



JUNIOR LIFEGUARD NEWSLETTER

Ithaca-Caloundra City Life Saving Club Inc

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Reminder about Tuesday Night Training Times

Tuesday night pool training times, are now as follows:-

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 7.15 (note : this includes showers etc). These are the rules of the pool, therefore we ask for your co-operation in meeting these times.

Christmas Break

Junior Lifeguards will take a break over Christmas. The last Tuesday night training will be, 16th December, 2008 and the last Sunday morning training will be 21st December 2008.

We will recommence in the new year on the following dates:-

Sunday 18th January 2009
Tuesday 20th January 2009

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 (this is a Pool rule, otherwise they may ask you to pay normal pool entry as well as the Club fee).

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.

Patrols for Cadets

If your child completed a level 7 or Bronze Star last season, they are eligible to attend patrols with the other senior members. This is an exciting opportunity for them to learn a whole new facet of life saving and learn new skills.

The club patrols every weekend and public holiday from September to May. Patrols are broken into half days (either morning or afternoon).

If you are interested in this, please see me during one of the sessions and I can give you more details.

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. New shirts are \$15- each.

Please remember that a parent or guardian is required to attend and monitor their child during all sessions. **Children cannot be left (or start the session) without a parent or guardian in attendance and visible to life savers.** This is both for our insurance purposes and in an emergency situation (accident involving your child, a situation where we have to close the beach, etc)

This includes both beach and pool sessions.

All Junior Lifeguard coaches and administrators work on a voluntary basis, and no payment is received by them. They're level of cover requires parental attendance at all sessions, and it is not fair to ask a volunteer to be responsible for a child. This is going to be something that we will be focusing on strongly.

Paddle Boards

The children all love the paddle boards, and it is great that they all have 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
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