

2021

U14 SRC

COURSE & CAMP

27 SEP - 30 SEP

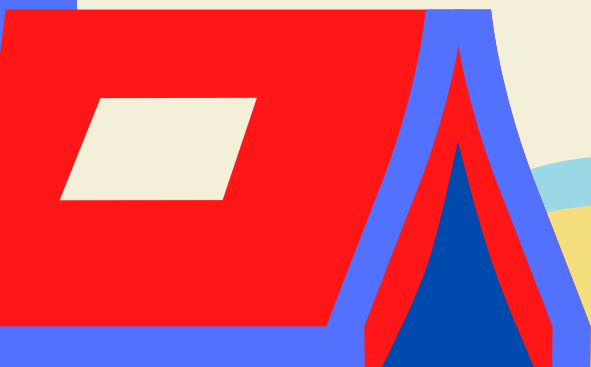
It's time to take that next step from Nippers and join us for this years Coolum SLSC U14 SRC Course & Camp!

This Camp, during the September School Holidays, gives our U14 members the opportunity to kick-start the Surf Lifesaving season.

During the camp, you will learn new lifesaving skills, have the opportunity to improve your current skills and spend time with your clubby family over 4 fun days. At the end of the Camp, you will be awarded with your **Surf Rescue Certificate (SRC)**. What does this mean? You can FINALLY join your friends and family on patrols for the 21/22 Season!

So what are you waiting for? Register now through this trybooking link below:

<https://www.trybooking.com/BSXUU>



PRE- CAMP CHECKLIST

EACH PARTICIPANT AND ATLEAST ONE PARENT MUST ATTEND THE PRE-CAMP INDUCTION NIGHTS ON WEDNESDAY 15TH OF SEPTEMBER AND WEDNESDAY 22ND OF SEPTEMBER.

THE FOLLOWING CHECKLIST WILL BE COVERED DURING THESE INDUCTION NIGHTS.

- Each participant must gain their own **login into the SLSA members portal** separate from their family account (https://members.sls.com.au/SLSA_Online/modules/login/index.php). Within the e-learning section on the website, please click on SLS Aquatic Rescue, and enrol in the Surf Rescue Certificate Course. None of the online training must be completed prior to the camp.
- Each participant must have a **USI** (<https://www.usi.gov.au/your-usi/create-usi>).
- Each participant must have printed and signed the two **covid safe forms** attached to this document. You **MUST** bring these to either of these induction nights.
- Each student **must bring** a tablet/ipad or laptop so they can access the online training components during the camp. Please remember a charger. The camp has wifi available.

CAMP CHECKLIST

WHAT DO I PACK?

- Sleeping Bag
- Pillow/pillow case
- Sheets
- Bath Towel
- Beach Towel
- Bathers
- Goggles
- Pink Rash Vest
- Red Skull Cap
- Wetsuit
- Toiletries- toothbrush, toothpaste, soap, shampoo, deodorant,
- Hat
- Sunglasses
- Sunscreen
- Insect repellent
- Torch
- Thongs
- Enclosed Footwear
- Clothing for 4 days- shorts (Mid-thigh length), pants, t-shirts (short sleeve/covered waist), jumpers, pyjamas, socks, underwear
- Laptop/ Tablet/Ipad and charger
- Rain Jacket
- Labelled Drink Bottle
- Pen and pencil
- Backpack to take to beach training each day
- Laundry Bag (dirty clothes)

VOLUNTEERS

As part of the camp, we do need supervisors and water safety to make this possible. We kindly ask that any help from parents would be greatly appreciated.

We would need:

- **2 - 3 Water Safety Volunteers** Monday - Wednesday (8:00AM - 5:00PM); and
- **2 (1 male, 1 female) Night Supervisors** to stay over night (4:30PM - 8:30AM)

If you can help, please email me at youth@coolumsurfclub.com.au

Thank you.

