

Point Leo Surf Lifesaving Club

Cadet Handbook

Welcome to The Lion's Den!

**2025-2026
Season**



Version 1 2025

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 Surf Rescue Certificate (SRC) or Bronze Medallion (BM)!

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 2025 who has completed their SRC of SLSA. *The Lion's Den* includes specific activities organised just for Cadets, as well as broader club activities.

We thank Bluegum for sponsoring our Lion's Den program this year. Thanks to this sponsorship we are very excited to be able to provide our active Lion's Den cadets a limited edition *Lion's Den* t-shirt!

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

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

bluegum
YOUR BRAND OUR PASSION

SUMMARY OF KEY ACTIVITIES

Activity	Booking required	Dates	Target Age Group
Lion's Den T-Shirts	Yes	Order by Saturday 15 November 2025 by 6pm LINK	U15s & U16s
First Aid Course	Yes	Monday 12 January 2026 & Tuesday 13 January 2026 Expressions of Interest by Sunday 14 December 2026 Lion's Den First Aid Course Expression of Interest – Fill out form	U15s & U16s
Session 1: Welcome to the Den	Yes	Friday 2 January 2026 @10:30 am Expression of interest by January 1 2026 Session 1: Welcome to the Den (Jan 2) – Fill out form	U15s & U16s
Session 2: Explore the surf	Yes	Sunday 4 January 2026 @1.30 pm Expression of interest by January 1 2026 Session 2: Explore the surf (Jan 4) – Fill out form	U15s & U16s
Session 3: Lions Den-lympics	Yes	Wednesday 7 January 2026 @2 pm Expression of interest by January 1 2026 Session 3: Lions Den-lympics (Jan 7) – Fill out form	U15s & U16s
Social Event	Yes	Wednesday 7 January 2026 @5:30 pm Register and pay Tickets = \$15 Lions Den Social Night – Fill out form	U15s & U16s
Session 4: Move and Groove at YAWA!	Yes MAX 20 at PT session	Friday 9 January 2026 @11.00 am Expression of interest by January 1 2026 Session 4: Move and Groove at YAWA! (Jan 9) – Fill out form	U15s & U16s

Session 5: Morning Movement	Yes	Saturday 10 January 2026 @8:00 am Expression of interest by January 1 2026 Session 5: Morning Movement (Jan 10) – Fill out form	
Portsea Swim Classic	Yes	Sunday 18 January 2026 – optional sign up as part of the Point Leo Cadet Team	U15s & U16s
Patrolling	Yes	From November 2025	SRCs and Bronzies
Nipper Water Safety	No	From 27 December 2025	SRCs and Bronzies
Nipper Leadership (eg. Activity Leader, First Aid)	Yes	From 27 December 2025	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: – Cassie Merrigan – 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 2025, 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 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 Bluegum 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 Saturday 15 November 2025 6pm.

2 The Lion's Den Sessions

This year Lions Den will have 5 sessions that cadets can sign up for. **Those that come to 3 or more sessions will receive a Lions Den Tote bag and wristband.** The sessions are as below, **if interested please sign up before January 1 2026.**

2nd Jan - Welcome to the Den

Kick off the Lions Den program with an action-packed first session!

Come along after Nippers to hear from some of our fabulous Boaties and give the surf boats a try!!

You'll also have the chance to hear from some of our club legends in a special Q&A panel.

They'll share stories, advice, and insights into the different pathways available within lifesaving.

It's a great opportunity to ask questions, be inspired, and discover what makes being part of our club so rewarding.

[Session 1: Welcome to the Den \(Jan 2\) – Fill out form](#)

Start time: 10:30 am

4th Jan - Explore the surf

Get ready to hit the water and explore the surf!

This session is packed with opportunities to learn new skills and have heaps of fun — from trying out the skis and improving your board paddling to surfing at Second or enjoying some body surfing with friends.

Whether you're looking to challenge yourself, try something new, or just have a great time in the waves, this is the perfect chance to dive in and make the most of what the surf has to offer!

[Session 2: Explore the surf \(Jan 4\) – Fill out form](#)

Start time: 1:30 pm

7th Jan - Lions Den-lympics

Get ready for some friendly competition in the Lions Den-lympics!

In teams you will take part in a round robin of games, races, and trivia, with plenty of laughs and spot prizes up for grabs.

Show off your skills, teamwork, and club spirit - and celebrate with awards and a fun social night to wrap up the day.

It's all about energy, connection, and good vibes - don't miss this one!

[Session 3: Lions Den-lympics \(Jan 7\) – Fill out form](#)

Start time: 2:30 pm

9th Jan – Move and Groove at YAWA!

We're heading to YAWA Rosebud for a morning packed with movement, mates, and good vibes!

Swap the sand for the gym and take on a functional training session designed by YAWA's Personal Trainers! A great way to boost your fitness, build confidence, work together and have fun as a team.

And if you're still up for more, you can jump into the WIBIT inflatable obstacle course for an optional water-based challenge that YAWA also offers! (separate cost required)

Plan for the day: 11:00–12:00pm – Functional Training Session (\$16.50pp, **min 5 / max 20**)

Optional WIBIT Session – 12:00–1:00pm (\$13.50pp)

[Session 4: Move and Groove at YAWA! \(Jan 9\) – Fill out form](#)

Start time: 11:00 am

10th Jan - Morning Movement

Start your day the Lions Den way - with some morning movement!

Choose between a paddle, swim, or run before water-safety, depending on what interests you most.

It's a relaxed and energising way to get moving and make the most of a beautiful morning at the beach.

[Session 5: Morning Movement \(Jan 10\) – Fill out form](#)

Start time: 8:00 am

3 First Aid Qualification

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.

Dates: Monday 12 January 2026 & Tuesday 13 January 2026

EOI Registrations: Click [here](#) – EOIs close Sunday 14 December 2025 (earlier if course fills prior) numbers limited

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: Wednesday 7 January 2026 (evening) 5.30 PM

Activity: Specific details to follow.

Bookings and payment: Click [here](#)

Additional Cost: \$15.00 per participant, to be paid on booking.

5 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!

General notes about Patrolling:

The 2025/2026 Patrol Roster is available to download [here](#). Patrol rosters allocate 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). If you can't find your name on a patrol team, please email Nat at 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 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 Nat (patrols@pointleoslsc.com.au) or Britt (clubcaptain@pointleoslsc.com.au)

6 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 27 December 2025 and runs through January 2026.

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

Session dates: Saturday 27 December, Sunday 28 December, Tuesday 30 December, Thursday 1 January, Saturday 3 January, Tuesday 6 January, Saturday 10 January, Sunday 11 January

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) 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.

7 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 nippers@pointleoslsc.com.au and youth@pointleoslsc.com.au

8 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

.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 2025/26 Season, Nicholas Ford 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!

9 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

10 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.

11 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 or reach out to Bridget Barnes memberdevelopment@pointleoslsc.com.au

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-course/>

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
- 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 for desired Lions Den Sessions
- 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

