



## 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: 22 – 28 September 2024

#### General Information

- Arrival:** **Sunday 22 September 2024, 12H00** See-en-Sand Campsite, Prawn Flats, R43, Voëlklip, Hermanus
- Location:** <https://goo.gl/maps/61P17Bcu3wHY3u8w9>
- Departure:** **Saturday 28 September 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 22 September 2024**
  - Course material
  - Accommodation
  - Hat
  - Certificate

**Excluded:**

- Lunch and dinner for the 1<sup>st</sup> 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 31 July 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.

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**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 1<sup>st</sup> 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