

Lifeguard Training Camp

Welcome to lifeguarding:

Congratulations for volunteering to become a Waihi Beach Lifeguard. There are many opportunities to learn new valuable skills within the lifeguarding programme and the first step is the training camp that is coming up. This newsletter details key information to help your planning and success. If you would like to register please contact the Club on 07 863 5108. Lead Instructor is lifeguard Lucy Scown & she is available on 027 874 3714 or email info@waihibeachlifeguards.co.nz

Gear to bring:

- * Swim suit, wetsuit, googles
- * A few towels (you'll be in the water a lot!)
- * **Surf fins** (available from sports shops or Reel n Wave at Waihi Beach, must have)
- * Suitable clothing plus warm clothes and spares
- * Running gear, that you don't mind getting sandy
- * Study stuff (pens, paper, highlighters)
- * Water bottle
- * Sleeping gear (sleeping bag/pillow) and toiletries
- * Bring some home baking
- * Snacking food and late night treats if you so desire
- * A positive, can do attitude

Cost of 3 day lifeguard training camp:

\$175/person. The fee includes the following:

- Active membership fee for the 2018/19 season
- Lifeguard uniform comprising of yellow polo & red shorts
- Manual and workbook
- Lifeguard examination fee
- Accommodation at the club for 4 nights (Wed to Sunday)
- 2 x breakfast, 3 x lunches, 3 x dinners

To secure your place please make payment as soon as possible. Account no: 03 1576 0021159 00 please use full name as reference. Payment must be made before camp.

Very Important information:

Swim time must be met, (Surf Lifesaving NZ requirement) before you can sit the lifeguard exam.

In the pool—400m in under 8 minutes

Run/swim/run in the surf (200m run then 200m swim & finish with 200m run) in under 8 minutes



Important Dates

Next lifeguard camps planned at Waihi Beach

Wednesday 3 October to Sunday 7 October 2018

Lifeguard Examination

21 October 2018 Whangamata SLSC

Lifeguard Presentation

Straight after exam, approx. 4pm, at the club house and nibbles & drinks. Family invited. RSVP required.

Confirm your attendance:

It is important that you confirm your attendance as we need to order your resources.

Please email the office with your details and we will forward you the registration form.

E: info@waihibeachlifeguards.co.nz

P: 07 863 5108

F: Waihi Beach Surf Club