



NASIONALE SEE-EN-SAND INSTITUUT

INCORPORATED ASSOCIATION NOT FOR GAIN

Reg. No. 79/03925/08

PBO No. 930 029 293



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See-en-Sand LIFESAVING SELECTION COURSE:

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 morning 11:00 – 12:00
- Course starts sharply at 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 Student Data Form:

- **NB: All students must print and bring along their student data form with a physical ID photo stapled in the team block.**
- **Please find the student data form to print at the end of this document (after what to bring list)**

1.4 Departure:

- Saturday 11:00/12:00
- Family and friends are welcome to attend the certificate ceremony which starts at 10:00 after which students may depart.
- We will have limited seating available, and you are welcome to bring own 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 ask parents and friends to refrain from coming to our campsite or dropping off any 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 course 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/>
-

Course Fees

2.1 What's included in the course fees:

- Daily lunch and dinner
 - ***Excluding Sunday, Day 1**
 - Please note that since we are catering for a large group, unfortunately no special dietary requirements can be accommodated. Please contact us in advance if you would like to see the menu.
- Course material
- Qualified lifeguard assistance
- Accommodation
- Hat
- Certificate

2.2 What's excluded in the course fees:

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

3. Payment:

- No entry is confirmed without payment.
-

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 up to 30 days before the course start date
- 50% Refund if request is emailed 29 – 8 days before the course start date
- From 7 days onwards before the course start date, 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 8 days before the course start date.
- Transfers are limited to the next upcoming lifesaving course date and cannot be deferred beyond that.
- 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 is aware of any steps to take in an emergency.

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

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 etc must please provide their own meals. Please feel free to reach out to us directly if you wish to see a copy of the meals provided on course.

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:

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. The cost will be confirmed with students on course and they must please discuss with parents before ordering.

We aim to keep cost of photos as low as possible, so that we only cover the expense of the photographer.

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 but if you plan to work, you will need a uniform.

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 fit the uniform for sizing during the lifesaving course.

Individual items can be ordered but a full kit is preferred.

We sell the uniform at cost price.

Full uniform consists of: round hat, t-shirt, shorts, sweat pants, long sleeve top, and windbreaker.

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 as we place the order immediately once the course ends.

The week following the course, we will confirm individual orders and price total via email. Payment must please be made in full to us via eft, within 1 month, unless otherwise arranged.

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. We will establish a WhatsApp Group where work opportunities will be shared.

10.3 Private Lifeguard Duty

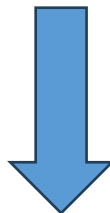
There are other private lifeguarding opportunities such as sport and music events, film shoots, school camps etc and these will also be advertised on the WhatsApp group as well as Henk's personal WhatsApp stories.

WHAT TO BRING / COMPULSORY GEAR

- **NB** Student data form with physical ID photo inserted in "team block" (printed)
- **This form is after the "What to bring" list**
- Quick to make lunch and dinner for Day 1
- Daily breakfast, personal snacks and refreshments
 - There will be certain days/times we allow students to pop into a shop when we are in town
 - There are fridges, kettles, microwaves that students can make use of in their cabins and in our communal kitchen
- Cutlery, bowl, plate and mug for personal daily use
- **NB!!** Own medical supplies e.g., allergy medication, strapping, asthma pump, blister plasters, pain killers, anti-inflammatories, rehydrate or hydrating sports drink/slowmag etc.
 - Please note we are not allowed to give any pain medication.
- Pen/pencil for taking notes
- Sleeping bag or duvet (we provide sheets and pillows)
- Camp/blow up mattress
 - *Only applicable to students attending the Sept/Oct course as we have limited availability. Students traveling from outside the Western Cape don't need to bring a mattress*
- Daypack/backpack - we are gone the whole day so everything students want to carry with them goes into this day bag
- Water bottle or hydration bladder (2l capacity preferably)
- Sun block!!!
- Rehydrate
- Chafing cream/Vaseline
- Head torch (optional)
- Insect repellent (optional)
- 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
 - We cover 15 - 20km+ per day on foot so comfortable shoes are NB
- Optional: Rock shoes or shoes that can get wet/surf booties
- Pocket money
- Second year students may wear a wetsuit
- A positive attitude and an open mind

Please find the student data form below to print and bring along to registration on Day 1



STUDENT DATA FORM

Please complete, only where marked with an X, and insert a physical ID photo in the "Team" block

Student Name + Surname:	x
Student Cell No:	x
Allergies:	x
Medical Aid Name + No	x
Parent Name + Contact No	x

TEAM:

PRACTICAL TESTS

		TIME	PLACE	YES	NO	COMMENTS
1.	RUN					
2.	SWIM					
3.	RUN/SWIM/RUN					
4.	MARATHON					
5.	BUOY BIND					
6.	BEACH SIMULATION					
7.	DREUNKRANS					
8.	RESCUE TECHNIQUES					
9.	CPR					
10.	CURRENT TRAINING					
11.	"GAP" TRAINING					
12.	PARTICIPATION					

KNOWLEDGE QUESTIONNAIRE

	MARK %	COMMENTS
TEST		

FEEDBACK

PRACTICAL: _____

KNOWLEDGE QUESTIONNAIRE: _____

GENERAL: _____

COMPETENT:

YES	NO
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..... DATE:

STUDENT:

INSTRUCTOR:

UNIFORM + SIZE	HAT	T-SHIRT	SHORTS	LONG PANTS	LONG SLEEVE	JACKET