



CADET CAMP INFORMATION
&
APPLICATION FORM
SEASON 2009 / 2010



Dear Surf Rescue Certificate Candidate,

Every Summer the Point Lonsdale SLSC conducts a Surf Rescue Certificate Camp. This letter outlines this training Camp.

The dates for this Camp are as follows:

Monday 11th January 2010 – Saturday 16th January 2010

The Surf Rescue Certificate candidates are often referred to as 'Cadets'. The Camp itself is designed to train participants to a proficient standard in methods and techniques of Surf Lifesaving.

Accompanying the award is some responsibility. Surf Rescue Certificate holders are active Club members and are required to patrol the surf beach at Point Lonsdale as part of a roster system, which is organized at the conclusion of the camp. This is a compulsory section of the Surf Rescue Certificate award.

The Surf Rescue Certificate camp qualifies the candidate with fundamental Surf Lifesaving skills, including:

- ✓ Safety and Wellbeing
- ✓ Surf Awareness and skills
- ✓ Anatomy and Physiology
- ✓ Basic First Aid
- ✓ Basic Resuscitation
- ✓ Communications
- ✓ Rescue Techniques
- ✓ Patrols

Prerequisites

The camp will be both physically and mentally taxing, so candidates should be prepared for the camp.

The following prerequisites must be adhered to:

- ✓ Be a minimum of 13 years old on the date of the assessment.
- ✓ Be a financial member of the club.
- ✓ Have completed a 200 metre swim in 5 minutes or less (tested by the club on the first day of the camp).
- ✓ Be prepared to patrol the surf beach at Point Lonsdale.

On the first day of camp a pool swim has been organized for candidates to complete the prerequisite 200m swim in 5 minutes. Therefore it is important that all candidates are ready to undertake their first challenge by having the appropriate clothing i.e. bathers, towel, goggles and a base level of fitness.

This swim is aimed to give instructors an idea on the fitness level of the candidates. If at the instructor's discretion a candidate's ability is not up to standard, further involvement in the camp will have to be discussed. This is not only to ensure that all candidates will be proficient lifesavers, but also to make sure candidates won't put the safety of themselves or others in jeopardy.

Pre-requisite Swim

As previously mentioned, this swim will be **tested by the club** on the first day of the camp. All candidates will make their way to the **Ocean Grove Pool** at around **9:00am**. After the swim has been completed, we will begin an introductory to rescue techniques at the pool; this session will finish at around **12:00pm**. This session is **compulsory for all candidates**. As there are more candidates than instructors, **we do ask if parents could please make themselves available to give lifts to and from the pool**. Parents are welcome to stay and watch this session.

Required Equipment

- ✓ Bathers suitable for surf swimming (navy, black or club bathers)
- ✓ Running gear (runners, shorts etc)
- ✓ Towels (at least two)
- ✓ Sun protection (sunglasses, hat and SPF 15+ sunscreen)
- ✓ Wet Weather clothing (plenty of warm clothes)
- ✓ Water bottle
- ✓ Pens, pencils and paper
- ✓ Wetsuit (recommended)

Schedule

Every day of the camp the candidate will participate in four elements of training;

1. Physical Training
2. Surf Skills
3. Rescue Methods
4. General Theory

Generally, days will start at 7:30am with a run, followed by a surf swim. Breakfast will be supplied at the Clubrooms everyday, with dry theory sessions at the Clubrooms usually occupying the rest of the morning. Afternoons will be typically surf and rescue skills, finishing at around 5pm. The evenings are a time for the participants to relax and socialize in preparation for the following day. Pizza/Video nights are usually planned in conjunction with revision sessions throughout the camp. Obviously our schedule is highly dependent on weather conditions, so changes may be necessary. The first day of camp (**Monday 11th January**) will **commence at 8am** at the Pt Lonsdale Surf Life Saving Club.

Youth Involvement Program

The Youth Involvement Program (YIPS) enhances and encourages participation of young members in lifesaving. There are three levels of achievement, bronze, silver and gold that reward youth for being involved in our volunteer community service. This program allows youth to be mentored and helps continual development of leadership and personal life skills. You can choose to enroll at the bronze level whilst enrolling for the camp, and the club will fund enrolments for further levels should you wish to continue. Enrolment at the bronze level costs \$25.00.

For more information, you can contact John or Margot (see contact details at the end).

Camp Rules

All candidates of the camp must adhere to the following rules:

1. For safety reasons you must obey all instructions from your trainers.
2. Candidates must attend all training sessions to be eligible for assessment.
3. Candidates will not be entered into any assessment until they have reached a certain standard recognized by the Training Development Officer (Lifesaving).
4. Strictly NO Alcohol.
5. Strictly NO Smoking.
6. Candidates must remain with the instructors and the group at all times.
7. All candidates must obey all rules and regulations set out by the Point Lonsdale SLSC.

Any candidate who does not obey the rules mentioned above will be asked to withdraw themselves from the camp by the Training Development Officer (Lifesaving).