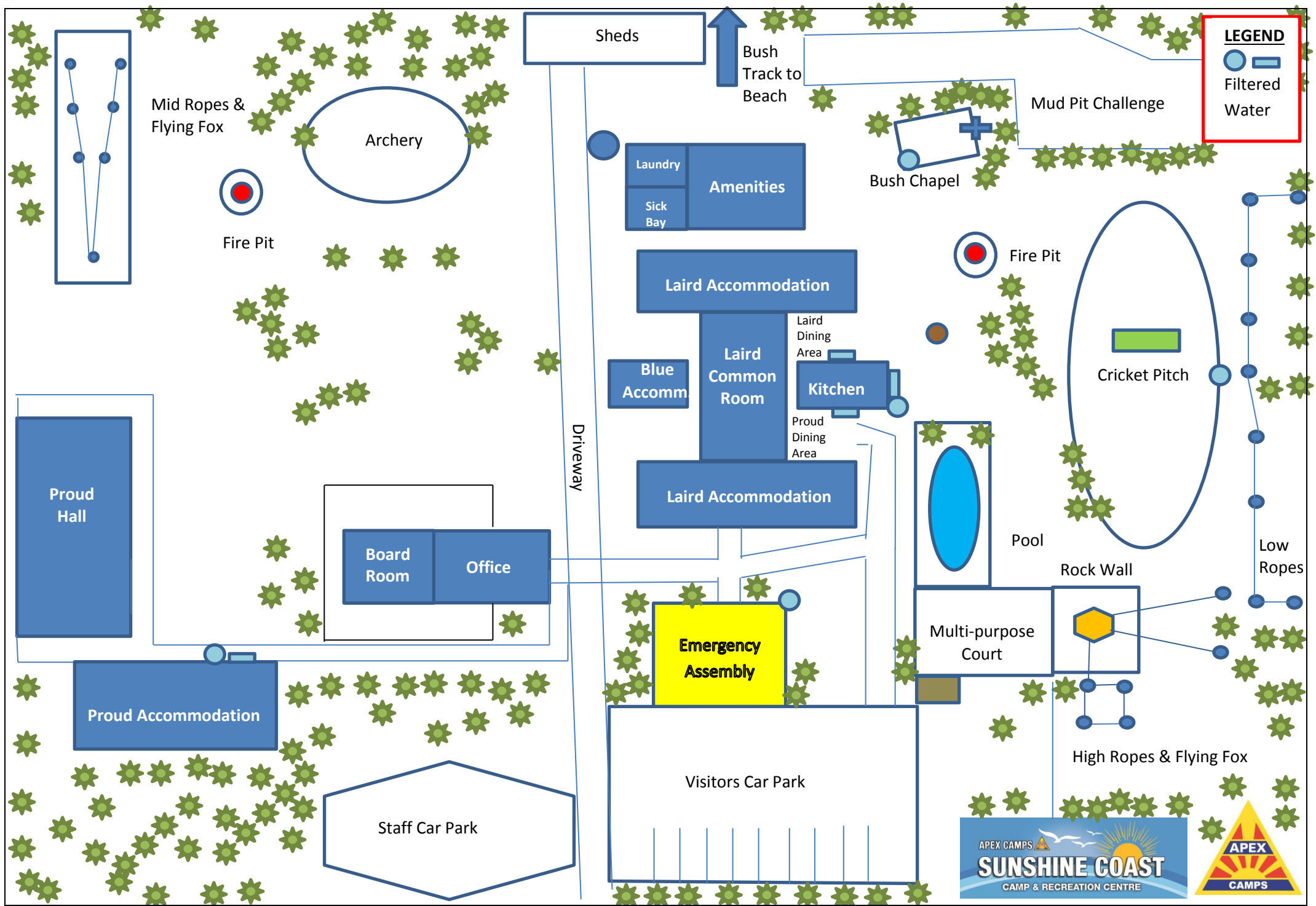
| | Mon 27 Sep | Tue 28 Sep | Wed 29 Sep | Thu 30 Sep |
|--|------------|------------|------------|------------|
| Water Safety 8:00AM – 5:00PM <i>Volunteers –</i> <i>Preferable 2 - 3</i> | | | | |
| Night Supervisors 4:30PM – 8:30AM <i>Volunteers – 1</i> <i>Male, 1 Female</i> | | | | |



