

CIRCULAR

Title:	APPLICATIONS OPEN: PULSE Jr & Youth 2026.27
Document ID:	001.09.2026
Department:	Membership
Audience:	All SSCB Administrators, Youth Development Officers & Junior Activity Chairs
Date:	1 st October 2026

This year, the Sunshine Coast Branch PULSE Junior Program has undergone a refresh to better support the unique needs of our SRC (Surf Rescue Certificate) and Bronze Medallion members. We recognise that while both awards share a strong lifesaving foundation, the knowledge, maturity, and practical skills of participants can differ significantly between the two groups. To address this, the Branch is proud to introduce a two-tiered program approach:

- **PULSE Junior** - Now extended to a two and a half day program, PULSE Junior is designed exclusively for our brand-new SRCs. This extended format provides more time to consolidate skills, explore their role on patrol, and experience a deeper introduction into the world of lifesaving. Through scenario-based activities, hands-on rescues, and patrol-focused training, our newest members will be equipped with the confidence and practical experience to step onto patrol for the first time.
- **PULSE Youth** - A newly developed two-day program targeted at Bronze Medallion holders. PULSE Youth aims to build on the skills of our more experienced young lifesavers, providing advanced scenarios and opportunities to apply their training in higher-pressure environments. This program focuses on leadership, teamwork, and decision-making, bridging the gap between frontline patrol members and emerging leaders.

By separating the two programs, the Branch ensures that all participants receive development opportunities tailored to their current award level, maximising their learning and engagement. Whether you are just stepping into the red and yellow for the first time or beginning to take on greater responsibility as a Bronze Medallion holder, the refreshed PULSE pathway offers a clear and exciting journey of growth in lifesaving.

PULSE JUNIOR

- 2.5 day Program
- Monday 14th – **1pm Wednesday 16th December**
- Mooloolaba SLSC
- U14 – U15 proficient SRC members

PULSE YOUTH

- 2 day Program
- Thursday 17th – Friday 18th December
- Alexandra Headland SLSC
- U15s – U17s proficient Bronze Medallion members

Surf Life Saving Sunshine Coast

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The logo for PULSE Jr, featuring the text 'PULSE Jr' in a large, black, handwritten-style font. Below the text is a horizontal line that transitions from red on the left to yellow on the right, with a heartbeat-like waveform superimposed on it.

PULSE Jr

ADVANCED LIFESAVING PROGRAM

This Program will be held at **Mooloolaba SLSC** from **Monday 14th to Wednesday 16th of December** from **07:30am – 17:00pm**.

PROGRAM OBJECTIVES

The **PULSE Junior Program** has been redesigned into a dynamic, two-day, scenario-based initiative designed specifically for **SRC U14 & U15 members** of the Sunshine Coast Branch.

The program focuses on strengthening lifesaving skills in practical, real-world situations. Across the two days, participants will:

- Explore their role as patrol members
- Build their confidence under pressure and develop key communication skills
- Gain a deeper understanding of patient care and asset management
- Build confidence in physical skills through tube and board rescues as well as resuscitation scenarios
- Hear from some amazing guest speakers all with the goal of developing the next generation of lifesavers

WHO: Proficient U14 & U15 SRC members
COST: \$130pp +GST – *cost includes Morning Tea, Lunch & Afternoon Tea both days & program merch*
DAILY TIMES: Monday & Tuesday 7:30am – 5pm, Wednesday 7:30am – 1pm
APPLY HERE: [PULSE Junior Applications](#) - Applications will close on **Monday the 16th of November 2026**

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The logo for PULSE Youth, featuring the word 'PULSE' in a bold, black, sans-serif font and 'Youth' in a larger, black, script font. A red and yellow ECG line runs horizontally through the text, with the red line under 'PULSE' and the yellow line under 'Youth'.

ADVANCED LIFESAVING PROGRAM

This Program will be held at the **Alexandra Headland SLSC** from Thursday the 17th to Friday 18th December 2026. 07:30am to 17:00pm.

PROGRAM OBJECTIVES

The **PULSE Youth Program** is a full day scenario-based initiative designed specifically for **BM U15 & U17 members** of the Sunshine Coast Branch.

The program focuses on strengthening lifesaving skills in practical, real-world situations. Throughout the program, participants will:

- Explore patrolling pathways and roles for these members
- Build their confidence under pressure and develop key communication skills
- Gain a deeper understanding of patient care and asset management
- Build confidence in physical skills through tube and board rescues as well as resuscitation scenarios
- Hear from some amazing guest speakers all with the goal of developing the next generation of lifesavers

WHO: Proficient U15 & U17 BM members
COST: \$100pp +GST – *cost includes Morning Tea, Lunch & Afternoon Tea as well as all program merch*
DAILY TIMES: 7:30am – 5pm both days
APPLY HERE: [PULSE Youth - Applications open](#) - Applications will close on **Monday the 16th of November 2025**

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PLEASE NOTE:

- *Completing the application does not confirm acceptance to the development program. Members are encouraged to discuss attendance at the program with your club's Youth Development Officer as all nominations will be sent to clubs for endorsement.*
- *Payment for attendance will be the responsibility of the Participant, Leader or Mentor via the club unless other arrangements are in place within your club to fund member attendance.*
- *There is no number cap on this program for Clubs.*
- *Any applicant that withdraws from the program after being selected will not receive a refund; however, the Club may be able (and is encouraged) to nominate an alternative participant/leader/mentor.*

If you have any queries about the program, please do not hesitate to contact the Jess at the Sunshine Coast Regional office on either 5414 1608 or jroberts@lifesaving.com.au or Ethan at youth@slsqsunshinecoast.com.au

Thank you for your support in promoting this program and we look forward to seeing your members on our newly developed PULSE programs this season!

Yours in Development,

KIRSTEN PHILLIPS

Director of Youth & Member Development
Sunshine Coast Branch

ETHAN COLLINS – PULSE Junior & Youth Rep

Deputy Director of Youth & Member Development – Youth
Sunshine Coast Branch