



SURF LIFE SAVING
K A R I A O T A H I



Welcome to the 2009-2010 Junior Surf Life Saving Season.

Kariotahi is pleased to once again be running the Junior Surf programme in conjunction with Surf Life Saving Northern Region. We hope you all enjoy your time at the beach.

Below is the training and carnival programme for the season.

There are 3 age groups:

A Group: 7-8 year olds.

B Group: 9-11 year olds.

*C Group: 12-13 year olds.

*(Better known as Rookies)

We will be covering (depending on age) Theory Topics such as sun safety, surf safety, waves, weather, first aid, signs and flags, and surf lifesaving skills. Practical skills such as wading, duck diving, boogie boarding, body surfing and rescue techniques and FUN activities such as beach races, surf races and games.



SURF LIFE SAVING
K A R I A O T A H I



KARAIOTAH I JUNIOR SURF LIFESAVING.

WHAT IS JUNIOR SURF?

Junior Surf is about developing tomorrow's lifeguards and opening up a whole new world to children. By encouraging children to have fun and participate safely in the Surf Life Spirit of fair play. Junior surf is an ideal way to assist children to develop and improve their Surf Lifesaving knowledge, water safety awareness and skills for themselves, and one day for others.

RULES AND REGULATIONS

To ensure that all children and parents have a **SAFE** and **FUN** day at the training's and carnivals you might compete at we expect the following:

- **Parents must be present at all times.**
- **Parents will be expected to assist coaches when required particularly during the water based activities. So please come prepared: i.e togs, wetsuit, towel, hat and sweatshirt.**
- **Roll call is essential. Caregivers must sign in their children at the Surf Club on arrival and departure.**
- **SLIP, SLOP AND SLAP, Please ensure that your child arrives at the beach ready for action, togs, wetsuit is optional, sun block, towel, hat and drink. Please ensure personal belongings are named.**

We hope you and your children enjoy the Surf Life Saving experience. If you have any problems or queries please do not hesitate to contact us.



SURF LIFE SAVING
K A R I A O T A H I



Calendar of Events

Sunday 1 st November 2009	10.00- 12.30	Registration Day
Sunday 8 th November 2008	9.00- 11.00	Training Day
Sunday 15 th November 2008	9.00- 11.00	Training Day
Sunday 22 nd November 2008	9.00- 11.00	Training Day
Sunday 29 th November 2008	9.00- 11.00	Training Day

More details of November Training to follow.

Dates for December to follow soon.

Please check our website for more details changes to dates

<http://www.slsk.org.nz>

Contact Numbers

Kariaotahi Clubrooms Phone 09 235 8470

Club Website : <http://www.slsk.org.nz>

Mark Foubister

Head of Junior Surf

Home 09 296 3236

Mobile 021 430 129

headofjuniorsurf@kariaotahi.org.nz



SURF LIFE SAVING
K A R I A O T A H I



Jim Coe

Club President

Home 09 235 3721

Mobile 021 645 515

president@kariaotahi.org.nz

David Hyde

Junior Surf Coach

Home 09 235 8685

Mobile 021 02410278

Overview of Junior Surf Awards

Age Group	Awards	Resources
7 years	Junior Surf Achievement Award Level 1	Junior Manual Assessment Template
8 years	Junior Surf Achievement Award Level 2	Junior Manual Assessment Template
9 years	Junior Surf Achievement Award Level 3	Junior Manual Assessment Template
10 years	Junior Surf Achievement Award Level 4	Junior Manual Assessment Template
11 years	Junior Surf Achievement	Junior Manual



SURF LIFE SAVING
K A R I A O T A H I



	Award Level 5	Assessment Template
12 years	Surf Life Saving Certificate Rookie Programme	Junior Surf Manual Assessment Template Rookie Manual Surf Lifeguard Award Manual
13 years	Surf Life Saving Certificate Rookie Programme	Junior Surf Manual Assessment Template Rookie Manual Surf Lifeguard Award Manual



SURF LIFE SAVING
K A R I A O T A H I



Recommended

Junior Surf Manual \$10

