

Youth Lifesaving Pathways Handbook

For members 13 - 17 years



Foreword

This guide has been developed to assist and support youth members (13-17 years) in choosing their own unique journey in lifesaving; from development to aquatic sports, training and leadership pathways. This handbook contains concise information to assist youth members as they navigate and explore the many opportunities available in lifesaving. We hope it inspires our future lifesavers to take advantage of the endless opportunities available and work towards their goals and aspirations for a long and fulfilling future in the lifesaving movement.

Your journey through lifesaving is unique. There are many different pathways and areas to explore, develop, learn and grow in. This booklet is intended to guide your lifesaving journey and let it inspire a pathway that will give you an experience of a lifetime.

Acknowledgement of Country

Life Saving Victoria (LSV) acknowledges the Bunurong People of the South-Eastern Kulin Nation on which this guide was written, and the many Traditional Owners where the Lifesaving Education programs are delivered.

We recognise the significant cultural links, many of the waterways and land used for water safety and lifesaving education have and encourage all our Partners to work closely with their local Aboriginal & Torres Strait Islander communities to provide inclusive programs.

We pay our respects to Aboriginal & Torres Strait Islanders, including their Elders, past, and present.



Image: Painting by Nathan Patterson, a proud Wagiman man. The painting is a tribute to both the traditional custodians of the land and the role lifesaving plays in bringing together and protecting the Victorian community.

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Membership Development Youth Opportunities



Member Development Youth Opportunities

From the age of 12, members can access development, leadership and lifesaving program opportunities. These programs aim to develop both personal skills and extend lifesaving capabilities. Below is an overview to the programs and opportunities that youth members can access and the prerequisites for involvement. Talk to your club if your interested in these exciting development opportunities.

Snap shot

U13 Development Camp	12 + 13 years (at time of camp)
Champion Junior Lifesaver Development Day	13 + 14 years (at time of program)
Youth Symposium	13 - 17 years
U15 Leadership Development Camp	14 + 15 years (at time of camp)
U18 Leadership Development Camp	16 + 17 years (at time of camp)
Advanced Lifesaving Camp	17 + years

U13 Development Camp

The U13 Development Camp is an opportunity for youth members to develop their interpersonal skills, broaden their understanding of lifesaving and support members as they progress through their lifesaving journey.

Members are mentored by current outstanding volunteer leaders and have the opportunity to learn, share and network with likeminded lifesavers from across the state over a three day live in camp.



How do I qualify?

- Be a current, financial member of an LSV Club
- Be 12 or 13 years of age at the time of the camp
- Be endorsed by your club
- Interested and excited about meeting other members from Victorian clubs
- Keen to learn more about lifesaving and future opportunities



Champion Junior Lifesaver Development Day

The Champion Junior Lifesaver Development Day is a reward and recognition day for youth members that have gone above and beyond within their respected clubs.

It is an opportunity to come together to build on SRC skills, participate in development workshops and explore the different services and pathways through Life Saving Victoria.

Members who participate will be in the running for the Mike Martin Champion Junior Lifesaver award, which recognises and celebrates the achievements of our youth members at the LSV Awards of Excellence.

How do I qualify?

- Be a current, financial member and endorsed by an LSV Club
- Be 13 or 14 years of age at the time of the program
- For members who go above and beyond in their club
- Hold current SRC award (or working towards)
- Provide valuable contribution to club's activities
- Are seen as a role model and future leader amongst their peers



Youth Symposium

The Youth Symposium is an annual event that brings together youth members (aged 13 -17 years) from across Victoria for a day of inspiration, fun, and empowerment through the delivery of keynote speakers and leadership development activities. It also provides a platform to discuss the big issues currently facing our youth members.

The day aims to enrich, challenge and facilitate our leaders of tomorrow with valuable leadership and communication skills. The program features keynote speakers and an LSVj-led amazing race, which is always a key highlight of each year's Youth Symposium.

How do I qualify?

- Be a current, financial member of an LSV Club
- Be between 13 and 17 years old
- Eager to learn more about lifesaving and current opportunities

U15 Leadership Development Camp

The U15 Leadership Development Camp is an opportunity for youth members to develop their leadership, interpersonal and, teamwork skills while also broadening their understanding of lifesaving and the various pathways available to them in lifesaving.

Members are mentored by exceptional volunteer leaders and have the opportunity to learn, share and network with like-minded lifesavers from across the state over a three day live in camp.



How do I qualify?

