

Point Leo Surf Lifesaving Club

Cadet Handbook Welcome to The Lion's Den

**2023-2024
Season**



Version 1 November 2023

WELCOME TO THE LION'S DEN!

The Lion's Den is a program that has been created to provide our Cadets – that's YOU, our graduated 'Nippers' (U15s) and new 'Bronzies' (U16s) – with lots of opportunities to keep getting involved with Club activities, especially now that you have been awarded your SRC or Bronze!

Specifically, *The Lion's Den* provides you further opportunities to:

- Be a valued and active member of the Club
- Do fun things and keep in touch with lifesaving friends
- Keep up lifesaving skills and fitness
- Learn new lifesaving skills and discover new experiences
- Understand how other parts of the Club operate
- Be inspired to stay involved in surf lifesaving over the longer term

A "Cadet" is any member of the Club aged 14 or 15 years as at September 30 2023 who has qualified for the SRC of SLSA. *The Lion's Den* includes specific activities organised just for Cadets, as well as broader club activities.

We thank BlueScope for sponsoring our Lion's Den program for a 4th year. With a mutual interest in youth mental health and wellbeing, it is a natural partnership that has enabled the club to offer a broad and inclusive Lion's Den Program that is really suitable for our youth lifesavers.

The Point Leo spirit is all about having a go and getting involved.

We can't wait to see you soon at the Club!



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SUMMARY OF KEY ACTIVITIES

Activity	Booking required	Dates	Target Group	Age
Lion's Den T-Shirts	Yes	Order by Monday 13 November 2023 6pm https://www.pointleoslsc.com/the-den-t-shirt-order/	U15s & U16s	
Under 15 Swim Camp	Yes	Wednesday 10 & Friday 12 January 2024. Register and pay by Friday 5 January 2024 10am https://www.pointleoslsc.com/point-leo-slsc-u15-swim-camp/	U15s	
First Aid Course	Yes	Thursday 4 January 2024 (online learning) Monday 8 January 2024 (practical) Expressions of Interest by Sunday 10 December 2023 https://www.pointleoslsc.com/u15-first-aid-course-expressions-of-interest/	U15s	
Social Event	Yes	Saturday 6 January 2024 Register and pay https://www.pointleoslsc.com/point-leo-slsc-u15-16-social/	U15s & U16s	
Water and Beach Sessions	No	Saturday 30 December 2023 Wednesday 3 January 2024	U15s & U16s	
Portsea Swim Classic	Yes	Saturday 20 January 2024 – optional sign up as part of the Point Leo Cadet Team	U15s & U16s	
Patrolling	Yes	From November 2023	SRCs and Bronzies	
Nipper Water Safety	No	From 28 December 2023	SRCs and Bronzies	
Nipper Leadership (eg. Activity Leader, First Aid)	Yes	From 28 December 2023	SRCs and Bronzies	
LSV Youth/Senior Carnivals	Yes	Refer to Team App	U15s, U17s	
Pool Life Saving Carnivals	Yes	Winter	U15s, U17s	

Read details on all activities and how to book from Page 5.

KEY CLUB CONTACTS

VP Youth Development: – Felicity Perry – youth@pointleoslsc.com.au

HOW TO PREPARE FOR THE LION'S DEN ACTIVITIES

If you are 14 or 15 years as at the 30 September 2023, you are eligible to join the activities in *The Lion's Den*. To be involved, there are a few things to do **before** the season officially starts in November.

1 Renew your Point Leo SLSC Membership

Every club member must renew their membership and pay the membership fees. Point Leo SLSC offers an annual membership that is due every August. The instructions on how to do this are on our website: <https://www.pointleoslsc.com/membership-renewal-information/>

2 Requalification – Skills Maintenance for 14-year-olds (U15s)

At the start of each season (November/December) U15s must book and attend a **Skills Maintenance** session at the Club to revalidate their Surf Rescue Certificate (SRC) for another season. These sessions are advertised in the club newsletter. This is a pre-requisite to taking part in *The Lion's Den* and other Club and LSV initiatives.

