but must be assessed and signed off by coach.</i>
Residential Project	Gold only -Undertake shared purposeful activity away from place of residence with others who are not usual companions.	5 days 4 nights	Work with youth or conservation group eg. Sport & Rec Camps as assistant instructor, contact and travel away with conservation project. Activity signed off with program kept in journal

* "Consistent" means at least once a fortnight

Note: All participants to maintain a journal or project folder as a record of progress in "Dukes"