



POINT LEO SURF LIFE SAVING CLUB INC.

## Point Leo Board and Ski Policy

Our quantity and quality of equipment is unique in Victorian Surf Lifesaving  
Equipment needs to be both appreciated and looked after

All club members must follow the following Board and Ski Policy

### GENERAL USAGE GUIDELINES

#### Prior to use

- Take care when taking boards and skis on/off the storage racks and ask for assistance if needed
- Inspect equipment before taking it out to ensure no dings, holes or cracks. Please ensure the tail is taped
- Always carry a block of wax and maintain a clean wax coat on the board (free of sand)
- When using a ski please ensure you have a bung (Available from fishing stores, Anaconda or Clark Rubber). Different skis require different size bungs. Generally size 7-9 will fit most skis

#### General Use

- Please carry rather than drag equipment. Members training for states/nationals may drag when practicing starts/finishes
- Members should not sit or stand on equipment (ie use boards as a surfboard) in any circumstances
- When windy leave boards on the ground facing into the wind and upside down, or with the fin dug into the sand (using a gentle forward/backward sliding motion)
- Allow enough space between craft when training, especially in the shore break
- Do not try to catch waves on boards or skis in surf beyond your skill level, particularly over reef or rocks
- Never let go of your equipment in the surf. Use a legrope if you can't keep hold of your board or on long paddles

#### After Use

- Always return your board/ski to the storage racks after use. If you leave your equipment on the beach you will incur a 60 crunch and 30 push-up penalty!
- Clean sand off board/ski after use prior to placing in the racks
- Always remove bung from ski following use (as trapped hot air can cause ski to expand and crack!)



POINT LEO SURF LIFE SAVING CLUB INC.

## Point Leo Board and Ski Policy

### MANAGEMENT OF DAMAGED EQUIPMENT

- Any damage to club board or skis should be reported to a committee member as soon as possible
- Damaged club equipment should be marked using permanent marker or masking tape indicating the location of the damage and placed in the area where the base of the old patrol tower was (next to the IRB room)
- The club aims to repair the equipment in a timely manner
- Members whom own their own equipment are responsible for their own repairs

### ENTITLEMENT TO BOARD AND SKI USE

- The following guidelines apply to use of boards and skis
  - Fibreglass "nipper boards" should only be used by U11-U13 age groups
  - The longer "cadet" boards should only be used by U14s and up (exception for 13 year olds with SRC)
  - Skis should only be used by members aged 15 years and up unless with a Pt Leo club coach working on skill training
- In addition
  - Non-club members are not permitted to use the equipment
  - Boards and skis on the storage racks are available for use by U15 and up if the clubhouse is open
  - Juniors (U14 and below) are entitled to use club boards during official training sessions and competitions only
  - The yellow/orange foamy boards are available for use by Juniors outside of official training and competition when the beach is being patrolled
  - The plastic ski's and paddles are available for use to assist U13 and up to develop basic paddling skills
  - Junior access to boards or skis outside of official training may be available provided a recognised club coach is present. Please discuss with the Club Captain or Board and Ski Captain
- Selected boards and skis will be kept locked in a container at the club. These will be reserved for state/national competitors during training and competition
- Consideration will be given to loaning out of boards or skis during the winter months (April-September) when regular club training sessions are not programmed. Loaning of boards during the summer months will only be possible for short periods and specific competition/training (eg LSV Development Squad). Please discuss loaning of equipment with the Club Captain or Board and Ski Captain
- Any damage incurred to equipment while on loan will be repaired at the member's expense
- It is an ongoing challenge for the club to maintain sufficient numbers of cadet boards and skis. Serious competitors requiring regular access to cadet boards and skis should strongly consider purchasing new or second hand equipment using the club's Craft Subsidy Scheme (see info on the club website)



POINT LEO SURF LIFE SAVING CLUB INC.

## Point Leo Board and Ski Policy

### GUIDELINES FOR BOARD AND SKI TRAINING

The club makes every effort to provide a high quality training program for members across all age levels and capabilities. Training sessions involving craft require clear guidelines to optimise safety, training effectiveness and craft maintenance as outlined in this document.

Training sessions using craft are categorised as “club authorised” and “private”. Club authorised sessions will:

- Be advertised to all members and included on the Training Program Schedule (on the website)
- Have at least one Level 1 trained coach present
- Have at least one member with their Bronze for each 5 juniors participating
- Be subject to standard safety measures (head counts, evaluation of conditions relative to skill level of participants)
- Sessions will have an appointed Water Safety Coordinator who will conduct a written Risk Assessment prior to the session
- Be approved by the Board and Ski Captain
- Have access to club craft for use by participants

Age limits for participation in club authorised training sessions are required to ensure the safety of the participants, particularly in relation to surf where most of the senior training will occur. The following will apply:

- Sessions “chasing surf” at locations outside of Pt Leo are for U14’s and up only
- Board Senior (elite) and Skills (development) training sessions at Pt Leo open to U14’s and up
- Designated U12/13 sessions available
- Competitors wishing to participate “up” in a higher level training sessions at can request permission to participate with the coach on the day of training. The coaches decision will be based on competency of the competitor the surf conditions and the needs of the senior training group

Every effort will be made by coaches to select a training location suitable for all members attending for training on any given day. However please note that eligibility to participate in all club authorised training sessions will be at the discretion of the appointed coach. On days where conditions are not suitable for individual members, the coach may exclude that member from participation on the basis of safety.

Elite level athletes (who own their own craft) will develop their own training program ± participation in club authorised sessions. In general all other members are encouraged to participate in the extensive club authorised training program provided. This will ensure that the training group remain cohesive.

Some members may wish to organise private training sessions outside of club authorised sessions. Access to club equipment during private training sessions is in accordance with the Board and Ski Policy. Private training sessions are not covered by the club’s insurance. Any damage to craft during private training sessions must be professionally repaired and paid for by the member.