

SURF LIFE SAVING TASMANIA

SURF HIGH SCHOOL LEAGUE



INFORMATION PACK March 2020



SURF LIFE SAVING
TASMANIA

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Overview

You are invited to be part of the 2018 High School Surf League.

As part of Surf Life Saving Tasmania's calendar of events the High School Surf League gives high school students from grades 7 to 10 the opportunity to experience, for many for the first time, surf lifesaving sport.

High school students will have the chance to try their hand in a variety of events and compete against themselves, the ocean and other schools, in an environment that encourages participation to earn points for their school teams. The competition will encompass activities of surf, craft, rescue and beach events. The event will take approximately four hours to complete from the initial team briefing, event demonstrations, the competition and presentation. The emphasis of the programme is participation and learning aquatic safety skills.

As with many of Surf Life Saving Tasmania's other programs in place, the High School Surf League also works to develop the children and young people's confidence, team work, social and people skills. Whilst giving them the opportunity to create a new, fun and healthy sporting interest for life! Surf Life Saving Sport can offer that unique 'out of the box' activity for schools, which fits perfectly with the Department of Education strategies for health and wellbeing.

Surf Life Saving Tasmania will carry out risk management procedures prior to each event and take into account the weather, wave height, sea conditions, age of the group and other elements. In cases where conditions are deemed unsafe, the schools nominated contact will be notified in advance and event may be rescheduled for a more suitable time.

Northern League: Tuesday 20th March 2018 - 9.30am (briefing) – 2.30pm at Preservation Bay, Penguin
Southern League: Thursday 22nd March 2018 - 9.30am (briefing) – 2.30pm at Kingston Beach

How to enter

A school can enter a team by returning the **Entry Form** (Appendix 1) to Surf Life Saving Tasmania, via email to isteele@slst.asn.au.

The deadline for entries is 2pm, Friday 9th March 2018.

Pupils will still be required to have obtained consent to attend prior to the event. Schools may wish to use the 'Participant Details and Consent Form' template if they do not already have their own standard school template. It is not necessary to hand in these forms on arrival.

A fee of \$10.00 (inc. GST) per participant has been set to cover the costs of providing officials, the use of Surf Life Saving carnival equipment (including the water safety, IRB's and administration).

For further information about the event, please contact SLST at isteele@slst.asn.au.





What is it?

Surf Life Saving Tasmania's most popular youth program is back – the High School Surf League. It is one of Tasmania's most successful youth programs because it is the perfect mix of physical activity and surf safety learned at the same time.

The High School Surf League is designed specifically for school children and those new to surf life saving and is best run as components:

1. **Surf Survival (SLST can visit your school)** - Practical and theoretical surf survival skills sessions delivered at your school. Equipping school children with the knowledge to save their own lives or the life of a friend in Tasmania's coastal environment. These sessions can be tailored to the schools needs and wants. To book a session, contact Leanne Johannesen today!
2. **High School Surf League Competition:** Action packed team-based surf sports competition!

The High School Surf League was pioneered in Tasmania and has been contested by over 30 schools state wide in previous years. This year it is a team-based competition with each team consisting of the following 8 competitors:

8 Females: **4 X Year 7 and 8 (Under 14)**
 4 X Year 9 & 10 (Under 16)

8 Males: **4 X Year 7 and 8 (Under 14)**
 4 X Year 9 & 10 (Under 16)

A younger competitor may compete in the Under 16 age group but an older competitor cannot compete in the Under 14 age group. A Student may only compete in one age group.

Team Managers are asked to provide details of each competitors name and age on the Entry Form (Appendix 1). This form is for you to state your team configurations.

Eligibility

The High School Surf League is open to all school children, including current surf life saving club members, who wish to participate and can meet the following pre-requisites:

- Swim a minimum of 100m continuously
- Tread water continuously for 2 minutes unaided

Having a Surf Awareness Session held at your school and building a relationship with your local surf life saving club can provide support with training and coaching and use of equipment and resources in preparation for the High School Surf League.

Visit www.slst.asn.au for details on your nearest surf life saving club.



