

**Point Leo
Surf Lifesaving Club**

Cadet Handbook

Welcome to The Lion's Den

**2024-2025
Season**



Version 1 October 2024

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WELCOME TO THE LION'S DEN!

So, you've graduated from Nippers and have attained your SRC or you are completing your Bronze this year. You're probably wondering - what's next? The answer – **lots!**

The Lion's Den is a program that has been created to provide YOU (our graduated 'Nippers' and new 'Bronzies') with heaps of opportunities to keep getting involved, especially now that you have been awarded your SRC or Bronze!

Specifically, *The Lion's Den* provides you further opportunities to:

- Be a valued and active member of the Club
- Do fun things and keep in touch with lifesaving friends
- Keep up lifesaving skills and fitness
- Learn new lifesaving skills and discover new experiences
- Understand how other parts of the Club operate
- Be inspired to stay involved in surf lifesaving over the longer term

The Lion's Den includes specific activities organised just for the under 15s (14yo) and under 16s (15yo) (the first two years post-Nippers) as well as broader club activities. Specifically, this area of membership is called Cadets and is any person aged 14 or 15 years as at September 30 2024 who has qualified for the SRC of SLSA.

All activities are a great chance to keep fit and practise the great lifesaving skills you already have. They are also a good steppingstone towards being ready for seniors.

The Point Leo spirit is all about having a go and getting involved.

We can't wait to see you soon at the Club!



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SUMMARY OF KEY ACTIVITIES

Activity	Booking required	Dates	Target Age Group
Lion's Den T-Shirts	Yes	Order by Wednesday 13 November @ 6pm. NO LATE ORDERS! https://www.pointleoslsc.com/the-den-t-shirt-order/	U15s & U16s
Lion's Den beach + water sessions	No	Monday 30 December 2024 Friday 10 January 2024	U15s & U16s
Lion's Den Camp	Yes	Monday 13 & Tuesday 14 January 2025 Further information regarding cost and signing up coming soon.	U15s & U16s
First Aid Course	Yes	Thursday 2 January 2024 (online learning) Monday 6 January 2024 (practical) Expressions of Interest by Sunday 8 December 2024 (number capped at 24) https://www.pointleoslsc.com/u15-first-aid-course-expressions-of-interest/	U15s
Social Event	Yes	Tuesday 14 January 2024 Register and pay https://www.pointleoslsc.com/point-leo-slsc-u15-16-social/	U15s & U16s
Patrolling	Yes	From November 2024	SRCs and Bronzies
Nipper Water Safety	No	From 28 December 2024	SRCs and Bronzies
Nipper Leadership (eg. Activity Leader, First Aid)	Yes	From 28 December 2024	SRCs and Bronzies
Boxing Day Swim Classic	No	Thursday 26 December 2024 - optional sign up as part of the Point Leo Cadet Team	U15s & U16s
Point Leo Gold	No	Wednesday 8 Jan 2025 - optional sign up as part of the Point Leo Cadet Team	U15s & U16s
Portsea Swim Classic	Yes	Saturday 18 Jan 2025– optional sign up as part of the Point Leo Cadet Team	U15s & U16s
LSV Youth/Senior Carnivals	Yes	Refer to Team App	U15s, U17s

Pool Life Saving Carnivals	Yes	Refer to Team App	U15s, U17s
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Read details on all activities and how to book from Page 6.

KEY CLUB CONTACTS

Lion’s Den Coordinators – Liz Clancy + Kylie Clark – youth@pointleoslsc.com.au

HOW TO PREPARE FOR THE LION’S DEN ACTIVITIES

If you are 14 or 15 years as at the 30 September 2024, then you are eligible to join the activities in *The Lion’s Den*.

Firstly, to be involved in *The Lion’s Den*, there are a couple of things to do *before* the season officially starts in November each year.

1 Renew your Point Leo SLSC Membership

Every club member must renew their membership and pay the membership fees. Point Leo SLSC offers an annual membership that is due every August. The instructions on how to do this are on our website: <https://www.pointleoslsc.com/membership-renewal-information/>

2 Requalification – Skills Maintenance for 14-year-olds (U15s)

At the beginning of each season (in November/December) U15s must book and attend one of the organised Skills Maintenance sessions at the Club to revalidate their Surf Rescue Certificate (SRC) for another season. This is a pre-requisite to providing water safety for Nippers, and taking part in The Lion’s Den and other Club and LSV initiatives.

When are the Skills Maintenance usually held?

The Club offers Skills Maintenance opportunities on specific dates at the end of each calendar year. You will find these dates advertised in the club newsletter in the lead up to the season with all the information on how to register.