- Be a current, financial member and endorsed by an LSV Club
- Be 14 or 15 years of age at the time of the camp
- Interested and excited in meeting people from other Victorian clubs
- Keen to learn more about lifesaving and future opportunities
- Looking for unique opportunities to stay engaged in lifesaving post main season
- Wanting a head start in lifesaving development through goal facilitated goal setting

U18 Leadership Development Camp

The U18 Leadership Development Camp takes participants on a journey of exploration, as they learn about different leadership styles, what type of leader they are and allows them the time to strengthen their lifesaving knowledge and skills.

Participants will also have the opportunity to develop lifesaving, mentoring and coaching skills to utilise back at their club through on beach scenario-based training.



How to qualify:

- Be a current, financial member and endorsed by an LSV Club
- Be 16 or 17 years of age at the time of the camp
- Eager to learn more about lifesaving and current opportunities
- Considered to be a future leader in lifesaving
- Wanting to learn more about how to lead teams and being a valuable team member
- Interested in building connections with members from other Victorian clubs

Advanced Lifesaving Camp

The Advanced Lifesaving Camp is developing the next generation of high quality lifesavers, arming them with the skills, experience and knowledge to take to their clubs, careers and personal lives. It challenges lifesavers to improve their skills and knowledge to a gold medallion standard.

How do I qualify?

- Minimum 17 years of Age
- Hold Bronze Medallion
- Hold Resuscitation (CPR)
- Hold First Aid
- Hold Advanced Resuscitation Techniques

Life Saving Victoria junior (LSVj)

Life Saving Victoria junior (LSVj) is a platform for youth members aged 14 -18 years to have a voice, create programs for youth members and an opportunity to assist in creating a sustainable future for lifesaving.

Snap shot

LSVj Advisory Committee	14 - 18 years
LSVj Club Representative	14 - 18 years

LSVj team consists of LSVj club representatives nominated by their clubs, who are led by the LSVj advisory committee. The team work together in event planning, workshops, focus groups and support the development of M&LD programs.

Why we do it?

LSVj means not only the opportunity to have your voice heard, but to represent youth member views, challenges, values and ideas at both the club and state level.

What do we work towards?

- Supporting the development of M&LD Programs
- Providing an additional youth leadership pathway
- Advocating, promoting, and supporting youth lifesavers
- Being an active voice and participant in lifesaving



How do I qualify?

- Be a current, financial member of an LSV Club
- Be between 14 and 18 years old
- Be endorsed by your club
- For members who are committed and who go above and beyond at their club
- Provide valuable contribution to club's activities
- Are seen as a role model and future leader amongst their peers



LSVj Advisory Committee

- Seven seats
- Monthly meetings
- Elected positions; Interviewed by LSV



LSVj Club Representative

- 57 seats; one for each Life Saving Club
- Bi-Monthly meetings
- Nominated and selected by Clubs

Member Training Youth Pathways



Member Training

From the age of 13, members can access training opportunities to extend and develop their lifesaving capabilities. Below is an overview to some of the courses that youth members can complete and what is required as a prerequisite.

Snap shot

Radio Operators Certificate (ROC)	13 years +
Surf Rescue Certificate (SRC)	13 years +
First Aid (FA)	14 years +
Bronze Medallion	15 years +
Advanced Resuscitation Techniques (ART)	15 years +
Inflatable Rescue Boat Crew (IRBC)	15 years +
Inflatable Rescue Boat Driver (IRBD)	17 years +
Training Officer Certificate	17 years +

Radio Operators Certificate (ROC)

Provides members with the skills and knowledge to perform basic communication practices.

How do I qualify?

- Be a minimum of 13 years old

Surf Rescue Certificate (SRC)

Provides members with basic patrolling and surf awareness knowledge, enabling participation in basic lifesaving patrol activities.

How do I qualify?

- Be a minimum of 13 years old
- Be able to swim 200m in 5 minutes



First Aid (FA)

Provides members with the skills and knowledge to manage an emergency first aid situation until professional support arrives.

How do I qualify?

- Be a minimum of 14 years old
-

Bronze Medallion

Provides members with basic patrolling and surf awareness knowledge, enabling participation in lifesaving patrolling operations.

How do I qualify?

- Be a minimum of 15 years of age
 - Be able to swim 400m in 9 mins
-

Advanced Resuscitation Techniques (ART)

Provides members with the skills and knowledge to use oxygen resuscitation, bag value mask and suction equipment in an emergency.

