



BANTHAM SURF LIFESAVING CLUB

Normal Operating Plan 2019

Adopted by the committee on 23rd March 2019

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1. CLUB DESCRIPTION

Banham Surf Lifesaving Club is committed to providing a safe beach and aquatic environment for the community, whilst developing lifesaving skills through the education and training of its members.

The club provides lifeguard cover on Banham beach every Sunday throughout the summer season alongside delivering surf lifeguard training programmes for Seniors (18+), Youth (13-17) and Nippers (7-12). The club has a strong record of success in local, national and international IRB competitions.

Surf lifesaving, is a multi-disciplined activity with the aims of training and educating participants from the age of seven years with the skills to save a life on the beach and in ocean.

Participants often focus in the skill required for surf lifesaving competitions which is predominantly the disciplines of beach running, flags, surf swimming, board paddling, surf ski and IRB, both in short and long distance.

Activities generally take place at a beach and in the ocean, but sessions are also run on the river. Due to the activity being undertaken in the surf zone or open ocean, comprehensive safety measures must be in place in order to prevent an incident or deal with one should it occur.

2. CLUB POLICIES AND CODES OF CONDUCT

All members are expected to follow the club rules as detailed in this NOP and also the following club policies:

- BSLSC Safeguarding policy
- Nipper and Youth Code of Conduct
- Seniors Code of Conduct
- Parent/Carers Code of Conduct
- Coaches/Trainers Code of Conduct
- Antbullying Policy
- Health and Safety Policy
- GDPR Privacy Policy

All policies can be found on the club website.

Forms detailed in the NOP can be found in the training room cupboard.

3. MEMBERS

Age of members: Nippers: 7-12 years Youth: 13-17 years Seniors: 18 years+

All Participants (trainees, safety cover, coaches, trainer assessors and helpers) are required to be a full member of Bantham SLSC and SLSGB and to have completed a membership application in full.

Bantham SLSGB has a rigorous swim assessment prior to approving membership to ensure training session safety. All open water participants must have undertaken an age dependant satisfactory swim test:

Child Age (before 1 st January)	Swim Distance	Time (mm:ss)	Adult	Swim Distance	Time (mm:ss)
7	200M	6:00	Senior	50M	n/a
8	200M	5:30	Nipper1 coach	200M	<6:00
9	400M	12:00	Nipper2 coach	400M	<12.00
10	400M	11:15	Nipper3/4 coach	400M	<9.30
11	400M	10:30	Youth Coach	400M	<9.30
12	400M	9:45	Tube/Board Rescuer	400M	<9.30
13	400M	9:00	Tube Rescue	400M	<9.30
14	400M	8:15	Beach Lifeguard	400M	<8.00
15-17	400M	7:30	Surf Lifeguard	400M	<7.30

Participants must be in good health and good physical condition to take part, free from any injuries and or medical conditions that would endanger them, the coach or any other individual. The coach must be made aware of any participant medical conditions; any necessary medication will be placed in the emergency dry bag at water's edge during the activity.

New members are allowed 3 taster sessions before becoming a full club member but must complete a SLSGB day membership form. Taster session participants must be able to swim 50m unaided confidently.

All new senior members must complete a Physical Activity Readiness Questionnaire (Par-Q) prior to attending training sessions.

Junior members must have a signed parental consent form with medical information and emergency contacts.

4. CLUB HOUSE FACILITIES AND USE

The Clubhouse is available for all **members** to use, but being mindful of the operational lifeguard patrol and other club users. Non-members may NOT use the clubhouse unless granted permission by the committee for a specific event. There is a strict rule of no wet or sandy wetsuits in the club house.

Changing rooms

The club has male and female changing rooms with WC and shower facilities and a disabled toilet. All members are responsible for keeping these in a clean condition and free from obstructions. Please do not leave possessions on the benches, use the storage shelves provided. Under safeguarding guidelines children must be accompanied by a parent member when using the changing facilities. The changing rooms are reserved for Youth 15 mins before and after their sessions. Seniors should use the disabled toilet during this time.

