

12-13 YEAR OLDS

BECOME A ROOKIE LIFEGUARD

★ TRAINING ★

Each training session is tailored to teach a new skill or aspect of lifeguarding, CPR, radio signals, rescues and more



★ PURPOSE ★

EMPOWERS YOUNG PEOPLE

The Rookie Programme has been designed to help Junior Surf members and young people prepare to become a surf lifeguard

CREATES BONDS

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.

BUILDS SKILLS

The Rookie Programme upskills the candidates, giving them training in different areas and a taster of lifeguarding.



PREREQUISITES

Be 12 years of age by 1st October

Be able to swim 200 metres in a pool in under 4 minutes 30 seconds by age 13

Be a current season member of Waihi Beach Lifeguard club



Waihi Beach

LIFEGUARD SERVICES INC

If you would like more information or wish to become a Rookie scan the QR code on this form for registration forms and handbook or visit our website: waihibeachlifeguards.co.nz

Recommended to anyone interested in becoming a surf lifeguard in years to come

Candidate requirements: participate in four patrols (no less than 12 hrs in total) Complete all Rookie Programme Modules

ER ROOKIE COMP



Over the season the rookies will be working towards the ultimate goal of competing at the Eastern Region Rookie Champs. This competition is completely optional, however it's a great day where Rookies can have fun, display their skills & knowledge and are rewarded for all their hard work. Open to 13 year olds only.