Alternatively, LSV does advertise other dates and locations to attend Skills Maintenance. Please contact the club’s Chief Instructor if you are planning on attending any Skills Maintenance at another location other than Point Leo. Chief Instructor Email: lifesavingtraining@pointleoslsc.com.au

What do I need to do to book and prepare for Skills Maintenance?

1. Make sure you have your own SLSA Members Area Account. You should already have this, as you will have needed it to do your SRC last year. If you don't have this already follow the instructions on the "[How to Create a Members Area Account](#)".
2. Click on this link [LSV portal](#) and use your personal Members Area account (not your mum's) username and password to access your profile.
3. On the Dashboard you then select the Skills Maintenance button.
4. Scroll down to Surf Rescue Certificate and click the enrol button on the right.
5. Then select the blue Launch button to complete your online Theory test.
6. Once you have completed your test book into the selected Point Leo Skills Maintenance session.
7. Attend the face-to-face session/s you booked
8. Make sure your Skills Maintenance card is signed off **during** the session
9. Take a photo of your Skills maintenance card and keep it
10. Provide your card to the Skills Maintenance Session Coordinator at the end of the session

What should I expect at a Skill Maintenance Session?

On the day you will perform a run-swim-run and be tested on your patient assessment, CPR and rescue skills – so get out your book and brush up if you need to. Qualified Club Assessors coordinate the Skills Maintenance sessions and assess all participants. You should allow a couple of hours to complete the entire SRC assessment components.

Here is a complete list of the components you will assessed on:

- Online Assessment (must be completed prior to the day – through the [LSV portal](#). This is an open book assessment. Make sure you take a photo of your result and take with you to your Skills Maintenance session.
- Run/Swim/Run
- CPR
- Rescues
- Patient Assessment
- Signals

Sounds complicated? Not really, basically just [remember to do the online component then turn up to Point Leo at the skills maintenance session](#) as advertised.

3 Requalification for 15-year-olds (U16s)

All 15-year-olds that will be undertaking their Bronze Medallion in December this year **do not need** to attend Skills Maintenance. If you are a 15-year-old and you aren't doing your Bronze Medallion you **WILL** need to attend Skills Maintenance to validate your SRC for another 12 months.

WHAT'S HAPPENING IN THE LION'S DEN

Congratulations!

Now, that you have passed your SRC Skills Maintenance or your Bronze Medallion for the upcoming season, you can take part in a number of *Lion's Den* activities.

We are thrilled that BlueScope is sponsoring our Lion's Den program for a 5th year. With a mutual interest in youth mental health wellbeing, it is a natural partnership that has enabled the club to offer a broad and inclusive *Lion's Den* program.

Thanks to BlueScope, the Lion's Den camp has a participant pack included and the program will incorporate some positive wellbeing sessions for participants. We are utilising the rich skills and resources and connections within our club membership to deliver these sessions, to ensure they are really suitable for our youth lifesavers.

Lion's Den T-Shirts – U15 & U16s

Thanks to BlueScope we also have some great t-shirts coming for all our Cadet members who participate in *Lion's Den* activities! They will be available for pick up at Nippers water safety.

Order of T-shirts: Click [here](#) - ORDERS CLOSE STRICTLY Wednesday 13 November 2024 @ 6pm. NO LATE ORDERS!

The Lion's Den Beach and Water Sessions – U15s & U16s

Start your Lion's Den experience with our young leaders and experienced Activity Leaders organising some beach and water activities/scenario sessions. You will receive your t-shirts on day 1 (Dec 30), and your BINGO! Cards, and participate in some great team-building and leadership activities. Brush up on your surf lifesaving skills, board skills, have fun doing some team events, join in on many lifesaving activities organised.

Details: The sessions will start at **10:00am** on the advertised days. Club cadet boards will be available if required. You are encouraged to bring your own gear.

Dates: Monday 30 December 2024 & Friday 10 January 2025 10:00am – 12:30pm

Bookings: Not required.

Additional Cost – NIL

Lion's Den BlueScope Camp: U15s + U16s

We have our YOMs leading a fun filled day-camp full of plenty activities. Activities include: body surfing, swimming at different Point Leo locations (with tips on how to gain confidence and improve your open water swimming), fitness (yoga /Pilates / circuit training / running) and positive wellness sessions, surf boat sessions and skills/scenarios sessions. Each participant will receive a BlueScope camp pack.

Camp dates: Monday 13 January & Tuesday 14 January 2025 (10:00am – 4:00pm)

Details: Specific camp details to follow

Bookings: Information coming soon for signing up. Numbers will be capped at 35.