Training room

The training room may be booked for a specific training or event purpose by requesting permission from the committee.

First aid training equipment is stored in the training room

CPR, Defib & First aid training equipment may be used by all members under supervision of a qualified member. Resus Annies must be cleaned before and after use with the wipes provided. Use the provided mats when practicing CPR. The QCPR dolls are not to be used for choking practice, only the older models may be used. Please report any damage or low supplies to the committee.

Kitchen

Kitchen facilities may be used by senior members only, with the condition that the area is left clean and tidy and any dishes washed, dried and put away. Members are asked to take their rubbish home.

First Aid Room

Out of bounds during operational hours. Only to be used by qualified members when treating a first aid incident.

Ops Room

Out of bounds during operational hours.

Front Balcony

May be used only with the discretion of the patrolling lifeguards. Ideally avoid when operational.

Utilities

Please be mindful to use water and the solar powered electric economically to reduce waste and preserve the charge in the batteries.

Barbeque

May be used with committee permission. Please clean after use.

Access

Emergency vehicles use the track to the club house as their access point. Club members will access the training areas with equipment directly from the clubhouse which is located on the beach at the southern end of the beach.

5. CLUB KIT

The Club garage holds the following kit:

- **Rescue Boards**
 - Blue Nipper Boards – Small soft rescue boards for learning initial board skills
 - Youth Boards – Larger soft rescue boards for older Nippers and racing.
 - Foam rescue board – Foam full size rescue board for beginner adults/older youth
 - Rescue boards – Full size fibre glass rescue boards for competent members training and safety cover.
 - Racing boards – for adult race training and competitions
- **Surf Skis**
 - Single skis
 - Double ski
 - Racing ski
 - Various paddles
- **Rescue Tubes**
- **Arancia Inshore Rescue Boat (IRB)**
- **Kit for beach flags, games, tug of war**
- **Foam surf boards**
- **Cobras**

Access to the garage should be undertaken with caution, particularly if with bare feet. Pay attention to trip hazards, particularly around the boat trailer.

Kit should be manoeuvred with great care to avoid damage and collisions with other persons or kit in the vicinity.

Nippers/youth should always be supervised with a competent adult directing how kit is taken out and put back.

Please make sure kit is always:

- 1 – Only used if within training rules for competency and usage.
- 2 – Inspected for damage both before and after use.
- 3 – Hosed off after use.
- 3 – Put back where it came from.
- 4 – Any damage is reported in the kit log book. Mark kit as out of order if necessary.

Bantham SLSC operates an Equipment Checking, Maintenance & Recording Procedure, please also inform the Gear Steward of damage to ensure a prompt assessment and repair.

Please be aware that RNLI kit is also stored in the garage – this is not for club use.

6. TRAINING ENVIRONMENT CONSIDERATIONS

Beach Environment

Bantham beach is a flat mainly sandy bay with some stones and seaweed along the tide lines. The river Avon exits at the North end of the beach. There are rocks along the south end and also under the cliffs of Bantham Ham approaching the river end. Sandbanks and gullies occur regularly due to strong tidal action and strong winds. The bay is given some protection from the West by Burgh Island, a rocky tidal island connected to the mainland at Bigbury by a 250m long sand bank.

The beach is popular with both surfers and the general public and can become crowded during good weather, especially during school holidays. Kite surfers and Windsurfers are also common when conditions are suitable.

The beach is backed with dunes (fenced off) with multiple sandy or grassy footpaths across the Ham. There is also a large carpark area between the dunes and the slipway to the river which is by the carpark entrance.

Water Environment

There are usually spilling waves with occasional dumping waves where sandbanks are formed, more commonly at low tide. Weaver Fish are a common hazard at low tide.

There is a permanent rip current near the rocks at the southern end of beach. Rip currents can also occur near the river mouth. There is often an inshore hole with a current running from the flagged bathing area to the rip.