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Program & Points

The day will run as detailed in the Event Program below. The order of events will be confirmed prior to the event commencing, however a draft schedule gives a guide for your information. The Event Referee (provided by Surf Life Saving Tasmania) reserves the right to add, delete or change any of the events on the day of competition if safety, weather conditions, time or other considerations warrant. All Team Managers will be notified of event changes.

Each team member should compete in no less than two events to achieve maximum participation and reward. There will be a winning female team, a winning male team and a trophy for teams that come second and third in each of the male and female divisions.

Event Program

| TIME | EVENT |
|---------|---------------------------|
| 9.30am | Team Manager Briefing |
| 10.00am | Surf League Preparation |
| 10.45am | Events Commence |
| 2.00pm | Presentations |
| 2.30pm | Teams head back to school |



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List of Events

This is an indicative list of events and maybe subject to change on the day at the discretion of the event Referee.

| Event No. | Event | Number of Competitors | Configuration |
|-----------|---------------------------------|-----------------------|---|
| 1* | U16 Female Beach Flags | 2 | 2 X Year 9 or 10 Females |
| 2* | U16 Male Beach Flags | 2 | 2 X Year 9 or 10 Males |
| 3* | U14 Female Beach Flags | 2 | 2 X Year 7 or 8 Female |
| 4* | U14 Male Beach Flags | 2 | 2 X Year 7 or 8 Males |
| 5 ** | Female Run/Swim/Run or Aquathon | 4 | 2 X Year 9 or 10 Females 2 X Year 7 or 8 Females |
| 6 ** | Male Run/Swim/Run or Aquathon | 4 | 2 X Year 9 or 10 Males 2 X Year 7 or 8 Males |
| 7 | Female Beach Relay | 4 | 2 X Year 9 or 10 Females 2 X Year 7 or 8 Females |
| 8 | Male Beach Relay | 4 | 2 X Year 9 or 10 Males 2 X Year 7 or 8 Males |
| 9 | Rescue Tube Rescue Race | 2 | 1 X Year 9 or 10 Female 1 X Year 7 or 8 Female |
| 10 | Rescue Tube Rescue Race | 2 | 1 X Year 9 or 10 Male 1 X Year 7 or 8 Male |
| 11 | Female Board Relay | 4 | 2 X Year 9 or 10 Females 2 X Year 7 or 8 Females |
| 12 | Male Board Relay | 4 | 2 X Year 9 or 10 Males 2 X Year 7 or 8 Males |
| 13 | Female Iron Woman | 4 | 2 X Year 9 or 10 Females 2 X Year 7 or 8 Females |
| 14 | Male Iron Man | 4 | 2 X Year 9 or 10 Males 2 X Year 7 or 8 Males |

*Multiple Beach Flag Arenas may run at the same time

** Will be dependent on the number of participants on the day over 100 Run/Swim/Run, under 100 Aquathon

Rules and Regulations

Please find at the back of this Information Pack the Rules and Regulations that will apply to all event conducted in the High School Surf League.

Team managers should ensure they are available to attend the briefing at 9.30am prior to the events commencing at 10.00am. The Team Manager should take this opportunity to ensure that they fully understand the rules and regulations for each event. As previously stated, SLST offer tailored school visits and are encouraged for schools to be able to brush up on their surf sports skills prior to competition.

Participant Checklist

Please ensure all participants have fully completed and necessary Consent Forms, as required by your school, prior to arrival at the High School Surf League event.

It is extremely important that Surf Life Saving Tasmania is made aware of any medical conditions or disabilities that may affect the young person's ability to take part in the Surf League. This **must** be disclosed at the time of entering your school team. Participants should bring any medications with them on the day and the supervising teacher(s) should keep hold of these and have available to participants if required.

Please ensure that all participants are equipped with the following items on the day;

- Personal sun protection; sun cream/ hat/ block/ zink and sunglasses
- Towel
- Swimming Costume/ Bikini to be worn underneath wetsuit
- Water/ Sports Drink
- Food (for after session)
- Registration and Future Contact Form
- Wetsuit (depending on water conditions to be determined by SLST)
- Participant Details and Consent Form (if not already handed into school)
- Medication
- Spare clothes (in case it gets cold)

Schools are encouraged to supply adequate shade and shelter to their team.

