

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:

Pre-requisites	Be 12 years of age by the 1st October 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 covered	Health, sun smart & conservation Signals, flags & radio operations Primary survey & CPR Surf Life Saving Club structure and culture	Surf & swimming skills Rescue, releases & tube rescue Practical surf skills	Role of a surf lifeguard and patrolling First aid & emergency care Patrol equipment & club-house
Next Move	If you would like more information or wish to become a Rookie, email the Club office at info@waihibeachlifeguards.co.nz for an enrolment form or download off website.		

Eastern Region Rookie Championships