CAMP ITINERARY

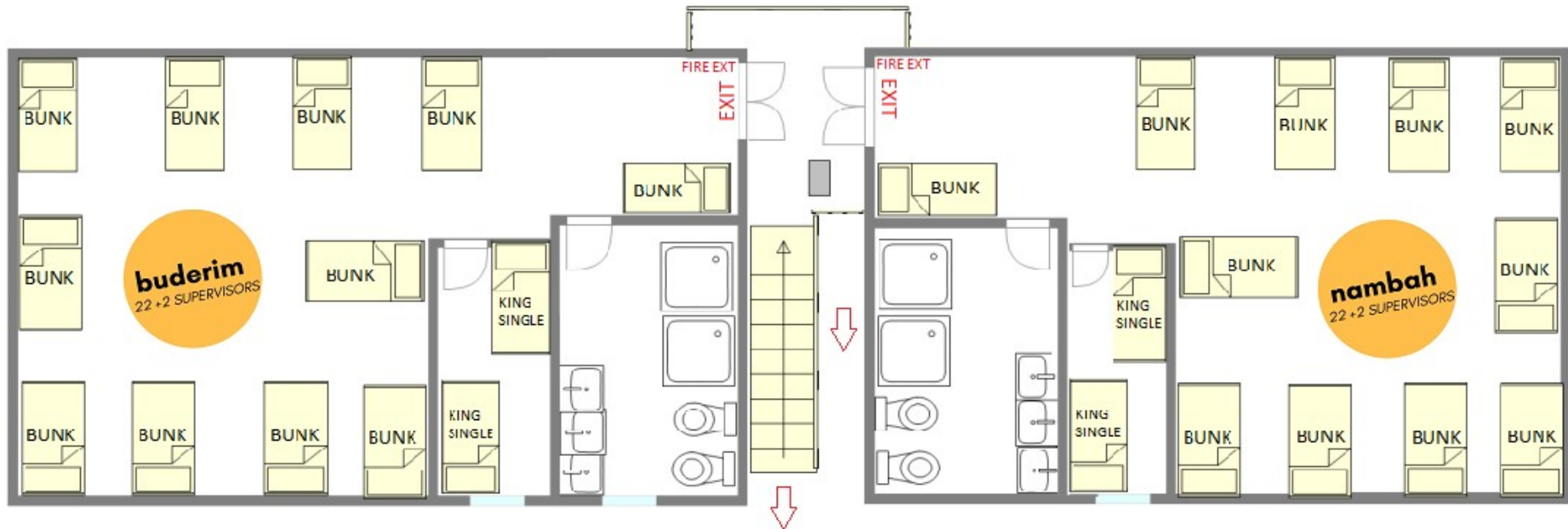


| | | | | | |
|---|--|---|---|---|--|
| School or Organization: Coolum Beach Surf Lifesaving Club | | Grade: | Attendees: Max of 25 Students: Teachers: | Accommodation: Proud | Ref# |
| TIME | Monday 27th September 2021 | Tuesday 28th September 2021 | Wednesday 29th September 2021 | Thursday 30th September 2021 | |
| | Breakfast will not be provided this day. Please eat before or pack some food. | | | | 6:30am – 7:00am <i>Pack up and Clean up dorms</i> |
| 7.00am-8.00am | Swim Test- Swimfit Coolum Aquatic Centre | Breakfast | <i>Breakfast</i> | <i>Breakfast</i> | |
| 8:10am – 10:00am | 7:30 AM – ARRIVE AT CAMP Induction | Self – Run Training Rescue Skills at Twin Waters Beach or Mudjimba Beach weather dependent. | Self – Run Training Rescue Skills at Twin Waters Beach or Mudjimba Beach weather dependent. | Activity Session 7- 8:00am – 10:00am Whole Group Mid Ropes & FF | |
| 10.00am - 10.15am | Morning Tea | Morning Tea | <i>Morning Tea</i> | <i>Morning Tea</i> | |
| 10:15am – 12:05pm | Self – Run Training. Rescue Skills at Twin Waters Beach or Mudjimba Beach weather dependent. | Self – Run Training Rescue Skills at Twin Waters Beach or Mudjimba Beach weather dependent. | Self – Run Training Rescue Skills at Twin Waters Beach or Mudjimba Beach weather dependent. | 10:00 AM - DEPART CAMP | |
| 12:05pm – 12:50pm | Lunch | Lunch | <i>Lunch</i> | | |
| 12:50pm – 2:40pm | Self – Run Training. Theory at Camp. | Self – Run Training Theory at Camp | Self – Run Training Theory at Camp | | |
| 2:40pm – 2:55pm | Afternoon Tea | Afternoon Tea | Afternoon Tea | | |
| 2:55pm – 4:45pm | Self – Run Training. Theory at Camp. | Self – Run Training Theory at Camp | Self – Run Training Theory at Camp | | |
| 4:45pm – 6:00pm | Free Time / Showers | Free Time / Showers | Free Time / Showers | | |
| 6:00pm – 7:00pm | Dinner | Dinner | Dinner | | |
| 7:00pm – 8:30pm | Movie at Camp | Movie/Theory if necessary | Movie/Theory if necessary | | |



