



NASIONALE SEE-EN-SAND INSTITUUT

INCORPORATED ASSOCIATION NOT FOR GAIN

Reg. No. 79/03925/08

PBO No. 930 029 293



Cell 084 484 0654 • R43, Prawn Flats, Voëlkiip, Hermanus, 7200, South Africa •
sparks@hermanus.co.za • www.see-en-sand.co.za •

LIFESAVING SELECTION COURSE:

5 – 11 October 2025

**Please note that the above dates are based on the provisional Western Cape school terms for 2025 and may be subject to change. The lifesaving course will take place during the official school holidays from the first Sunday to the first Saturday.*

A WARM WELCOME

Firstly, thank you for entering the See-en-Sand Lifesaving Course. See-en-Sand has been around since 1971, and it is an absolute honour to maintain our high standards and train the best lifeguards in the country.

A word of advice; this course will test your mental and physical grit, but it is designed to get the very best out of each student. We want you to walk away after this week not only with a newfound knowledge about the ocean but with a new level of confidence that will last you a lifetime.

Please take the time to familiarise yourself with the below important information.

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Important General Information

1. Arrival:

- Sunday 5 October 2025
- No later than 12:00
- No late arrivals will be allowed

1.2 See-en-Sand Campsite Location:

- See-en-Sand Campsite, Prawn Flats, R43, Voëlklip, Hermanus
- Google Maps: <https://goo.gl/maps/61P17Bcu3wHY3u8w9>

1.3 Entry/Indemnity Form + Student Data Form:

- **NB:** All students must **print and bring along their original signed entry form and student data form** with a digital or physical ID photo inserted in the team block. If you are unclear on instructions, please chat to me.

1.4 Departure:

- Saturday 11 October 2025, 11:00
- Family and friends are welcome to attend the certificate ceremony from 10h00 – 11h00 after which students may depart.
- We will have some seating available, but you are welcome to bring your camping chairs.
- Students who withdraw from the course or leave early will not receive a refund or a lifesaving qualification.

1.5 Support from Friends and Family

We kindly, but strictly, ask parents and friends to refrain from coming to our campsite or dropping off extra goodies like snacks, clothing etc for the duration of the course, unless arranged beforehand with either Elisabet or Henk. You are however very welcome to watch our activities and visit with students when we have our daily lunch break.

We will announce our itinerary each morning on our social media channels so follow along here:

- Facebook: <https://www.facebook.com/see.n.sand>
- Instagram: <https://www.instagram.com/seeensand/>

2. Course Fee:

R5 800.00 per person

2.2 What's included in the course fees:

- Daily lunch and dinner
 - ***Excluding Day 1, 5 October 2025**
 - Please note that since we are catering for a large group, unfortunately no special dietary requirements can be accommodated
- Course material
- Accommodation
- Hat
- Certificate

2.3 What's excluded in the course fees:

- 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, allergy medication etc)
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3 Payment:

- No entry is confirmed without payment. Course fees may be paid in full or over 2 instalments as per below:

3.2 Deposit:

- An immediate **deposit of R3 000** will confirm your entry after which you may pay the remaining amount of R2 800 in full by no later than 5 September 2025.

3.3 Final payment:

- Final payment is due by no later than **5 September 2025** unless prior arrangement has been made with us.
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4. Refunds, Cancellation and Transfer Policy:

4.2 Refunds

All refund requests must be made in writing via email. The date that the email was sent will determine the refund amount.

Please see below refund scale:

- 90% Refund if request is emailed any time before 4 September 2025
- 50% Refund if request is emailed between 5 – 27 September 2025
- From 28 September 2025 onwards, no refunds will be granted
- Refunds will be processed within 7 days of email notice/banking details received

4.3 Transfers

- Transfers will be allowed up to 28 September 2025. This will only be applicable for the next Lifesaving Course taking place during the March/April 2026 school holiday period.
- Unfortunately no credit towards another camp or course will be given.

5. OTHER IMPORTANT POLICIES

5.2 No Alcohol, Smoking, Vaping, Illegal Substances, Bullying or Homophobia:

It is our duty to protect the integrity of our business and to provide an environment in which all students may reach their full potential. This means that we have a strict zero alcohol, drug, smoking, and vaping policy. Should a student be suspected or found with any of these substances, we will contact their parents/guardian, and they will be requested to leave the camp immediately, without a refund. The same applies for any form of bullying or homophobia. Furthermore, such students will not be employed by See-en-Sand for any form of work, and they will not be allowed to attend any future camps and courses. We trust you understand and respect our decision on this matter.