Alternatively, LSV advertise other dates/locations to attend Skills Maintenance. Let the Chief Instructor know if you complete Skills Maintenance at another location: lifesavingtraining@pointleoslsc.com.au

What do I need to do to book and prepare for Skills Maintenance?

1. Make sure you have your own SLSA Members Area Account – you should already have this, as you will have needed it to do your SRC last year. If you don't have this already follow the instructions on the ["How to Create a Members Area Account"](#).
2. **Enrol** in the Skills Maintenance Session and **complete** the online theory test:
 - a. Click on this link [LSV portal](#) and use your personal Members Area account (not your parent's) username and password to access your profile.
 - b. On the Dashboard, select the Skills Maintenance button.
 - c. Scroll down to Surf Rescue Certificate and click the enrol button on the right.
 - d. **Complete the online Theory test**, by selecting the blue Launch button.
 - e. Book into the selected Point Leo Skills Maintenance session.
3. **Attend** the face-to-face session/s you booked.
 - a. Make sure your Skills Maintenance card is signed off **during** the session.
 - b. Take a photo of your Skills maintenance card and keep it.
 - c. Provide your card to the Skills Maintenance Session Coordinator at the end of the session

What should I expect at a Skill Maintenance Session?

You will perform a run-swim-run and be tested on patient assessment, CPR, rescue skills and signals – so get out your book and brush up if you need to. Qualified Club Assessors coordinate the Skills Maintenance sessions and assess all participants.

Note: the online assessment must be completed prior to the day – through the [LSV portal](#). This is an open book assessment. Make sure you take a photo of your result and take with you to your Skills Maintenance session.

3 Requalification for 15-year-olds (U16s)

15-year-olds that will be undertaking their Bronze Medallion in December this year **do not need** to attend Skills Maintenance. If you are a 15-year-old and you aren't doing your Bronze Medallion you **WILL** need to attend Skills Maintenance to validate your SRC for another 12 months.

WHAT'S HAPPENING IN THE LION'S DEN

Congratulations!

Now, that you have passed your SRC Skills Maintenance or your Bronze Medallion for the upcoming season, you can take part in the *Lion's Den* activities.

1 Lion's Den T-Shirts – U15 & U16s

Thanks to BlueScope we have some great t-shirts for our *Lion's Den* participants! They will be available for pick up at Nippers water safety.

Order of T-shirts: Click [here](#) - ORDERS CLOSE STRICTLY Monday 13 November 2023 6pm.

2 The Lion's Den BlueScope Swim Camp - U15s

Our YOMs will lead a fun filled day-camp full of plenty of 'not so serious' swimming fun and heaps of tips for improving your open water swimming - an essential part of lifesaving. Some activities include: body surfing, swimming at different Point Leo locations, positive wellness sessions and skills/scenarios sessions. Each participant will receive a BlueScope swim camp pack.

Camp dates: Wednesday 10 January & Friday 12 January 2024

Details: Specific camp details to follow.

Bookings and payment: Click [here](#) – Booking close Friday 5 January 2024 10am. Participant numbers are capped so book early.

Additional Cost: \$25.00 per participant (payment is required on booking to secure spot).

3 First Aid Qualification – U15s

First Aid qualifications provide participants with the skills and knowledge to manage an emergency first aid situation until professional medical support is available. Participants will become a specialised first aid patrolling member. They can further develop their skills by completing additional emergency care awards. Our Point Leo trainers will be conducting the training.

**U16s that missed out last season can do the general course offered by the club*

Dates: Thursday 4 January 2024 1-3 pm (online theory [at the club](#)) & Monday 8 January 2023 9am - 4pm

EOI Registrations: Click [here](#) – EOIs close Sunday 10 December 2023 (earlier if course fills prior)

Additional Cost: TBA

**This is also a great qualification to have on your resume when applying for part-time jobs!*

4 The Lion's Den Social Activity – U15s & U16s

Date: Saturday 6 January 2024 (evening)

Activity: Specific details to follow.

Bookings and payment: Click [here](#)

Additional Cost: \$10.00 per participant, to be paid on booking.

5 The Lion's Den Beach and Water Sessions – U15s & U16s

We have our young leaders and experienced Activity Leaders organising some beach and water activities/scenario sessions. Brush up on your surf lifesaving skills, board skills, have fun doing some team events, join in on many lifesaving activities organised.

