



NASIONALE SEE-EN-SAND INSTITUUT

INCORPORATED ASSOCIATION NOT FOR GAIN

Reg. No. 79/03925/08

PBO No. 930 029 293



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LIFESAVING SELECTION COURSE: 24 – 30 March 2024

General Information

- Arrival:** Sunday 24 March 2024, 12H00 See-en-Sand Campsite, Prawn Flats, R43, Voëlklip, Hermanus
- Location:** <https://goo.gl/maps/61P17Bcu3wHY3u8w9>
- Departure:** Saturday 30 March 2024, 11H00. Family and friends are welcome to attend the certificate ceremony from 10h00 – 11h00 after which students may depart.
- Description:** Over the years we have developed and continuously crafted our unique 7-day intensive lifesaving course programme which equips students with an in depth understanding of the ocean. We are confident that, once qualified, See-en-Sand students will be exceptional lifeguards. Our course focuses on:
- Reading and understanding waves, breakers, currents and tides
 - Identification of a safe and dangerous beach
 - What action to take if you or someone is caught in a current
 - What action to take if someone is injured in the sea, on the rocks or on the beach
- Unfortunately, we cannot guarantee work for all students during the summer season.
- Course Fee:** R5 250.00 per person.
- Included:**
- Daily lunch and dinner
 - Excluding 24 March 2024
 - Course material
 - Accommodation
 - Hat
 - Certificate

Excluded:

- Lunch and dinner for the 1st day of the course
 - All students to bring something that is quick and easy to prepare
 - *Please note that all cabins have fridges and there are microwaves and kettles available in the communal kitchen*
- Personal snacks and refreshments
- Daily breakfast
- Personal medical supplies (plasters, pain, or allergy medication etc)

IMPORTANT NOTICE:

- Participants must be 16 years of age by 01 December 2024 to be eligible to attend this course
- It is expected of all attending to be physically fit and in good health. During the course of the week students walk/jog 15 km+ per day and swim 2 km per day - max distance per day is up to 36km running (broken up into 3km segments) and 4km swimming.

Payment options:

- An immediate deposit of R2 500 will confirm your entry after which you may pay the remaining amount of R2750 in full by 29 February 2024:

Refund and cancellation policy:

- 10% Cancellation fee is applicable should you cancel your place any time, up to 30 days prior to the course
- 50% Cancellation fee is applicable should you cancel in the 30 days leading up to the course
- No refunds will be given should you cancel 72 hours prior to the course

Alcohol and smoking policy:

Please note that we have a **strict** zero alcohol, drug, and smoking/vaping policy. Should a student be found with any of these substances, we will immediately contact his or her parents/guardian and they will be requested to leave the camp immediately and no refund will be granted. We trust that everyone understands and respects our stance on this.

WHAT TO BRING

- **NB** Original hard copy signed indemnity form (printed, not e-mailed)
- Completed student data form (printed)
- Pen / Pencil for taking notes

- Sleeping bag or duvet (we provide sheets and pillows)
- Camp/blow up mattress (we have limited availability)
- Cutlery, bowl, plate and mug for personal daily use
- Water bottle or hydration bladder (2l capacity preferably)
- Head torch
- Sun block
- Insect repellent
- Own medical supplies e.g., allergy medication, strapping, asthma pump, blister plasters etc
- Toiletries
- Towel for swimming and showering
- Swimming costume (no wetsuits allowed for 1st year students)
- Waterproof jacket or windbreaker
- Comfortable running shoes (for all-day wear)
- Optional: Rock shoes or shoes that can get wet on the beach (surf booties)
- Daypack/backpack (we are gone the whole day so everything students want to carry with them goes into this day bag)
- Pocket money
- Personal snacks
- Daily breakfast (all cabins have a fridge and there are kettles and microwaves in the communal kitchen)
- Coffee / tea / refreshments
- A positive attitude and an open mind