



# JUNIOR LIFEGUARD NEWSLETTER

Ithaca-Caloundra City Life Saving Club Inc

PO Box 2082  
West Ashgrove Qld 4060

Web : [www.caloundracity.asn.au](http://www.caloundracity.asn.au)  
Email: [admin@caloundracity.asn.au](mailto:admin@caloundracity.asn.au)

ABN 69 400 598 562



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## Welcome Back

Welcome back to the next season of Juniors. I hope you all had a nice break over the winter months and are eager to join in the fun.

## Training – Tuesday Nights

We are changing the pool training times, effective immediately. (Tuesday 13<sup>th</sup> November)

Juniors: 5.30 to 6.20  
Cadets: 6.20 to 7.10

The sessions will now operate for 50 minutes. It is also important that when Paul asks the children to get out of the pool, that they do so immediately – Parent help would be appreciated on this matter.

The club needs to vacate the training centre by 7.20 (note : this includes showers etc). These are the rules of the pool, therefore we ask for your co-operation in meeting these times.

## Swimming / Playing during other session

A lot of families have children in both sessions and are at the pool for the full time. Your child is only allowed to enter the water in their training time only when directed by the coach.

No before or after session swimming is allowed.

You may see other children in the water – there are a couple of reasons:- previous juniors who are now rookies assisting the coach, or cadets assisting the coach. This is done by prior arrangement and only those with a current bronze star are eligible for this.

## Important Dates to Remember:-

Sat 6<sup>th</sup> Dec Hawaiian BBQ (6pm)

## Rules

A reminder that Caps and shirts must be worn to all sessions (including pool training). If you misplace your cap, a replacement can be organised at a cost of \$10- each. A new shirt are \$15- each.

## Rules (cont'd)

Please remember that a parent or guardian is required to attend and monitor their child during all sessions.

**Children can not be left without a parent or guardian.**

## Paddle Boards

The children all loved the paddle boards this past Sunday, and it was great that they all had a go.

Please remember that paddle boards, are NOT allowed between the flags.

The club allows the children to use this equipment after their training session, but there are some rules that we are asking each family to assist with, which are:

1. The Junior needs to ask permission to use the equipment. (both of parents & Patrol Captain)
2. A parent / guardian MUST be on the BEACH watching the child. (other than for safety reason (board hitting someone), it is not fair for Senior Life Savers to monitor Children when parents are in attendance.
3. I have instructed the Senior Patrolling Members that if a Junior is on a board without a parent watching, (on the beach, at the waters edge), then the board is to be brought back to the beach. Even if a life saver is down at the waters edge, the parent of the member on the board will need to be present.
4. The boards cost \$2,000 each and are getting damaged by Juniors bouncing them on the stairs. After they have finished with them can you please assist them by bringing them back to the patrol area, where the patrol captain for the day will advise what to do with the board.

If you have any questions or concerns, please do not hesitate to contact me.

**Lynda Barry**  
**Junior Lifeguard Administrator**  
**Phone : 0433 121 862**