

# King's Beach Life Saving Club



## 2021/2022 season

We are very excited to introduce our club and the sport of life saving to you.

Joining King's Beach will offer you and your family a healthy and fun way to spend your valuable free time on one of PE's safest and most beautiful beaches. The club provides a safe environment to develop friendships and camaraderie which last from the foundation programs to the life guards performing active duty.

The club is divided into three programs: Nippers, Juniors & Seniors/Masters and finally Duty Lifeguards. Nippers are our foundation program where over the course of six seasons, children are introduced to the various aspects of what it takes to one day be a life guard on our beaches.

Juniors are for teenagers 14 -17 and seniors is for those aged 18 and older. Both include beach duty. Active beach duty is fantastic for character development as it teaches the importance of commitment and participation in your local community.

All our programs offer various opportunities to compete at various times and levels during the season. These carnivals and competitions provide excellent opportunities for young and old to learn more about themselves and their abilities as well as foster lifelong friendships with others.

### **Training groups:**

Our training and education program is divided into four age groups. Please read below to see where you or your child fits in.

All our age groups are determined by a child's age on 1st October. (e.g. a child who is 8 years old on 1st October falls in the u9 age group; a child who is 11 on 1st October would go into the u12 age group.)

Starfish - Ages 4: The children are introduced to the beach and the sea. Our Starfish are the foundation of the entire program offered at the club and they are taught the basic fundamentals of sea and beach safety, together with their parents, in a fun and entertaining 45 minute session. This is strictly a child/parent participation program to ensure safety of the children.

Micros - Ages 5 to 7: Lessons focus on preparation for nippers with the introduction of techniques and skills for nipper competition events as well as further education on sea and beach safety. Parental participation is required when entering the water. Craft used: Body boards.

Nippers - Ages 8 to u14: Surf, sea swimming and boarding are taught to children in these age groups. Parental participation is required from time to time for the younger age groups. The age groups are further divided as follows in order to facilitate coaching:

u9 and u10 (Body board)

u11 and u12 (Body board and Malibu board)

u13 and u14 (Malibu board)

Juniors - Ages 14 to u19: Coaching includes teaching proficiency in CPR, various signals, CPR and minor first aid. Juniors who complete the Junior Lifesaving Award are in training to work under supervision as volunteer lifeguards on King's Beach. Juniors are also introduced to surf skis which are used in competitions in addition to the malibu boards.

Seniors - Ages 19 and older: Seniors provide life-saving duty on the beach. For youngsters going out into the world, having the skills as a life saver will not only provide them with employment opportunities, but they also learn the importance of social responsibility and the value of having the skills to save another life. A minimum of 30 hours duty must be recorded for both Juniors and Seniors by our Club Captain who sets out the duty roster.

#### Training Times:

The season runs for seven months of the year from the first Sunday in September to the end of March/ beginning of April when the Nipper, Junior / Senior Nationals are held.

Fridays - 17h00 to 18h00 – ONLY when communicated

Sundays 11h00 to 11h45 – Starfish

- 10h45 to 12h00 – Micros
- 10h45 to 13h00 – Nippers
- 10h00 to 13h00 – Juniors/ Seniors / Masters

#### Requirements for Junior/Senior Lifeguard

##### JUNIOR LIFEGUARD AWARD

- Prerequisites:
  - 14 years old on the day of examination
  - 400m pool swim in under 9 minutes

##### LIFEGUARD AWARD

- Prerequisites:
  - 16 years old on the day of examination
  - 400m pool swim in under 8 minutes

The lifesaving award Certificate is valid for 3 years subject to an annual retest which includes re-examination on a minimum of CPR, Run/Swim/Run and signals.

#### QUALIFYING CERTIFICATE:

As per LA without the practical water work. This certificate is for those who are not swimming fit YET but would like to get involved in the lifesaving community. QC Award holders can form part of the lifesaving squad, they can assist with first aid and keeping the beach safe but don't perform the physical water rescues.

#### Requirements to be a nipper:

For those who are joining nippers for the first time, your child must be able to:

- Swim 100m in 3 minutes in a swimming pool
- Tread water for 5 minutes in a swimming pool
- Retrieve an object 1.5m deep in a swimming pool
- However we are here to help each and every one to achieve these requirements
- Nippers arriving for practice on a Sunday must go to their designated age area for roll call with their craft by 10h45
- All nippers and juniors are to wear KB costumes and age group skull caps for practice
- New arrivals to go the newbie area where they will be directed to the correct age group area
- When a training session ends all craft must be washed down and packed away
- Micros and nippers will only be dismissed by their coach when the end of practice roll call is completed
- Practice is not over until the end of practice roll call is taken

- Micros/nippers and/or their parents **MUST NOT** disappear at any time without advising the coach of your age group. This is to ensure the safety of all concerned