

## **Become a Rookie**

## **Course Overview:**

The Rookie Programme has been designed to help Junior Surf members and young people prepare to become a surf lifeguard. The Rookie Programme aims to promote "practical lifeguarding" to younger members and develop strong ties between senior and junior members as a result of involvement.

The target audience for this programme is 12-13 year old junior surf members wishing to become a surf lifeguards in the next or coming season.

## **Course information:**

Be able to swim 200 metres in a pool in under 4:30mins by 13 years of age Current member of Waihi Beach Lifeguard Services Inc     Duration   Variable depending on competence and instruction structure 2-8 weeks     Delivered by   Club Rookie Programme Co-ordinator/s and mentors     Who should complete it   Anyone interested in becoming a surf lifeguard in years to come     Candidate requirements   Participate in four patrols (no less than 12 hours in total) Complete all Rookie Programme Log Book Modules     Topics   Health, sun smart & conservation   Surf & swimming skills   Role of a surf lifeguard and patrolling     Signals, flags & radio operations   Rescue, releases & tube rescue   First aid & emergency care     Primary survey & CPR   Practical surf skills   Patrol equipment & clubhouse     Surf Life Saving Club structure and culture   If you would like more information or wish to become a Rookie, email the Club office at						
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Move into@waihibeachlifeguards.co.nz for an enrolment form or download off website.	Move	info@waihibeach	info@waihibeachlifeguards.co.nz for an enrolment form or download off website.			





1<sup>st</sup> Waihi Beach 3<sup>rd</sup> Waihi Beach