To be provided by Surf Life Saving Tasmania;

- Fluro lycra vest – this is to worn by each team member during warm up activities and competition
- Rescue Tubes
- Batons
- Marker buoys
- Flags
- Surf Rescue boards
- Safety equipment
- Plus anything else to adequately conduct the events

Surf Life Saving Tasmania do not take responsibility for loss of personal belongings. Therefore, we advise all participants to leave any valuables at home. As with any form of physical activity, please avoid wearing jewellery that could cause harm to themselves and other participants, and/ the equipment.

Event Team

Safety

Surf Life Saving Tasmania is committed to the safety of all participants. A Safety Team (First Aid and Water Safety) will therefore be provided by Surf Life Saving Tasmania. This will be in the competition area only; teachers are responsible for the safety and supervision of students if they are in the water at any time other than when competing in events.

Officials

Surf Life Saving Tasmania will provide the necessary Officials to run the event however any assistance from non-competitors will be gratefully accepted. The types of duties they can perform are scorers, judges and runners. Requests for any additional help required will be made during the briefing at the start of the day and throughout the day if necessary.

Insurance

Surf Life Saving Tasmania's qualified staff and personnel carry \$20 million Public Liability Insurance. Schools must ensure they receive a signed parental consent form from each child participating in the High School Surf League.

Risk Management

A full Risk Assessment will be conducted by Surf Life Saving Tasmania before the day of the event and the assessment of venue suitability has already been made. Throughout the day of the event, dynamic risk assessments will be conducted by all Personnel and documented regularly and reported to the overall Event Organiser.

Please refer to the Normal Operating Procedures that follows in the appendices for more information of the Risk Management actions taken for this event.



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Entry Form

School Name:

Please provide full name, position and preferred contact details (inc. phone number) for Staff Members

Team Manager(s):

Supervising Teacher(s):

Nominated Official(s) (optional):

| | Male Competitors – Year 9 and 10 (Under 16) | SLSC Member | Age | Consent Rec'd |
|---|---|-------------|-----|---------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

| | Male Competitors – Year 7 and 8 (Under 14) | SLSC Member | Age | Consent Rec'd |
|---|--|-------------|-----|---------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

| | Female Competitors – Year 9 and 10 (Under 16) | SLSC Member | Age | Consent Rec'd |
|---|---|-------------|-----|---------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

| | Female Competitors – Year 7 and 8 (Under 14) | SLSC Member | Age | Consent Rec'd |
|---|--|-------------|-----|---------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |



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Participant Details & Consent Form

High School Surf League

Venue (Please tick): Southern League Northern League

Personal Details

Name:

Address:

Postcode:

Email:

DOB:

Male Female

Telephone:

Emergency Contact & Tel No:

School Name:

Medical Details

1. Do you have any specific medical conditions requiring medical treatment and/ or medication?
Yes (Please give details below) No
2. Do you have any allergies?
Yes (Please give details below) No

Further details:

Also, please provide details of special requirements, treatment and/or medication that you **DO NOT** give permission to receive.

Parent/ Guardian Details

Name:

Address:

Postcode:

Email:

Telephone:

Capability/ Eligibility

- Can your child swim a minimum of 100m continuously? Yes No
- Can your child tread water continuously for 2 minutes unaided? Yes No
- Is your child a Surf Life Saving Club Member? Yes No

Declaration & Consent

Please tick the box if you are happy for SLST to use pictures of you for press releases, promotional materials, newsletters or bulletins

I hereby give my consent for my son/daughter to participate in the Healthcare Insurance High School Surf League Competition as organised by SLST. I agree to keep indemnified SLST, its members, servants and agents, from time all actions, suits, claims and demands by or on behalf of my son/daughter/guardian or by me/us and/or my spouse for any injury or loss (whether personal injury or otherwise) and whether incurred as a result of any neglect, breach of duty, lack of care or otherwise suffered by my son/daughter/guardian whilst participating in any activities related to the aforesaid event, or whilst travelling to or from the same or whilst undergoing any medical or other treatment which may be required from time to time.