Additional Cost: TBA (payment is required on booking to secure spot).

First Aid Course – U15s

First Aid qualifications provide participants with the skills and knowledge to manage an emergency first aid situation until professional medical support is available. Participants will become a specialised first aid patrolling member. They can further develop their skills by completing additional emergency care awards. Our Point Leo trainers will be conducting the training.

**U16s that missed out last season can do the general course offered by the club*

Dates: Thursday 2 January 2025 1-3 pm (online theory [at the club](#)) & Monday 6 January 2025 9am - 4pm

EOI Registrations: Click [here](#) – EOIs close Sunday 8 December 2024 (earlier if course fills prior)

Additional Cost: TBA

**This is also a great qualification to have on your resume when applying for part-time jobs!*

The Lion's Den Social Activity – U15s & U16s

Date: Tuesday 14 January 2024 (evening) 5:00pm – 7:30pm

Activity: Conclude Lion's Den with fun evening. Includes pizza, twilight games, presentation of BINGO winners and certificates.

Bookings and payment: Click [here](#)

Additional Cost: \$10.00 per participant, to be paid on booking.

Patrolling: SRCs & Bronzies

Once you have successfully completed your Skills Maintenance or Bronze for the season, you are OK to patrol again this season! It is expected that once you complete your SRC or Bronze, that you will be an active member of your patrol team. Patrolling is also a fantastic way to put the skills you learnt on your SRC or Bronze to use, and to meet lots of other members from across the Club!

Here are some general notes about Patrolling:

The season's patrol roster will be released and emailed to each SRC and Bronzie on in November 2024, with patrols starting on November 9th 2024. The patrol roster allocates each person to a specific Patrol group, and it covers all rostered patrols for that group until the end of the season (in the following Easter). Check the weekly Club newsletter, TeamApp and website for additional copies. If you can't find your name on a patrol team, please email patrols@pointleoslsc.com.au to organise being added to a patrol team.

Each season, SRCs and Bronzies are required to complete a minimum of 16 hours patrolling (November 2024 to April 2025) to be eligible for competition. Patrol hours are also accumulated by undertaking Nipper Water Safety at the JSLP (see details below).

If a patrol cannot meet the numbers/qualifications required, the patrol cannot be considered "full" and the quality of beach safety is dramatically compromised. If you can't patrol - you need to ensure your Patrol Captain knows you **won't** be coming to a patrol. This season the Patrol Captains will be using Team App to organise upcoming patrols. When the patrol roster is emailed out, it will include instructions on how to download Team App and sign up for your specific patrol team. Once on Team App it is very important you click going/not going to your patrol days so that the Patrol Captain can know who to expect, and also organise food and other fun activities!

If you ever have any questions about patrol please don't hesitate to reach out to Nat (patrols@pointleoslsc.com.au) or Liam (clubcaptain@pointleoslsc.com.au).

Nipper Water Safety: SRCs & Bronzies

Nippers love having the older kids keeping them safe and we always love to see our graduated Nippers return as experienced Cadets helping as Water Safety. Only people who have their SRC or Bronze Medallion have the skills to do these jobs – and that’s why **WE NEED YOU!**

The JSLP commences on 28 December 2024 and runs through January 2024.

For details on session times, please refer to the Club website: <https://www.pointleoslsc.com/junior-surf-lifesaving-program-jslp/>.

Session dates: Saturday 28 December, Sunday 29 December, Tuesday 31 December, Thursday 2 January, Saturday 4 January, Sunday 5 January (Club Carnival), Tuesday 7 January, Thursday 9 January, Saturday 11 January 9 (Junior Club Championships) and Sunday 12 January.

What you need to do to be involved as Nipper Water Safety?

Read the Nipper Water Safety flyer in the Patrol Room to ensure you understand your responsibilities. This flyer is also provided at SRC and Bronze camps.

- Wear an orange Water Safety Vest at all times when doing Water Safety.
- **Sign in** (at the commencement of your shift) **AND out** (at the conclusion of your shift) at the Patrol Room (or near) on the Patrol Book to ensure that your Nipper Water Safety hours are recorded and processed towards your total patrolling hours for the season. Unless CLEAR sign in/sign out details are recorded on the day, they cannot be processed. **No** retrospective hours can be added at a later date.
- Attend the Water Safety briefing held at the start of every Nippers session led by the Nipper Water Safety Co-ordinator to understand any specific water safety requirements for the day.