Details: The sessions will start at **10:00am** on the advertised days. Club cadet boards will be available if required. You are encouraged to bring your own gear.

Dates: Saturday 30 December 2023 & Wednesday 3 January 2024

Bookings: Not required.

Additional Cost – NIL

6 Patrolling – SRCs & Bronzies

Once you have successfully completed your Skills Maintenance or Bronze for the season, you are OK to patrol again this season! It is expected that once you complete your SRC or Bronze, that you will be an active member of your patrol team. Patrolling is also a fantastic way to put the skills you learnt on your SRC or Bronze to use, and to meet lots of other members from all across the Club!

Here are some general notes about Patrolling:

The season's [patrol roster](#) will be released and emailed to each SRC and Bronzie on November 2nd 2023, with patrols starting on November 11th 2023. The patrol roster allocates each person to a specific Patrol group, and it covers all rostered patrols for that group until the end of the season (in the following Easter).

Check the weekly Club newsletter and website for additional copies. If you can't find your name on a patrol team, please email patrols@pointleoslsc.com.au to organise being added to a patrol team.

Each season, SRCs and Bronzies are required to complete a minimum of 16 hours patrolling (November 2023 to April 2024) in order to be eligible for competition. Patrol hours are also accumulated by undertaking Nipper Water Safety at the JSLP (see details below).

If a patrol cannot meet the numbers/qualifications required, the patrol cannot be considered "full" and the quality of beach safety is dramatically compromised. If you can't patrol - you need to ensure your Patrol Captain knows you **won't** be coming to a patrol. This season the Patrol Captains will be using Team App to organise upcoming patrols. When the patrol roster is emailed out, it will include instructions on how to download Team App and sign up for your specific patrol team. Once on Team App it is very important you click going/not going to your patrol days so that the Patrol Captain can know who to expect, and also organise food and other fun activities!

If you ever have any questions about patrol please don't hesitate to reach out to Georgia (patrols@pointleoslsc.com.au) or Bridget (clubcaptain@pointleoslsc.com.au)

7 Nipper Water Safety - SRCs & Bronzies

Nippers love having the older kids keeping them safe and we always love to see our graduated Nippers return as experienced Cadets helping as Water Safety. Only people who have their SRC or Bronze Medallion have the skills to do these jobs – and that's why **WE NEED YOU!**

The JSLP commences on 28 December 2023 and runs through January 2024.

For details on session times, please refer to the Club website: <https://www.pointleoslsc.com/junior-surf-lifesaving-program-jslp/>.

Session dates: Thursday 28 December, Friday 29 December, Sunday 31 December, Tuesday 2 January, Thursday 4 January, Sunday 7 January, Tuesday 9 January, Thursday 11 January, Saturday 13 January and Sunday 21 January (Junior Club Championship).

What you need to do to be involved as Nipper Water Safety?

1. Read the Nipper Water Safety flyer in the Patrol Room to ensure you understand your responsibilities. This flyer is also provided at SRC and Bronze camps.
2. Wear an orange Water Safety Vest at all times when doing Water Safety.
3. **Sign in** (at the commencement of your shift) **AND out** (at the conclusion of your shift) at the Patrol Room (or near) on the Patrol Book to ensure that your Nipper Water Safety hours are recorded and processed towards your total patrolling hours for the season. Unless CLEAR sign in/sign out details are

recorded on the day, they cannot be processed. **No** retrospective hours can be added at a later date.

4. Attend the Water Safety briefing held at the start of every Nippers session led by the Nipper Water Safety Co-ordinator to understand any specific water safety requirements for the day.

8 Nippers – Activity Leaders and other opportunities

There are a variety of other way you can use your qualifications, skills and knowledge to get involved in supporting the Nipper Program, and we would love to hear from you! Opportunities include:

- Nipper Activity Leaders;
- Assistant Age Group Manager roles;
- Gear stewarding;
- First Aid; and
- Radio operations.

There are people ready and willing to guide and support you and training is provided.

