



PORTHTOWAN

SURF LIFE SAVING CLUB

NORMAL OPERATING PROCEDURE – NIPPERS AND JUNIORS BEACH SESSION

1. Have a session plan A and a plan B
2. Check weather and sea conditions for completion of dynamic risk assessment by 0800 for juniors and 1030 for Nippers. Communicate via club social media if session is cancelled.
3. Open clubhouse, check first aid, liaise with senior lifeguard.
4. Complete dynamic risk assessment paperwork.
5. Appoint roles and responsibilities as required:
 - L2 coach
 - L1 coaches (Blue rash vest)
 - Lifesaver/adult helpers (Yellow rash vest)
 - Register
6. All participants registered and wearing wrist band, yellow and blue rash vest with name on, club hat (nippers) full length wetsuit, wetsuit boots, sun cream.
7. L2 coach to brief all helpers and participants:
 - Safety, conditions and conduct
 - Purpose
 - Reminder about signing out.
 - Reminder about how to carry equipment.
 - VHF radio for any groups going to the mermaid pool – channel 69

Session to start at 2pm.

Group participants according to age and ability as description of coaches.

Count whole group at the water edge – not at the clubhouse.

8. Complete session – activities dependant on conditions and experience.
9. All participants to sign out and hand in wrist band.
10. Bring in equipment.
11. Sweep through clubhouse.