The prevailing wind is south-westerly. The beach is west facing so easterly winds pose problems to bathers and surf craft with the risk of being blown off shore. Westerly winds pose the most dangerous conditions when strong.

The bay has a 10-knot speed restriction marked with a buoy line between the southern rocks and Burgh Island.

The river is tidal and has a shifting and variable stony and sandy bed. The river is shallow at low tide, but rapidly over head height as the tide comes in.

Training Areas

The whole beach area is used for land-based training. At low tide the flat sand banks are used for training. At high tide beach care is taken to remove obstructions if required when setting out pitches for training games. The tracks across the Ham are used for running based training, as is the grass path alongside the carpark if the session involves water access to the river at the Slipway.

Water based training for Nippers is usually undertaken close to or within the bathing zone patrolled by the RNLI lifeguards. Older Youth members with appropriate, qualified safety cover will train across the whole bay, in line of sight of the lifeguard operations room and up to the 10-knot line. The training area is dependant on the risk assessment of conditions on the day.

Occasionally, when tidal conditions are suitable, river training is undertaken which is out of sight of the ops room and the patrolling area of the RNLI. There must be sufficient qualified safety cover in this instance, with rescue boards, tubes, and radios communication to the patrolling team.

Senior training may be out of sight and is often around the Island if in competency. The patrolling team must be notified and be in radio communication.

IRB training is undertaken within 500m of the shore, and in line of sight.

7. TRAINING RULES: SCHEDULED TRAINING SESSIONS

Training Team Requirements

Lead Coaches for Bantham SLSC are required to hold a current SLSGB Level 2 Coach Award or a Trainer Assessor Coach Award and must be supported by a Level 1 Coach or members working towards a NGB coaching qualification. The sessions must be supported by a qualified Surf Lifeguard whose position is to establish if it is safe to run the training session and to provide safety cover.

All members of the training team will:

- Be DBS checked as per sport England guidelines.
- Be aware of the Bantham SLSC Safeguarding Policy.
- Be Familiar with the Bantham SLSC Health and Safety Policy & Risk Assessment, NOP and EAP.
- Adhering to safe practice at all times with the aim of providing quality coaching for the participants.
- Be punctual and wear appropriate PPE kit and a branded rash vest/club clothing identifying them as a coach.
- Expected to take a common sense approach, behaving in a safe manner at all times and follow the club code of conduct for volunteers.

Safety Considerations and Risk Assessments

All training sessions will follow the SLSGB national safety guide.

The Bantham SLSC **Generic Risk Assessment** (GRA) is an overarching guide to ensure thoughts, observations, known risks and incidents relating to the location are recorded. It is always used as the starting point as an essential safety reference for all sessions.

The lead coach will complete the **Analytical Risk Assessment** (ARA) before each session to record observed hazards and risks and ensure it is safe to conduct the planned activity.

The environment and any new risks will be monitored throughout the sessions as a **Dynamic Risk Assessment** (DRA) with sessions plans adapted as necessary. Changes will be communicated with the team and recorded after the session. The GRA reviewed and updated if appropriate.

Risk assessments are documented with a time and date and stored in the club house. They should be retained for 7 years.

Signing in and out

A register (attendance) must be taken prior to any scheduled club training session; this is to include names and number of participants and name and number of coaches in attendance.

The lead coach for each group will count participants before, during and at the end of every session.

For Nippers and Youth, a parent or guardian must be present to sign in and out.

Any child leaving a session early must be escorted by their parent, member of the safety team or coach to the club house. They must sign out before leaving the beach.

Ratios

The table below indicates the minimum ratios for the number of participants per Trainer or Coach (the Person in Charge) for training, coaching and examination sessions in an open water environment.

This is only a guide to be used as a starting point and will be varied in accordance with the ARA and the DRA for the session.

The ratios advised assume that safety cover as determined by the ARA and DRA is provided.

