



Basin Training Camp

Just when you thought it was safe being out of the water for the winter break, our Basin Training Camp is back on! Yes, we have booked the **Basin** for our 2019 Youth Development Introductory SRC and Bronze Medallion Training Camp.

Who?

- 2019-2020 Under 14 Nippers, our new SRC group and Nipper siblings
- Some members of last year's SRC group (to help mentor our new SRC group)
- Cadets doing their Bronze Medallion
- Junior Bronze Medallion holders are needed as helpers, along with Age Managers and Trainers

Date/Time:

- Saturday 14th September and Sunday 15th September 2019
- 9 am ferry from Palm Beach Wharf for a 10 am start
- Return Sunday on the 1 pm barge or 1:20 pm, 2:20 pm, 3:20 pm ferry

Plan:

- Basic introductory training for Surf Rescue Certificate and Bronze Medallion
- Training in water rescue techniques, CPR, first aid and surf rescue techniques
- Fun paddling boards, swimming, rowing surf boats
- Introduction to the Surf Lifesaving power craft with Jet Skis and IRBs
- Basic signals, radio communications and patrolling activities
- Team building exercises and having a great time with your friends or making new ones around the campfire while sharing stories and marshmallows

Travel cost:

- Palm Beach Ferry tickets return prices:
- Adults \$16.40/Under 15 \$8.20 return pay ferry driver direct
- **Barge trip \$15 tbc**

Parents:

- Each child needs to have adult supervision, for before and after activities. Ideally, we need some father/son – mother/daughter assistance. We will be requesting assistance from parents for campsite help such as BBQ, breakfast, and sandwiches etc. Please let us know if you are available.
- PLEASE MAKE US AWARE OF ANY MEDICAL CONDITIONS THAT WE MAY NEED TO KNOW ABOUT (the booking system will prompt you for this information).



Camp cost:

- Camping including all food and camping site fees
- SRC, Bronze Cadets and parents \$50.00 per person
- Day trippers/visitor's lunch and snacks \$20
- Both payable via <https://www.trybooking.com/BDPTN> OR www.newportsurfclub.com.au under the Events menu

Food:

- All Meals provided. Breakfast, Lunch (x2) and Dinner
- Bring snacks if you need them
- Please let us know if you have any allergies!

What to bring:

- Small tent or (a share in a tent), swimmers, wet suit, towels x2 (they get wet!), warm clothing, sleeping bag, pillow, torch, toiletries, eating utensils, plates, bowls, pink rashies (yellow Newport rashie), lifejacket (if you have one). **DO NOT** bring any electronic devices.

All participants are required to be financial members of the Newport Surf Lifesaving Club | Please **BOOK AND PAY** before 7 September 2019 | Enquiries: Phil 0447 420 173 or Matt 0400 844 215