

ROOKIE NEWS

The season is well under way and a new group of Rookie Lifeguards has started the 2010 – 11 programme.

First, welcome to 10 of last year's 11 Rookies to the Senior Club.

9 (Rebecca Scott, William Green, Rachel Rowley, Tori Collet – Johnson, Courtney Spencer, Michayla Johnston, Ben Parker, Jarrod Olsen, Jemma Dixon) have already passed the Surf Lifeguard Award.

And Aiden Kiff will, once he has his knee injury repaired.

This season we welcome, all 8 of the 13 year old C Groupers to the Rookie Programme.

Patrol 2: Alexis Wiseman, Kelsy Boocock.

Patrol 3: Scott Drinnan, Scott Meiklejohn, Oliver Anthony,

Patrol 4: Cameron Pearson, Madison and Ashlee Hill, Tamsin Simpson.

The Rookies have 10 Modules to complete in the Rookie Programme during the season.

- Module 1: Health, Sun Smart & Conservation
- Module 2: Surf & Swimming Skills
- Module 3: Role of a Surf Lifeguard and Patrolling
- Module 4: Signals, Flags & Radio Operations
- Module 5: Rescue, Releases & Tube Rescue
- Module 6: First Aid & Emergency Care
- Module 7: Primary Survey & CPR
- Module 8: Practical Surf Skills (Surf swim with fins, rescue board, etc)
- Module 9: Inflatable Rescue Boat
- Module 10: Surf Lifesaving Club Structures and Culture

This is a great comprehensive coverage of all things 'Surf Lifesaving'. It is great preparation for sitting the Surf Lifeguard Award. The Programme introduces the philosophies of being a volunteer surf lifeguard; helping people, being independent & fit, and be more confident in dealing with life threatening situations.

The highlight of the season is competing in the Rookie Challenge Competition. This is when 5 Rookies work as a team to show their academic, teamwork, and physical skills.

Merry Xmas and Happy New Year to all of you.

Mark Johnston.
Rookie Coordinator.