Membership / Camp Fees

<u>ITEM</u>	<u>DESCRIPTION</u>	<u>PRICE</u>
Training Manual	Manual to assist with learning. This is the new (2009) 33rd Edition - Public Safety and Aquatic Rescue Training Manual	\$30.00
Lifesaving Cap	Double sided; club colours and patrol colours.	\$15.00
Breakfast	Both hot and cold, provided for every morning of camp. Inc. drinks & fruit.	\$35.00
Pizza and Video Night	One night during the camp will be a pizza and movie night.	\$15.00
Camp T Shirt and Camp Administration Fee	All participants are required to have a Camp T shirt and the administration fee assists the club in the running of the camp.	\$ 100.00
Patrol Uniform	Supplied by the Club / SLSA	FREE
YIPs Enrolment	Enrolment in the Youth Involvement Program.	\$25.00

You must also be a member of the club to enroll in this course. Please refer to the membership section of the Clubs website <http://www.pointlonsdaleslsc.asn.au> or the renewal form send out our address.

Enrolment

REGISTRATION CUT-OFF : MONDAY 16TH NOVEMBER YOU CANNOT REGISTER ON THE DAY OF THE CAMP

The registration cut-off date for this camp is **Monday 16th November 2009**. Any enrolments received after this date will be placed on a waiting list, and in the case of a booked participant becoming unable to do the camp, the person at the top of this list will take his/her position and so on.

By enrolling in this camp you agree to **take part in every activity that is involved in the program**. If a candidate does not participate at an appropriate level deemed by the Training Development Officer (Lifesaving), they may be asked to withdraw themselves from the program.

To enrol please return the attached medical form with the necessary payment to:

**Point Lonsdale SLSC
PO Box 120
Point Lonsdale VIC 3225**

Please ensure this arrives at the club by the cut-off date. The camp is extremely popular and therefore numbers must be capped, it is extremely important to enrol as soon as possible to avoid disappointment.

Looking forward to seeing you all soon.....

**John Hurley
Junior Club Captain
Mobile: 0424 366 835**

**Margot Symon
Junior Club Captain
Mobile: 0433 244 429**

POINT LONSDALE SLSC
CADET APPLICATION FORM

First Name	Surname

Sex	DOB
Male / Female	

Address

Home & Mobile Phone	e-mail address

Patrol Shirt Size
XS S M L XL XXL

Patrol Shorts Size
XS S M L XL XXL

Camp T-Shirt Size
XS S M L XL XXL

Please answer the following questions:

Do you know anyone else that is doing the Camp as well? If yes what is their name ?

What are your reasons for doing this Camp ?

Do you currently have a holiday house, live locally or rent a house in Point Lonsdale ?

Which one of the following best describes what you would like to get out of the Camp?
(please circle one):

1. To make some more friends.
2. To be able to compete at carnivals
3. For employment purposes
4. To join a surf lifesaving club as an active member
5. Just to get my bronze medallion and nothing else

Do you intend on patrolling the surf beach at Point Lonsdale?
(please circle one):

YES / NO

Do you already know of anyone that is a current member at Point Lonsdale SLSC? If yes,
what is their name?

How did you hear about the Cadet Camp at Point Lonsdale SLSC?

Item	Price	No.	Total
Training Manual This is the new (2009) 33rd Edition - Public Safety and Aquatic Rescue Training Manual	\$ 30		\$ 30
Lifesaving Cap	\$ 15		
Breakfast	\$ 35	1 per person	\$ 35
Camp T Shirt & Administration Fee	\$ 100	-	\$ 100
Pizza and Video Night	\$ 15	1 per person	\$ 15
OPTIONAL	Price		Total
YIPs Enrollment	\$ 25	1 per person	

Grand Total

You can enclose a Cheque, or the Club accepts Visa or Mastercard.

Name of card holder (please print clearly)

Type of card Visa Mastercard

Card number

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Card Expiry date _____

Amount to be charged \$ _____

Card holder's signature

Point Lonsdale SLSC
Camp Medical Information Form

Member's Name: _____

Camp Dates: __/__/__ to __/__/__ D.O.B. __/__/__

Phone (Holidays) _____ (Home) _____

Family Medicare No. _____ Private Health Cover: **YES / NO**

Ambulance Cover: **YES / NO**

Name of Doctor: _____ Phone: _____

Any known allergies to food, drugs, insect bites, chemicals or other?

If severe, what is the reaction? What are the treatment details?

Do you have any of these physical/health problems?

- Asthma (attach any special treatments) Migraine / Severe Headaches
- Diabetes Arthritis / Scoliosis
- Epilepsy / Convulsions Joint Problems

Any Other: _____

What routine medications (and dosages) are required for these conditions?

Last Tetanus injection date: __/__/__ Hepatitis B immunized? **YES / NO**

DECLARATION

To be signed by a parent/guardian if member is under the age of 18

In the event of accident or illness, I authorize the person in charge to obtain all necessary medical assistance and hospital accommodation, including the administration of anaesthetics, blood transfusions and operations. I undertake to pay all medical and hospital expenses on demand.

Name: _____ Signature: _____