

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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1st Waihi Beach 3rd Waihi Beach