Please contact the Nipper Coordinator if you are interested nipperrep@pointleo.com.au

9 LSV Youth/Senior Carnivals Join our Pride!

Cadets can represent Point Leo at the Life Saving Victoria (LSV) Youth/Senior Carnivals in individual and team events in the water and on the beach. These are not part of the LSV Junior (Nipper) Carnivals. Under 15s participate as **‘Youth’** and must have their SRC to compete. Under 16s participate as **Seniors** as under 17 competitors and must have their Bronze to compete. There are also minimum patrol/water safety hour commitments set by LSV for entry eligibility.

Senior carnivals are generally held in gentle surf and are great fun. There are individual and team options for beach and water competitors of all ages and capabilities.

Training and Carnival Communications

Information on Seniors/Youth training and any updates to timings or venue are communicated through the **Point Leo Team App**. Please download Team App and make sure you are part of the *Senior Surf Sports* chat and request access to the notifications.

There are many Youth/Senior Carnivals scheduled by LSV during the season and Point Leo selects key carnivals to which it sends teams, with details, entry processes and updates communicated via Team App.

Surf Sports Training

This season Darius Alekna is the Youth coach supported by the other section coaches. You are encouraged to participate in any training sessions to maintain and improve your fitness and skills even if you don't intend to go to carnivals. Beginner sessions on a cadet board and surf ski are available but you must RSVP

to the calendar event on Team App 24 hours in advance. Contact Point Leo's Head Coach for details: surfsports@pointleoslsc.com.au

Attendance at Carnivals

Point Leo organises carnivals differently from Nippers. There are no 'Age Managers' to help organise competitors but usually a parent or coach to assist. Entry to carnivals is via the Team App calendar event. Parents are encouraged to attend Carnivals to provide support and to offer themselves as carnival officials, tent set up, water safety or assist on the day.

There is a Team Manager who undertakes all the administration and coordination of the competitors for each carnival. For the 2025/24 Season, Darius Alekna is the Point Leo Senior Team Manager: teammanager@pointleoslsc.com.au.

Equipment

All equipment for Carnival training and competition is available for use from the club and extreme care must be taken in its use. You must have permission to take club craft to a carnival and it cannot be kept for your personal use. Please refer to the [Board and Ski Use Policy](#) available from the club website.

For most Carnivals, a Senior trailer will be taken, which is packed by those individuals who require equipment at the Carnival. If you need gear to be taken to the Carnival for your own use, you must come to the club for trailer loading (generally Thursday evening) to assist. You must provide your own 'tie downs' for any equipment they want transported on the Senior trailer. Orange and grey 3m "Bomber" tie downs are a durable option.

Go Team Leo!

10 Pool Life Saving

Surf Lifesaving's winter sport! LSV's Pool Life Saving competitions are scheduled during the months of June to September. Point Leo SLSC has a group of enthusiastic members who participate regularly in the off-season and LSV offers regular training sessions. For more information, please contact our Senior Team Manager teammanager@pointleoslsc.com.au

11 Helping Out

There are lots of other ways to help out and use your skills at Point Leo SLSC. Keep a look out for details about our Disabled Surfing Day (mid-January) and other opportunities via the Club newsletter.

12 Other Club Social Events

The Club has a number of other social events that are organised during the season. Keep a look out in the club newsletter for details about: Muso night, Trivia Night and much more.

PARENTAL INVOLVEMENT AND SUPPORT - WE NEED YOU!

The Lion's Den relies solely on volunteers to coordinate and deliver these great opportunities for our Cadet members. We thank all of our qualified trainers and our leaders for providing Lifesaving Award opportunities for our Cadets.

We also thank all parents for their continued support in enabling our Cadet members to continue to embrace and be ready to be involved in Nipper Water Safety, patrolling and other aspects of Club life. We will reach out to parents to help out on the swim camp and social activities (in particular) when the time comes. As always, - you don't need any particular skills, just enthusiasm and a willingness to help so we can keep providing these programs for our Cadet members.

LSV OPPORTUNITIES

LSV runs a number of initiatives for youth throughout the year. Interested Cadets can look out for activities of interest via the Club Newsletter or the LSV website. Opportunities include:

1. Under 15 Leadership Development Camp

This camp is for 14/15-year olds Cadets and is designed to develop participants' knowledge of self and others, develop fundamental skills of leadership, build their State-wide network of contacts and broaden their understanding of lifesaving, thereby encouraging participants to make a valued contribution back to their clubs.