Example Situation	Indicative Ratio
Coach/Trainer is not acting as qualified safety cover and safety cover is provided to meet ARA and DRA.	1:10
Coach/Trainer is not acting as qualified safety cover and separate cover is provided and a buddy system is utilised with participants with appropriate competency awards for the situation - experience of buddies must be considered.	Above 1:10
Coach/Trainer is acting as qualified lifesaver cover in reasonable proximity to participants who are; A) with floating Craft or in Shallow Water or B) are Competency qualified and out of depth.	1:8
Coach/Trainer is acting as qualified lifesaver cover and in reasonable proximity to participants who are out of depth and non-competency qualified - subject to risk factors.	1:6

These situations are based on prevailing conditions and physical capability of participants must be considered - ratios may change to meet these factors

Activities with participants under the age of eighteen years with have a minimum of two coaches.

Any activity involving a surf ski or paddleboard outside of the surf zone/line of sight of the lifeguard service or lifesaving club will require a ratio of 2:10.

Safety Team

For all aspects of training, coaching or competition activity in open water and beach environment, safety cover must be provided to a minimum standard as determined by the analytical risk assessment.

The Safety Team must all be qualified and hold a current SLSGB Award (as appropriate to safety cover being given)

- *Tube Rescuer* - provide supporting water safety as a rescue tube swimmer
- *Rescue Board Paddler* - provide supporting water safety as a rescue board paddler
- *First Responder* - deliver intermediate life support
- *Surf Lifesaver* - provide lifesaving skills when providing safety cover as part of a water safety team or when working in close proximity to participants
- *Surf Lifeguard* - provide patrolling and water services in surf conditions, with rescue skills and advanced fitness requirements

The safety team will ...

1. have at least one Surf Lifeguard / Lifesaver and an additional lifeguard / lifesaver for every session more than 300m apart.
2. be competent and qualified as defined by SLSGB guidelines;
3. be at least the number recommended by SLSGB guidelines;
4. be deployed by in accordance with SLSGB guidelines;
5. not be active participants in the training session and will be positioned in reasonable proximity so as to have a constant view of the whole training area and the members involved in order to respond instantly should the need arise;
6. wear appropriate clothing to enable them to be highly visible and to function to the best of their ability for the whole session;
7. use appropriate safety equipment to maintain a safe training environment;
8. communicate with the lead coach using the correct lifeguard signals;
9. have a beach based "Spotter" patrolling / observing training sessions in radio contact.

N.B. Although no formal safety qualification is required to be a spotter, the volunteer must have sufficient information, training and supervision to allow them to fulfil the role effectively and with confidence.

Emergency Action Plan (EAP)

The Bantham SLSC EAP details the procedure should an emergency occur during the activity, it is essential that the following are aware of the procedure:

1. All coaches and club officers and parent helpers
2. The lifeguard service on the beach

Safety Briefings

A safety briefing is to be performed prior to every surf lifesaving activity as summarised below:

Coaches and Safety Team Brief – by lead coach

All Coaches must address the following points prior to the group's introduction and safety brief:

- The lead coach for the session
- Are the sea conditions and training plan suitable for the group's ability
- Session safety points and Risk Assessments
- If the sea conditions change, how will the session/route vary
- Emergency procedures and stopping the session early
- Equipment checks

Participants' Safety Brief (All coaches are to be involved with safety brief):

- Introduction to the coaches & their roles
- Checks for injuries/ medical conditions, (if needed organize storage of medication in the dry bag, discuss these matters to one side and be professional in your approach)
- Checks for participant PPE (wetsuit/suncream/rashie/fed&watered)
- Outline of session
- Participant emergency procedures & meeting points

(Before each activity cover all the relevant safety points)

- Introduction to equipment and equipment safety checks
- Buddy system (where applicable)
- How to enter the water safely
- Group safety
- Signals & Communication
- Self-awareness and awareness of others
- Any questions? Make sure that everybody is happy and understands all safety procedures before entering the water.

Pre-departure communications, late back and overdue

Before setting out on an open ocean/river session the coach should communicate with the Club Captain/Vice Captain with the daily responsibility, the beach lifeguard service or a competent person who could raise the alarm if they believe the group is overdue.