Signed (Parent/



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List of Events

| Event No. | Event | Number of Competitors | Configuration |
|-----------|--|-----------------------|---|
| 1* | Year 9 and 10 Female Beach Flags | 2 | 2 X Year 9 or 10 Females |
| 2* | Year 9 and 10 Male Beach Flags | 2 | 2 X Year 9 or 10 Males |
| 3* | Year 7 and 8 Female Beach Flags | 2 | 2 X Year 7 or 8 Female |
| 4* | Year 7 and 8 Male Beach Flags | 2 | 2 X Year 7 or 8 Males |
| <u>5</u> | <u>Female Beach Relay</u> | <u>4</u> | <u>2 X Year 9 or 10 Females</u> <u>2 X Year 7 or 8 Females</u> |
| <u>6</u> | <u>Male Beach Relay</u> | <u>4</u> | <u>2 X Year 9 or 10 Males</u> <u>2 X Year 7 or 8 Males</u> |
| <u>7</u> | <u>Female Iron Woman</u> | <u>4</u> | <u>2 X Year 9 or 10 Females</u> <u>2 X Year 7 or 8 Females</u> |
| <u>8</u> | <u>Male Iron Man</u> | <u>4</u> | <u>2 X Year 9 or 10 Males</u> <u>2 X Year 7 or 8 Males</u> |
| 9 | Rescue Tube Rescue Race | 2 | 1 X Year 9 or 10 Female 1 X Year 7 or 8 Female |
| 10 | Rescue Tube Rescue Race | 2 | 1 X Year 9 or 10 Male 1 X Year 7 or 8 Male |
| 11 | Female Board Relay | 4 | 2 X Year 9 or 10 Females 2 X Year 7 or 8 Females |
| 12 | Male Board Relay | 4 | 2 X Year 9 or 10 Males 2 X Year 7 or 8 Males |
| <u>13</u> | <u>Female Run/Swim/Run or Aquathon</u> | <u>4</u> | <u>2 X Year 9 or 10 Females</u> <u>2 X Year 7 or 8 Females</u> |
| <u>14</u> | <u>Male Run/Swim/Run or Aquathon</u> | <u>4</u> | <u>2 X Year 9 or 10 Males</u> <u>2 X Year 7 or 8 Males</u> |



Rules and Regulations

Beach Flags



PARTICIPANTS - Each team can enter 2 competitors in this events.

THE COURSE

The course shall be approximately 20 metres in length from the start line to the batons and wide enough to provide for a minimum spacing on 1.2m between each of up to 15 competitors.

The start line shall be designated at each end by two orange 2m poles.

The batons shall be positioned parallel to the start line and so that a perpendicular line between any two adjacent competitors shall pass approximately through a baton.

THE PROCEDURE

Competitors shall take up their positions on the starting line and their bodies should be 1.2 m apart. Competitors shall lie face down with their toes on the start line, heels together, and hands on top of each other with fingertips to wrist and with heads up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of the sand or digging in of the feet is permitted. Competitor's body's midline should be approximately at 90 degrees to the starting line.

On the command "*Heads down*" the competitors will stretch their chins forward and place the chin on their hands and wait the start.

At the starters whistle blast the competitors shall get to their feet as quickly as possible and attempt to obtain a baton.

Wrestling or pushing during the race or after diving for the baton will result in disqualification.



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Run/Swim/Run



PARTICIPANTS - Each team can enter 2 x Year 9 or 10 and 2 X Year 7 or 8 in the event run/swim/run or aquathon. The overall entries of the event will determine whether the run/swim/run or aquathon will be run. Simply, under 100 entries the aquathon will run and over 100 the run/swim/run.

COURSE

The run/swim/run course will be a 200m run, 200m swim, 200m run.

A set of swimming cans will be laid approximately 85m out to sea, from knee deep water: opposite a turning flag. Two green flags shall be positioned at an angle to the water's edge these mark the start finish line.