How do I qualify?

- Be a minimum of 15 years old
 - Hold a current First Aid certificate
-

Inflatable Rescue Boat Crew (IRBC) and Inflatable Rescue Boat Driver (IRBD)

Provides members with the skills and knowledge to effectively crew or drive an IRB in rescue operations.

How do I qualify?

- Be a minimum of 15 years old (IRBC)
 - Be a minimum of 17 years old (IRBD)
 - Current Bronze Medallion
 - Hold a current Victorian Marine License (IRBD)
 - Hold an IRBC Certificate (IRBD)
-



Training Officer Certificate (TOC)

Training Officer Certificate provides members with the skills, knowledge and experience to deliver quality training of lifesaving awards.

How do I qualify?

- Be a minimum of 17 years old
- Selected and endorsed by your club and LSV

Aquatic Sport Youth Pathways



Aquatic Sport:

Competition, Accreditations and Athlete Development

From the age of seven, members can start to participate in aquatic sport competition disciplines to practice their lifesaving skills. From the age of 15, members can become coaches and officials to help run carnivals and teach the different sport disciplines. Below is an overview to some of the competitions, accreditations and athlete development programs that youth members can access and what is required to participate.

Aquatic Sport - Competition

Snap shot

Beach and water competition	7 years +
Pool competition	7 years +
Rescue & Resuscitation (R & R) competition	12 years +
Surf boat competition	15 years +
IRB competition	15 years +

Beach and Water Competitions

Whether you're a junior member aspiring to be a professional iron man or woman, or an experienced athlete keen to beat the world's best, members have the opportunity to test their lifesaving skills and build extra fitness by participating in various beach and water competitions.

There are many different disciplines to be involved in:

- Surf Sports - swim and board events, belt and reel race
- Surf Rescue - First aid and patrol competitions, champion lifesaver
- March Past
- Beach sports: run, relays, sprints and flags

How do I qualify?

- Be a current, financial member of an LSV Club
- Hold a current Working with Children Check (If 18 years and over)
- Be proficient in relevant award requirements
- Have met patrol commitments (15 years and over)
- Have met competition eligibility requirements



Pool Competitions

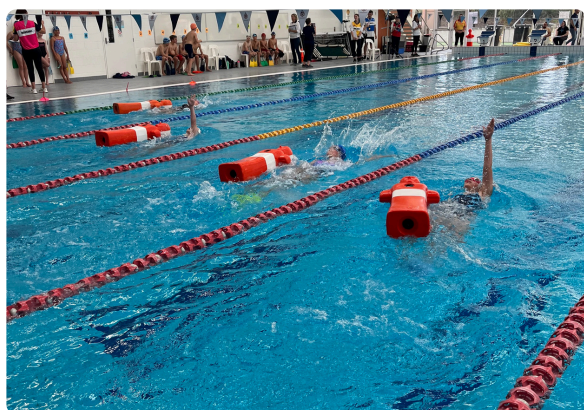
Pool lifesaving builds confidence, teaches teamwork and is perfect for those who want to add an extra dimension to their swimming during the winter months.

The events of pool lifesaving replicate common rescue techniques and include:

- Manikin carry
- Manikin tow
- Tube tow
- Line throw
- Rescue Medley
- Obstacle race
- Super lifesaver
- Simulated emergency response competition.

How do I qualify?

- Be a current, financial member of an LSV Club
- Hold a current Working with Children Check (If 18 years and over)
- Be proficient in relevant award requirements
- Have met patrol commitments (15 years and over)
- Have met competition eligibility requirements



Rescue and Resuscitation (R&R)

R&R competition is one of the more traditional events at a beach carnival. It involves two, five or six person based teams performing a simulated rescue and resuscitation of a patient from the water using the traditional belt and reel.

It combines swimming, resuscitation skills, marching and drill with teams judged against set criteria.

How do I qualify?

- Be a current, financial member of an LSV Club
- Hold a current Working with Children Check (If 18 years and over)
- Be proficient in relevant award requirements
- Have met patrol commitments (15 years and over)
- Have met competition eligibility requirements

Surf Boat Competition

A surf boat is an oar-driven boat designed to enter the ocean from the beach in heavy surf. Clubs compete with a crew of four rowers and one sweep. In a race, the crew must row the boat 400 metres out to sea, then turn around their allocated buoy and return via a set of "gate cans" to the finish line.

How do I qualify?

