

## 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:

<b>Pre-requisites</b>	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		
<b>Duration</b>	Variable depending on competence and instruction structure 2-8 weeks		
<b>Delivered by</b>	Club Rookie Programme Co-ordinator/s and mentors		
<b>Who should complete it</b>	Anyone interested in becoming a surf lifeguard in years to come		
<b>Candidate requirements</b>	Participate in four patrols (no less than 12 hours in total) Complete all Rookie Programme Log Book Modules		
<b>Topics covered</b>	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
<b>Next Move</b>	If you would like more information or wish to become a Rookie, email the Club office at <a href="mailto:info@waihibeachlifeguards.co.nz">info@waihibeachlifeguards.co.nz</a> for an enrolment form or download off website.		

### Eastern Region Rookie Championships