PROCEDURE

Competitors shall commence from the start line, run along the beach to the turning flag, (approx 100m away), run back to the start finish line, pass around the flag, enter the water and swim to and around the swimming cans and return to shore, run back through the start finish line around the flag, along the beach to the turning flag and back to the start/finish line and finish between the two green flags.

Aquathon

COURSE

The course will be set up as per the run/swim/run event.

PROCEDURE

Competitors shall commence from the start line, enter the water and wade around the wade cans (inside swim cans closer to shore) and return to shore, exit the water and run along the beach to the turning flag, (approx 100m away). The second competitor will enter the water and swim out around the swim cans and return to shore and run up the beach to tag the board paddler. The board competitor will enter the water and paddle around the swim cans and return to shore, then tag the final competitor who will run approximately 100m to finish between the finish flags.

Beach Relay



PARTICIPANTS - Each team will have 2 x Year 9 or 10 and 2 X Year 7 or 8

COURSE

The course is 90m in length, with a 5m-changeover box at each end.

PROCEDURE

Runners 1 & 3 are at the start /finish end of the track and runners 2 & 4 are at the other end of the track.

The first runner may dig blocks in the sand to do a crouch start, or they may perform a standing start. They run the full 90m track, as they approach the changeover box the baton should be held up for the next runner to take it, behind the front line in the changeover box.

The fourth runner finishes the race by running across the line with the baton in hand.

The competitors can be moving while taking the baton but will be disqualified if any part of the hands or body cross the front line before the runner takes possession of the baton.

The baton cannot be thrown forward it must be passed to the next runner.

Should the baton be dropped over the front line during change over the receiver must pick up the baton and return wholly (baton and body) into the changeover box and start again.

As soon as a competitor leaves the changeover box the next competitor must move forward and take up their position within the zone.

Rescue Tube Rescue Race

PARTICIPANTS – 1 team only, made up of 1 X Year 7 or 8 patient and 1 X Year 9 or 10 rescuer

PROCEDURE

Each team will comprise of a patient (U14) and a rescuer (U16)

The patient takes up their position on the start line in their allotted order.

On the start signal the patient shall enter the water and swim to their allotted buoy and signal their arrival by placing their forearm over the buoy and raising their other arm high into the air. The patients then move to the seaward side of the buoy.

Upon receiving the signal the rescuer will run into the water and put on the flippers and paddle out to their patient. The patient will make contact with the buoy on the seaward side of the buoy. The rescuer will then tow the patient back to the shore. The patient may assist by kicking/ paddling. The race will finish when the rescuer and patient run across the start finish line **both in contact** with the Rescue Tube.

Board Relay



PARTICIPANTS - Team is 2 x Year 9 or 10 and 2 X Year 7 or 8

COURSE

The course shall be approximately 180m in length.

PROCEDURE

Similar to board race, except competitors compete in teams of four. Each competitor is required to paddle the board around the set course. Upon returning to the beach they discard their board and run around markers on the beach to tag the next paddler. The final paddler runs around the markers and finishes across a finish line on the beach.

Iron Person

PARTICIPANTS - Team 2 x Year 9 or 10 and 2 X Year 7 or 8

COURSE

The course will be set up as per the run/swim/run event.

PROCEDURE

Competitors shall commence from the start line, run along the beach to the turning flag, (approx 100m away), enter the water and swim to and around the swimming cans and return to shore, exit the water at the start line, run along the beach to the turning flag, (approx 100m away), enter the water and paddle a board out around the cans and return to shore and run up the beach to finish between the green flags.

PLEASE USE THE 'TEAM SHEET' TEMPLATE THAT FOLLOWS TO NAME YOUR INDIVIDUAL COMPETITORS. THIS IS DESIGNED TO ENABLE THE TEAM MANAGER TO IDENTIFY SPECIFIC PEOPLE WHO SHOULD BE COMPETING IN CERTAIN EVENTS.

IMPORTANT

In previous High School Surf League Competitions, some schools have failed to organise their competitors on the line which has meant that more people than stated in the per event participant configurations expected to race. This can drastically affect the running of the event and cause delay to the event. SLST ask for your assistance to ensure that only the correct number of participants line up on the start line of each event.