- Be a current, financial member of an LSV Club
- Hold a current Working with Children Check (If 18 years and over)
- Be proficient in relevant award requirements
- Have met patrol commitments (15 years and over)
- Have met competition eligibility requirements



IRB Competition

IRB racing consists of a number of simulated rescue events, with the aim of improving lifesaver skills through competition. To be a patient you require to be a minimum of 15 years + and to be a driver you require to be a minimum of 17 years +.

Events include;

- Rescue tube race
- Mass rescue race
- Teams rescue race
- Surf rescue race lifesaver relay

How do I qualify?

- Be a current, financial member of an LSV Club
- Hold a current Working with Children Check (If 18 years and over)
- Be proficient in relevant award requirements
- Have met patrol commitments (15 years and over)
- Have met competition eligibility requirements

Aquatic Sport - Accreditations

Snap shot

Boat sweep - S1 Pre-competition Accreditation	15 years +
Boat sweep - S2 Restricted Accreditation	16 years +
Official - Core, Technical and Senior	16 years +
Coaching - Foundation and Development	16 years +

S1 Pre-competition Boat sweep

The Stage 1, pre competition sweep accreditation allows members to become a sweep to start under the guidance of a qualified sweep. At this stage the emphasis is on learning the skill of handling the surf boat.

How do I qualify?

- Be a minimum of 15 years old
 - Be a current, financial member of an LSV Club
 - Hold a current Working with Children Check (If 18 years and over)
 - Hold a current Bronze Medallion
-

S2 Restricted Boat Sweep

The Stage 2, Restricted Boat Sweep accreditation is for sweeps who wish to progress into the competition phase. In this stage the sweep is still under the guidance of a qualified sweep and can only compete in surf conditions ratings up to 13.

How do I qualify?

- Be a minimum of 16 years old
 - Be a current financial member of an LSV Club
 - Hold a current Working with Children Check (If 18 years and over)
 - Hold S1 - Pre competition sweep accreditation
 - Hold the Development Coach accreditation
 - Hold a current Bronze Medallion
-

Foundation Coach

The Foundation Coaching Course is an entry level course for members who are new to coaching. The course provides members with the knowledge and skills required to coach junior members in a club environment using a games sense approach. It covers the three general principles of surf sports – swim, beach and board.

How do I qualify?

- Be a minimum of 16 years old
- Be a current, financial member of an LSV Club
- Hold a Working with Children Check (If 18 years and over)
- Complete the Australian Sports Commission Online course

Development Coach

The Development Coach course provides coaches with the knowledge and skills to effectively plan and deliver discipline specific coaching sessions with a particular focus on skill development.

How do I qualify?

- Be a minimum of 16 years old
 - Be a current, financial member of an LSV Club
 - Hold a Working with Children Check (If 18 years and over)
 - Completed the Australian Sports Commission Online course
 - Completed ASADA Level 1 Sports Anti-Doping Course
 - Water based disciplines require a proficient Bronze Medallion
-

Core Official

The Core Official accreditation provides a basic understanding of the key events conducted for junior level competitions.

They can officiate at any carnivals and competitions including State Championships where up to and including under 14 years age categories are conducted. There are four duties that they can carry out:

- Marshall
- Recording
- Judge
- Timekeeping Judge

How do I qualify?

- Be a minimum of 16 years old
 - Be a current, financial member of an LSV Club
 - Hold a Working with Children Check (If 18 years and over)
 - Complete the Australian Sports Commission Online course prior to course
-

Technical Official

The Technical Official accreditation enables members to upskill and fulfil a specific official role/s. Officiating roles may include:

- Marshall / Check-Marshall
- Starter / Check-starter
- Recorder
- Timekeeper
- Finish Judge

How do I qualify?

- Be a minimum of 16 years old
- Hold a Core Officials accreditation
- Be a current, financial member of an LSV Club
- Hold a Working with Children Check (If 18 years and over)
- Complete the Australian Sports Commission Online course



Senior Official

The Senior Official accreditation is designed for experienced officials who have gained knowledge in numerous roles at various levels of competition and identified as a leader in the officiating space. The Senior Official fulfils the specific senior roles at a carnival including:

- Referee
- Deputy Referee
- Area Referee
- Sectional Referee
- Chief Judge

How do I qualify?