5.3 Romantic Relationships

See-en-Sand does not condone any form of relationships, whether consensual or not. Immediate action will be taken against offenders, and they will be asked to leave the course without a refund.

6 Fitness and Character Requirements:

The whole course week is a continuous evaluation. Students will receive either a “Lifesaving Certificate” which will qualify them to perform lifesaving duty for See-en-Sand or a “Course Completion Certificate”. Evaluation is based on both physical competency and character.

6.2 Physical Fitness:

It is expected of all attending to be physically fit and in good health. You must be able to comfortably run 5km and swim at least 1km uninterrupted.

Students will walk/jog 15km+ and swim up to 2km per day, *over the course of the whole day*, while also completing a series of activities and tests.

6.3 Character:

While fitness and test results play a big role in a student’s evaluation, we also consider whether respect is shown toward senior students, instructors and course facilitators, and the overall attitude with which activities and test are completed.

7 Allergies and Personal Medication:

It is each student's personal responsibility to pack/carry their medication on them and ensure that the Course Facilitators, Henk and Elisabet, as well as their Team Instructor are aware of any steps to take in an emergency.

Please note that we are not allowed to administer any form of pain medication.

See "What to Bring" list for further information.

8 Catering and Dietary Requirements:

As we are catering for a large group, unfortunately we cannot accommodate special dietary requirements. Students with allergies and who are vegetarian, vegan, gluten and lactose intolerant must please provide their own meals. We are happy to share the menu closer to the time.

9. Lifesaving Uniforms and Professional Dreunkrans Photos:

Both uniform and photo orders are placed by students during the lifesaving course and are optional extras. Please familiarise with the process as outlined below as we cannot change orders once it's been placed:

9.2 Photos

We have a professional photographer capturing the iconic Dreunkrans cliff jumps and students can order their high-res images for a package deal at **R200** per person.

Photo orders must be completed on the "Photo Order Sheet" before the last day of the lifesaving course.

No orders will be accepted once the course has ended.

9.3 Lifesaving Uniforms

All students who qualify as lifeguards will be able to order a uniform. This is not compulsory.

NB: We ask that students do not place an order if they do not plan on paying for/collecting it.

9.4 Uniform Order Process:

- Students will be given an opportunity to try on the uniform for sizing during the lifesaving course.
- Individual items can be ordered but a full kit is preferred.
- Full uniform consists of: round hat, t-shirt, shorts, sweat pants, long sleeve top, and windbreaker.
- *2024 Pricing as a guideline: R1950 for a full uniform kit*

- All final uniform orders to be submitted on the “Uniform Order Sheet” before the last day of the course.
 - No changes to any order will be accepted once the course has ended.
 - The week following the course, we will confirm individual orders and price total via the email address provided on the entry form. Payment must please be made in full to us within 1 month unless otherwise arranged.
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10. Lifesaving Jobs: Public and Private

See-en-Sand lifeguards may perform lifesaving duty for us on any of the public beaches that we service as well as private events.

10.2 Beach Lifeguard Duty

Beaches are allocated on Government/Municipal Tenders that we apply for yearly, along with other service providers.

See-en-Sand will provide accommodation but transport to and from work and meals are for the Lifeguard’s own account.

The list of beaches that we service will be discussed with students on the lifesaving course and they will get the opportunity to put their name down on a shift list. We will also establish a WhatsApp Group where work opportunities will be shared.

10.3 Private Lifeguard Duty

There are other private lifeguarding opportunities such as sport and music events, film shoots, school camps etc and these will also be advertised on the WhatsApp group as well as Henk’s personal WhatsApp stories.

WHAT TO BRING / COMPULSORY GEAR

- **NB** Original hard copy signed entry/indemnity form (printed)
- **NB** Student data form with digital or physical photo inserted in “team block” (printed)
- Pen/pencil for taking notes
- Sleeping bag or duvet (we provide sheets and pillows)
- Camp/blow up mattress (we have limited availability)
- Daily breakfast and personal snacks

- Cutlery, bowl, plate and mug for personal daily use
- Water bottle or hydration bladder (2l capacity preferably)
- Head torch
- Sun block
- Insect repellent (optional)
- Own medical supplies e.g., allergy medication, strapping, asthma pump, blister plasters, pain killers, anti-inflammatories, rehydrate or hydrating sports drink 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 (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
- Second year (senior) students may wear a wetsuit
- A positive attitude and an open mind