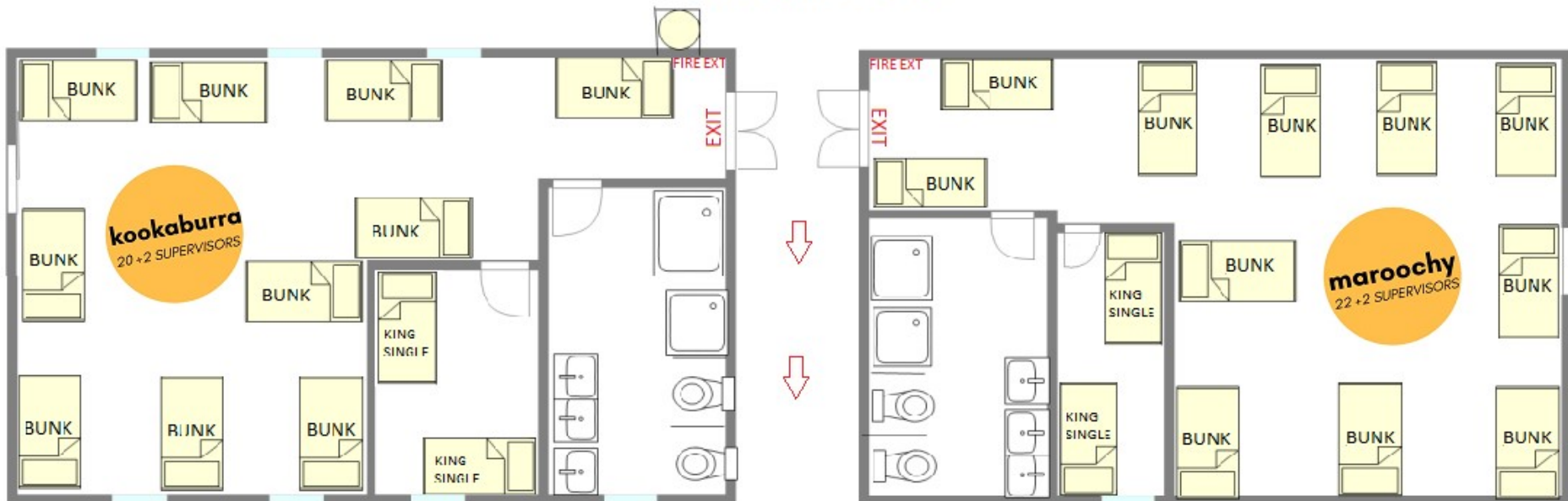
PROUD BUILDING

TOP FLOOR



← To Emergency Assembly Area ←

GROUND FLOOR



← To Emergency Assembly Area ←

To Proud Hall ↴



COVID Safe - Participant Declaration

Name of Camp Participant: _____

Parents/Guardian Name: _____

Group Name: _____

Camp Attendance Dates: _____

I can confirm the camp attendee:

- Is not experiencing cold or flu-like symptoms.
- Does not have a temperature.
- To the best of my/our knowledge is not suspected of having contracted COVID-19.
- In the past 14 days:
 - Has not been in contact with someone that is confirmed to have COVID-19.
 - Has not returned from overseas.

- I understand that between the date of signature and the first day of camp I must notify the group leader if the camp participant comes into contact with someone who has been confirmed to have COVID-19.
- I understand that if on the first day of camp the participant is experiencing cold or flu-like symptoms, or has an elevated temperature, they will unfortunately not be able to attend camp.
- I understand that if necessary, the camp participant's temperature may have to be checked by a touchless thermometer.
- I understand if the camp participant experiences cold or flu-like symptoms or an elevated temperature while on camp, they will be moved to a quarantine area and arrangements made for them to safely return home or to an appropriate medical facility.

Apex Camps encourages all participants, workers (paid and voluntary) and visitors to sign up to the COVID Safe App.

Participants/Guardian Signature: _____

Date: _____





COVID-19 LIFESAVING EDUCATION MEMBER TRAINING AGREEMENT

I _____ as a member of _____ SLSC agree to abide by the following guidelines as determined by my Club.

I understand that should I choose not to follow these rules then I may be subject to disciplinary action as determined by the Club including but not limited to access to the club being removed, access to training sessions being removed, etc.