To participate, youth must be nominated by the Club. Point Leo SLSC is guaranteed one position on the camp, with more available if camp quotas permit. The Camp is usually held in May and nominations close approximately 2 months prior. If you are interested in attending, please contact the VP Youth. For more information, please refer to the Leadership & Development Programs section of the Life Saving Victoria website - <https://lsv.com.au/clubs-members/leadership/leadership-and-development-camps/>

2. LSVj

LSVj (LSVj Advisory Committee) aims to represent youth member views, values and ideas. Its objective is to engage youth members and provide pathways for youth development and leadership. Youth members (13-17 years) are annually recruited at all three levels of the committee.

- LSVj Advisory Committee member: [download](#)
- LSVj Area Representatives – appointed and voted on the LSVj Club Representatives: [download](#)
- LSVj Club Representatives - who are responsible for representing their own Club: [download](#)

For further information about LSVj, please visit the [LSVj webpage](#) or contact the VP Youth.

LIFE SAVING AWARDS

Surf Rescue Certificate (SRC)

The Surf Rescue Certificate (SRC) is offered to those juniors who have turned 13 years of age on the date of the assessment. The course is run over a couple of weekends at the start of the season and includes an assessment. It provides participants with basic patrolling and surf awareness knowledge, in order to be able to participate in basic lifesaving patrolling operations.

Participants will be able to participate in patrols under the guidance of more experienced patrolling members. Skills are further developed through the Bronze Medallion.

An SRC candidate

- Must be a minimum age of 13 years old on the date of the final assessment
- Must complete a 100m run, 100m swim, 100m run within 5 minutes
- Must have completed a 200m swim in 5 minutes or less, in a swimming pool or over a measured open water course before any training starts in the surf

For more information about the SRC camp and the units covered, refer to the Club website:

<https://www.pointleoslsc.com/surf-rescue-certificate/>

Bronze Medallion

The Point Leo Bronze Camp held in December each year. It provides participants with basic patrolling and surf awareness knowledge, in order to be able to participate in basic lifesaving patrolling operations.

Participants will be able to participate in patrols. Bronze Medallion is a prerequisite for most other lifesaving awards.

A Bronze Candidate

- Must be a minimum of 15 years of age on the date of examination
- Must complete a 200m run, 200m swim, 200m run within 8 minutes
- Must have completed a 400m swim in 9 minutes or less in a swimming pool or measured open water course before training starts in the surf
- Must be a financial member of the club

For more information about the Bronze camp and the units covered, refer to the Club website:

<https://www.pointleoslsc.com/bronze-camp/>

First Aid Qualification

Description: Provides participants with the skills and knowledge to manage an emergency first aid situation until professional medical support is available.

Outcome: Participants will become a specialised first aid patrolling member. They can further develop their skills by completing additional emergency care awards.

Pre-requisites: Must be a financial club member, Min. age - 14 years

Qualification

- HLTAID003 Provide First Aid - Valid 3 years
- HLTAID002 Provide Emergency Life Support - Valid 3 years
- HLTAID001 Provide Cardiopulmonary Resuscitation - Valid 1 year

THE LION'S DEN – 'TO DO' LIST – PRE-SEASON

- Pay your seasonal membership fees in August
- U15s book in for a Point Leo Skills Maintenance session (when advertised in the club newsletter)
- Complete the online SRC Skills Maintenance online theory assessment
- U15s attend a Skills Maintenance Session before Christmas
- U16s sign up to complete your Bronze Medallion
- U15 & U16s order Lion's Den T-Shirt
- U15 & U16s Sign up and pay for the social event
- U15s Sign up and pay for the Swim Camp
- U15s Sign up to attend the First Aid Training
- Look up the Patrol Roster and mark your patrol group & dates in your calendar
- Those interested in Youth LSV Carnivals and Training - Download Team App and sign up to Point Leo SLSC. Ask to be added to the Senior Surf Sports Chat to receive notifications



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