Nipper Leadership: Activity Leaders and other opportunities

There are a variety of other way you can use your qualifications, skills and knowledge to get involved in supporting the Nipper Program, and we would love to hear from you! Opportunities include:

- Nipper Activity Leaders;
- Assistant Age Group Manager roles;
- Gear stewarding;
- First Aid; and
- Radio operations.

There are people ready and willing to guide and support you and training is provided.

Please sign up the Nipper Coordinator if you are interested nipperrep@pointleo.com.au

LSV Youth/Senior Carnivals - Join our Pride!

Cadets can represent Point Leo at the Life Saving Victoria (LSV) Youth/Senior Carnivals in individual and team events in the water and on the beach. These are not part of the LSV Junior (Nipper) Carnivals. Under 15s participate as **'Youth'** and must have their SRC to compete. Under 16s participate as **Seniors** as under 17 competitors and must have their Bronze to compete. There are also minimum patrol/water safety hour commitments set by LSV for entry eligibility.

Senior carnivals are generally held in gentle surf and are great fun. There are individual and team options for beach and water competitors of all ages and capabilities.

Training and Carnival Communications

Information on Seniors/Youth training and any updates to timings or venue are communicated through the **Point Leo Team App**. Please download Team App and make sure you are part of the *Senior Surf Sports* chat and request access to the notifications.

There are many Youth/Senior Carnivals scheduled by LSV during the season and Point Leo selects key carnivals to which it sends teams, with details, entry processes and updates communicated via Team App.

Surf Sports Training

You are encouraged to participate in any training sessions to maintain and improve your fitness and skills even if you don't intend to go to carnivals. Beginner sessions on a cadet board and surf ski are available but you must RSVP to the calendar event on TeamApp 24 hours in advance. Contact Point Leo's Head Coach for details: surfsports@pointleoslsc.com.au

Attendance at Carnivals

Point Leo organises carnivals differently from Nippers. There are no 'Age Managers' to help organise competitors but usually a parent or coach to assist. Entry to carnivals is via the Team App calendar event. Parents are encouraged to attend Carnivals to provide support and to offer themselves as carnival officials, tent set up, water safety or assist on the day.

There is a Team Manager who undertakes all the administration and coordination of the competitors for each carnival. For the 2024/25 Season, Nick Ford is the Point Leo Senior Team Manager: teammanager@pointleoslsc.com.au.

Equipment

All equipment for Carnival training and competition is available for use from the club and extreme care must be taken in its use. You must have permission to take club craft to a carnival and it cannot be kept for your personal use. Please refer to the [Board and Ski Use Policy](#) available from the club website.

For most Carnivals, a Senior trailer will be taken, which is packed by those individuals who require equipment at the Carnival. If you need gear to be taken to the Carnival for your own use, you must come to the club for trailer loading (generally Thursday evening) to assist. You must provide your own 'tie downs' for any equipment they want transported on the Senior trailer. Orange and grey 3m "Bomber" tie downs are a durable option.

Go Team Leo!

Pool Life Saving

Surf Lifesaving's winter sport!

LSV's Pool Life Saving competitions are scheduled during the months of June to September. Point Leo SLSC has a group of enthusiastic members who participate regularly in the off-season and LSV offers regular training sessions. For more information, please contact our Senior Team Manager teammanager@pointleoslsc.com.au

Helping Out

There are lots of other ways to help out and use your skills at Point Leo SLSC. Keep a look out for details about our Disabled Surfing Day (mid-January). We always need SRCs and Bronzies to help with water safety.

Other Club Social Events

The Club has a number of other social events that are organised during the season. Keep a look out in the club newsletter for details about: Muso night, Trivia Night and much more. 2025 marks Point Leo's 70th Anniversary. There will be a Family Day on 7th January 2025 and a celebratory dinner on April 12th 2025 (tickets on sale [here](#)).

PARENTAL INVOLVEMENT AND SUPPORT - WE NEED YOU!

The Lion's Den relies solely on volunteers to coordinate and deliver these great opportunities for our Cadet members. We thank all our qualified trainers and our leaders for providing Lifesaving Award opportunities for our Cadets.

We also thank all parents for their continued support in enabling our Cadet members to continue to embrace and be ready to be involved in Nipper Water Safety, patrolling and other aspects of Club life. We will reach out to parents to help out on the swim camp and social activities (in particular) when the time comes. As always, - you don't need any particular skills, just enthusiasm and a willingness to help so we can keep providing these programs for our Cadet members.