- Be a minimum of 16 years old
- Hold a Technical Officials accreditation
- Be a current financial member of an LSV Club
- Hold a Working with Children Check (If 18 years and over)
- Complete the Australian Sports Commission online course
- Selected and endorsed by your Club and Life Saving Victoria

Aquatic Sport - Development

Snap shot

Infront Winter Development Program	U12 - U17
Infront High Performance Water Program - by invitation	U13 - Open
Infront High Performance Beach Program - by invitation	U13 - Open

Infront Winter Development Program

The Infront Winter Development Program is available to all members aged U12-U17 and will provide athletes with coaching and skill training opportunities throughout the winter season.

The program includes surf skills, specific technique skills, competition training, providing an excellent opportunity for athletes to develop their skills, train with other athletes throughout the state, and be coached by several quality coaches from across the Victorian clubs.



How do I get involved?

- Open to U12-U17 athletes (current season), all disciplines. Athletes to apply and selection will be based on their applications
- Financial member of a Victorian club
- Be in good standing with your club and LSV
- Endorsement required from committee member and submitted with application
- Completion of application and athlete survey
- Commitment to the full program, unless unforeseen circumstances arise
- Commitment to the current Victorian carnival season

Infront High Performance Water Program

The Infront HPP Surf program is designed to complement the core role played by an athlete's home-coach. The program is focused on and designed to extend the skills of committed participants by allowing them to train with other top-level athletes, and to be coached by quality coaches outside of their normal club environment.



How do I get involved?

Athletes are invited by Invitation. Selection into this squad is based results over the past season at a Victorian and or National level in the sport of Surf Lifesaving.

The criteria is set out in the LSV State Teams and Athlete Development Pathway Handbook.

Athletes are selected in the following age groups:

- U13 & U14
- U15 & U17
- U19 & Open



Infront High Performance Beach Program

The Infront HHP beach program is designed to complement the core role played by an athlete's home-coach. The program is focused on and designed to extend the skills of committed participants by allowing them to train with other top-level athletes, and to be coached by quality coaches outside of their normal club environment.

How do I get involved?

Athletes are invited by Invitation. Selection into this squad is based on results over the past season at a Victorian and or National level in the sport of Surf Lifesaving.

The criteria is set out in the LSV State Teams and Athlete Development Pathway Handbook a Athletes are selected in the following age groups:

- U13, U14 & U15
- U17, U19 & Open

Career Opportunities



Career Opportunities

From the age of 17, members can apply for seasonal employment opportunities with LSV. Below is an overview to the opportunities.

Snap shot

Lifeguard	17 years +
LSVComms Operator	17 years +
Education Instructor	17 years +

Lifeguard

LSV employs beach Lifeguards during the peak summer season, to supplement volunteer services to protect the Victorian public.

As a Beach Lifeguard you will ensure the safety of the public by working in a small team to deliver a professional and quality service, actively patrolling, communicating with beachgoers, as well as performing first aid and rescues where required.

How do I qualify?

- Hold Bronze Medallion
- Hold Resuscitation (CPR) Certificate
- Hold Advanced Resuscitation Techniques Certificate
- Hold Silver Medallion Patrol Captain or Silver Medallion Beach Management or completed Advance Lifesaving Camp
- Hold IRBCrew Certificate

Beach Lifeguard Fitness requirements

- Lifeguard 'Mission': 400 metre swim, 800 metre run, 400 metre board paddle, and 800 metre run in a combined time of 25 minutes ocean based
- Tube rescue of a "live" patient 100 metres out to sea and return
- Board rescue of a "live" patient 200 metres out to sea and return
- Complete 800m swim (no set time)



LSVComms Operator

LSVComms Operators are responsible for receiving and processing all emergency and non-emergency statewide radio and telephone communications. They play a crucial role in the coordination of an effective statewide lifesaving service.

LSVComms Operators work as a part of a small team in a dynamic, technology-based environment.

How do I qualify?

- Be a current, financial member of an LSV Club
- Hold a current Working with Children Check (If 18 years and over)
- Have written endorsement from your Club



Education Instructor

LSV's Education Instructors have the opportunity to deliver vital Lifesaving Education Programs at the beach, river, lake, pool and classrooms to students across Victoria. Instructors ensure an understanding of key water safety messages to participants from the age of six to adult.

How do I qualify?

- Hold First Aid certificate
- Hold Resuscitation (CPR) certificate
- Hold Employee' Working with Children Check (WWCC)
- LSV Community Surf Life Saving Certificate; or SLSA Bronze Medallion
- Hold Driver Licence (Team Leaders only)





For further information please contact Membership and Leadership
Development on 03 9676 6945 or email membershipandleadership@lsv.com.au