High School Surf League Team Sheet – FEMALE

School:

Year 9 and 10 Female Beach Flags

1

2

Year 7 and 8 Female Beach Flags

1

2

Female Run/ Swim/ Run or Aquathon

1

2

3

4

Female Beach Relay

1

2

3

4

Female Rescue Tube Race

1

2

Female Board Relay

1

2

3

4

Female Ironwoman

1

2

3

4

High School Surf League Team Sheet – MALE

School:

Year 9 and 10 Male Beach Flags

1

2

Year 7 and 8 Male Beach Flags

1

2

Male Run/ Swim/ Run or Aquathon

1

2

3

4

Male Beach Relay

1

2

3

4

Male Rescue Tube Race

1

2

Male Board Relay

1

2

3

4

Male Ironwoman

1

2

3

4

Standard Operating Procedures (SOP)

Activity: High School Surf League

Safety Team Qualifications:

- IRB Driver
- IRB Crew
- Bronze Medallion
- Applied (Senior) First Aid/ Certificate II in Public Safety
- *Or equivalent*

Coach/ Trainer Qualifications:

- SLS Sport Coaching qualification
- SLS Trainer qualification
- Relevant experience in discipline being coached

Coach/ Trainer Equipment:

*****Immediately accessible on the beach*****

- First Aid Kit
- Rescue board
- Mobile phone/ Radio
- Whistle
- Coaches will wear clothing and footwear / PPE suitable for the conditions
- Incident forms and NOP

Group Equipment:

- Rescue Tubes
- Beach Flags
- Batons
- Marker buoys
- Flags
- Surf Rescue boards
- Safety equipment
- Plus anything else to adequately conduct the events

Kit Check:

- All equipment, in particular, Rescue Tubes and Surf Rescue boards are checked for damage
- First aid kits are checked and restocked
- Methods of communications, including mobile phones and radios are tested

All of the above equipment and kit is checked visually prior to the event and scheduled checks take place regularly. Any damaged equipment and kit is recorded as defected and stored away from normal kit and repairs are dealt with accordingly.

Pre-Event:

The Event Referee will decide on the safest area on beach for activities depending on the tide, sea conditions, swell height and wind chill; and also the number of participants and level of competency. The Event Safety and Emergency Services Coordinator (or equivalent) completes a number of risk

management procedures, including a risk assessment. All Coaches/ Trainers must get themselves fully equipped and ready to go before introducing themselves group.

- Position flags and any marketing signage around location
- Check equipment for Surf Awareness activity
- The group moves from one Surf Awareness activity on a ten minute rotation. This is signalled by a claxon blast
- All Participants and Personnel are advised as to what to wear and what to bring on the day, in advance. They also need to bring a towel so they can get changed after going in the water.
- All Participants must have returned a complete a Participant Details and Consent Form that requires their parents to sign medical disclaimer, declare and current injuries and swimming competency declaration stating their child meets any prerequisites. Supervising teacher(s) are required to keep hold of any medication and make available if need be. Any medical condition or previous injuries must be disclosed to Surf Life Saving Tasmania.

At venue:

- Participants are met and greeted
- The group is issued with Fluro lycra rash vests

On beach:

- When participants reach the beach the Coach/ Trainer will give a Safety briefing and the event proceeds as per Surf Life Saving Australia's Guidelines for Safer Surf Clubs – Volume 4: Event Sanctioning and Management Guidelines.

End of the day:

- Schools manage their teams and get ready for presentation. Equipment is rinsed and stowed correctly (fins not damaging other boards)
- Presentations take place
- CHECK BEACH FOR KIT AND RUBBISH BEFORE LEAVING
- Safety Team and Coach/ Trainer de-briefing to take place either at beach or other suitable venue.

The Coaches/ Trainers are role models for their students and representatives of Surf Life Saving Tasmania and there is therefore a zero tolerance policy for drugs, alcohol and smoking in the work place.

There is no scheduled lunch break. However, all participants are required to bring their own packed lunch and plenty of water and other refreshments to take on board throughout the day. All SLST personnel will be supplied with lunch and refreshments.