LSV OPPORTUNITIES

LSV runs a number of initiatives for youth throughout the year. Interested Cadets can look out for activities of interest via the Club Newsletter or the LSV website. Opportunities include:

Under 15 Leadership Development Camp

This camp is for 14/15-year olds Cadets and is designed to develop participants' knowledge of self and others, develop fundamental skills of leadership, build their State-wide network of contacts and broaden their understanding of lifesaving, thereby encouraging participants to make a valued contribution back to their clubs.

To participate, youth must be nominated by the Club. Point Leo SLSC is guaranteed one position on the camp, with more available if camp quotas permit. The Camp is usually held in May and nominations close approximately 2 months prior. If you are interested in attending, please contact the VP Youth. For more information, please refer to the Leadership & Development Programs section of the Life Saving Victoria website - <https://lsv.com.au/clubs-members/leadership/leadership-and-development-camps/>

LSVj

LSVj (LSVj Advisory Committee) aims to represent youth member views, values and ideas. Its objective is to engage youth members and provide pathways for youth development and leadership. Youth members (13-17 years) are annually recruited at all three levels of the committee.

- LSVj Advisory Committee member: [download](#)
- LSVj Area Representatives – appointed and voted on the LSVj Club Representatives: [download](#)
- LSVj Club Representatives - who are responsible for representing their own Club: [download](#)

For further information about LSVj, please visit the [LSVj webpage](#) or contact the Youth Coordinators.

LIFE SAVING AWARDS

Surf Rescue Certificate (SRC)

The Surf Rescue Certificate (SRC) is offered to those juniors who have turned 13 years of age on the date of the assessment. The course is run over a couple of weekends at the start of the season and includes an assessment. It provides participants with basic patrolling and surf awareness knowledge, in order to be able to participate in basic lifesaving patrolling operations.

Participants will be able to participate in patrols under the guidance of more experienced patrolling members. Skills are further developed through the Bronze Medallion.

An SRC candidate

- Must be a minimum age of 13 years old on the date of the final assessment
- Must complete a 100m run, 100m swim, 100m run within 5 minutes
- Must have completed a 200m swim in 5 minutes or less, in a swimming pool or over a measured open water course before any training starts in the surf

For more information about the SRC camp and the units covered, refer to the Club website: <https://www.pointleoslsc.com/surf-rescue-certificate/>

Bronze Medallion

The Point Leo Bronze Camp held in December each year. It provides participants with basic patrolling and surf awareness knowledge, in order to be able to participate in basic lifesaving patrolling operations.

Participants will be able to participate in patrols. Bronze Medallion is a prerequisite for most other lifesaving awards.

A Bronze Candidate

- Must be a minimum of 15 years of age on the date of examination
- Must complete a 200m run, 200m swim, 200m run within 8 minutes

- Must have completed a 400m swim in 9 minutes or less in a swimming pool or measured open water course before training starts in the surf
- Must be a financial member of the club

For more information about the Bronze camp and the units covered, refer to the Club website:

<https://www.pointleoslsc.com/bronze-camp/>

First Aid Qualification

Description: Provides participants with the skills and knowledge to manage an emergency first aid situation until professional medical support is available.

Outcome: Participants will become a specialised first aid patrolling member. They can further develop their skills by completing additional emergency care awards.

Pre-requisites: Must be a financial club member, Min. age - 14 years

Qualification

- HLTAID003 Provide First Aid - Valid 3 years
- HLTAID002 Provide Emergency Life Support - Valid 3 years
- HLTAID001 Provide Cardiopulmonary Resuscitation - Valid 1 year

THE LION'S DEN – 'TO DO' LIST – PRE-SEASON

- Pay your seasonal membership fees
- U15s book in for a Point Leo Skills Maintenance session (when advertised in the club newsletter)
- Complete the online SRC Skills Maintenance online theory assessment
- U15s attend a Skills Maintenance Session before Christmas
- U16s sign up to complete your Bronze Medallion
- U15 & U16s order Lion's Den T-Shirt – before 9 November 2024 - <https://www.pointleoslsc.com/the-den-t-shirt-order/>
- U15 & U16s Sign up and pay for the social event - <https://www.pointleoslsc.com/point-leo-slsc-u15-16-social/>
- U15s & U16s Sign up and pay for the Lion's Den Camp - <https://www.pointleoslsc.com/point-leo-slsc-u15-swim-camp/>
- U15s Sign up to attend the First Aid Training - <https://www.pointleoslsc.com/u15-first-aid-course-expressions-of-interest/>
- Look up the Patrol Roster and mark your patrol group & dates in your calendar
- Those interested in Youth LSV Carnivals and Training - Download TeamApp and sign up to Point Leo SLSC. Ask to be added to the Senior Surf Sports Chat to receive notifications



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