NASIONALE SEE-EN-SAND INSTITUUT

INCORPORATED ASSOCIATION NOT FOR GAIN

Reg. No. 79/03925/08

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UNDERSTAND THE OCEAN - WEEKEND ADVENTURE CAMP

Our weekend camp is suitable for children from the ages of 13 – 18 and aims to equip them with the necessary confidence and skills to safely approach the sea. This weekend camp is a condensed version of our lifesaving course in that it covers the core lectures, exercises, and water activities, such as:

- Reading and understanding of ocean currents
- Understanding tides
- Cliff jumping
- Basic lifesaving rescue and relief techniques
- Responsible coastal foraging and seafood preparation

Arrival: FRIDAY: 17:00 – 18:30

Departure: SUNDAY: 12:00

Location: See-en-Sand Campsite, Prawn Flats, R43, Voëlklip, Hermanus

Age Group: 13 - 18 years

Payment: No entry is confirmed without payment

Included: Accommodation, lectures, qualified lifeguard assistance for ocean activities, meals (excluding dinner on 1st night which is a bring and braai)

Excluded: Transport, personal snacks, dinner for first evening's bring and braai

What to bring: See "What to Bring" list on page 2

Policies: See "Important Policies" on page 3

WEEKEND ITINERARY:

FRIDAY 17:00 – 18:30:

- Friday is a bring-and-braai and parents are welcome to join us for the evening. We will have a nice big fire going and there are multiple braai grids and kitchen facilities that everyone is welcome to make use of. Please bring own cutlery if staying for the braai.
- Please note the below itinerary is a guideline. We evaluate ocean and weather condition in depth before the camp and will therefore only confirm the weekend's final itinerary with students on the Friday evening.

SATURDAY: 07:00 – 20:00

- Breakfast
- Understand the ocean lectures
- Ocean-based activities (currents, gap training, cliff jumping, lifesaving techniques)
- Hotdog x 2 lunch at old harbour
- Seafood foraging (black mussels)
- Seafood preparation and fish braai with freshly baked bread and rice

SUNDAY 07:00 – 12:00

- Breakfast
- Early morning beach or mountain hike
- Basic lifesaving, rescue, and relief techniques
- Check out and departure

FRIENDS AND FAMILY WANTING TO COME AND WATCH

Friends and family are most welcome to come and watch our activities over the course of the weekend. 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/

WHAT TO BRING:

- Sleeping bag (we provide sheets and pillows)
- Cutlery, bowl, plate and mug
- Water bottle
- Sun block
- Insect repellent
- Own medical supplies e.g., strapping, asthma pump, plasters, anti-inflammatory, rehydrate
    - Please note that we are NOT allowed to administer pain medication
- Toiletries
- Towel for swimming and showering
- Swimming costume / wetsuit / rash vest

- Chafing crea/Vaseline
- Waterproof jacket or windbreaker
- Rock shoes or shoes that can get wet on the beach/surf booties
- Day pack (we are gone the whole day so everything student wants with them goes into this day bag)
- Crayfish pouch/plastic bag
- Blunt butter knife for cleaning mussels
- Recreational Fishing Permit for mollusc collecting (obtainable online from DFFE)
    - https://www.dffe.gov.za/mediareleases/onlineapplication_recreationalfishingpermits
- Pocket money (for a coffee or snack when they have some time off at the
- beach or after lunch)
- Ruby ball / cricket bat / speaker / playing cards etc for when students have free time at the beach or at the campsite after dinner

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Refunds, Cancellation and Transfer Policy:

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 up to 30 days before the camp start date
- 50% Refund if request is emailed 29 – 8 days before the camp start date
- From 7 days onwards before the camp start date, no refunds will be granted
- Refunds will be processed within 7 days of email notice/banking details received

Transfers

- Transfers will be allowed up to 8 days before the camp start date depending on availibility
- Transfers are limited to the next available camp date and cannot be deferred beyond that.
- Unfortunately, no credit towards another camp or course will be given.

IMPORTANT POLICIES:

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 allowed to attend any future camps and courses. We trust you understand and respect our decision on this matter.

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.

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, are aware of any steps to take in an emergency.
Please note that we are not allowed to administer any form of pain medication.
We do have a support vehicle with us in case of emergencies.

Catering and Dietary Requirements:

As much as we would love to accommodate everyone, we are catering for a large group so 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 or discuss the menu with us.

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