I further acknowledge that the Club has provided information to me on the rules and regulations including the necessity to self-report or remove myself from sessions should I be feeling unwell.

| | | Initial |
|-----|---|---------|
| 1. | I agree that I will not attend any session at the Club should I have flu like symptoms or be feeling unwell | |
| 2. | I have not been in isolation within the past 14 days or have not been in contact with someone that has tested positive to COVID-19 | |
| 3. | I have not travelled overseas or interstate in the last 14 days (except with a valid border pass) | |
| 4. | I agree that I will use any cleaning/ disinfecting product provided to me by the Club i.e. hand sanitiser prior to, during (if necessary) and after participation in an activity | |
| 5. | I agree to abide by the social distancing rules implemented by my Club (1.5m between people or 4m ² indoor) and will not exceed the maximum number of people allowed in one area | |
| 6. | I agree to only enter and use the designated open areas of the club. I will not enter into any shut down areas or use any decommissioned equipment | |
| 7. | I agree to use all necessary health and hygiene measures as outlined by the Club and via the signage in the Club house | |
| 8. | I agree to clean/ sanitise all equipment that I have used during training | |
| 9. | I agree to use my own water bottle, rash shirt, cap, clothing, pen, hat, sunscreen etc. | |
| 10. | I agree to sign on at every training session I attend | |
| 11. | If the trainer/ assessor considers that I have flu like symptoms/am unwell and asks me to leave a session, I agree that I will abide by these instructions | |
| 12. | I agree not to come into physical contact with other members (unless necessary in the case of an actual emergency i.e. rescue/first aid etc) | |

DECLARATION

Members Signature: _____

Date: _____

| CLUB USE ONLY | | Accepted By | |
|------------------|-----------------|-------------|--|
| Name: _____ | Position: _____ | | |
| Signature: _____ | Date: _____ | | |