Information should include: Route, Activity, Number and Competency of participants, Time expected back.

Feedback, debrief and lessons learnt

There should be an opportunity for each participant to feedback his or her thoughts on the session in a discreet way.

Coaches should be able to feedback and review the session and have the opportunity to learn from sessions and deal with any specific issues.

PPE & Safety Equipment

All PPE and Equipment should be checked at the point of issue for any defects. It is a coach's responsibility to ensure that the participant has suitable PPE for the sea and weather conditions and high light any damage and ill-fitting sizes.

Participant PPE

- ✓ Full length well-fitting wetsuit (3mm +) or suitable wet gear for the sea conditions
- ✓ Boots (optional/seasonal)
- ✓ Colour coded rash vest for Youth and Nippers
- ✓ Buoyancy Aid/Personal Floatation Device for Open Ocean/River surf ski paddling (outside of the surf zone/line of sight of the lifeguard service or lifesaving club).

Coach PPE

- ✓ Full length wetsuit (3mm +) or suitable wet gear for the sea conditions
- ✓ Coach rash vest
- ✓ Club Radio
- ✓ Dry Bag with any participant emergency medication

Safety Equipment as defined by the Risk Assessment and Safety Team

- ✓ Whistle
- ✓ Rescue board
- ✓ Rescue tube
- ✓ Mobile phone
- ✓ Signal flags
- ✓ First Aid kit & Pocket Mask
- ✓ Buoyancy Aid/Personal Floatation Device for Open Ocean/River surf ski paddling (outside of the surf zone/line of sight of the lifeguard service or lifesaving club).
- ✓ Towline/Throwline, Marine Knife and Day/Night flare for Open Ocean/River surf ski paddling (outside of the surf zone/line of sight of the lifeguard service or lifesaving club).

Activities

Activities for all groups are based on skills competence and gradually become more challenging in conditions, distance and kit as the group's skills develop.

Activities Include:

Beach Activities: Running, beach games, sprinting, team sprints, dune runs, 1km run, beach flags and associated games, tug of war.

Sea Activities: Board paddling, Tube Rescue, Swimming, Wading, Dolphin Diving, Body surfing, River swims, Surf Ski, IRB training.

Competencies

All participants on joining the club are offered the necessary training in order to obtain a competence/Skills Award/National Surf Safety Award. It is essential that a surf competence/skill award is completed before training can be started on the surf craft i.e. rescue board and surf ski. The club has a goal and aim to train everyone in surf lifesaving and it is hoped that the club can train participants to the standard of the surf lifesaving award or the beach lifeguard award.

Nippers, and depending on coaches and conditions, also *Youth*, are divided into groups of similar competencies, and given colour coded rash vests so coaches know which group they are. Participants may be asked to change groups for safety reasons.

Senior sessions are run based on the competency of attendees.

Competencies are assessed in the swim/board/ski disciplines.

Flat conditions: SLSGB Competency Award Level 1 (in respective discipline)

Surf conditions: SLSGB Competency Award Level 2 (in respective discipline)

All New Members, Unqualified and Level 1 Nippers

Most of every session will be in depth. The exception being when doing 'run swim run' tests, or on very calm days (Flat-1 Foot waves).

All new members will start in this group until skill levels, knowledge and competency have been assessed.

Level 2 Nippers (and above)

For Nippers with a minimum Level 2 Nipper awards and who the lead coach deems competent in 1-2 foot surf, some training may take place in deeper water.

Youth

Youth are all surf competent and sessions will take place often out of depth and in a range of surf conditions.

Seniors

Seniors must be assessed as competent in flat water for the relevant discipline before progressing to surf competencies.

Operation of Kit

Boards

- Nipper boards should be used outside the break only by competent paddlers, unless waves are less than 2 foot.
- Soft Boards must be used by all members until competent.
- Boards must not be used in the bathing area
- Hard boards may be used by Youth and Seniors if the appropriate SLSGB competency award is held or when attending training session improving their skills preparing to achieve an award.
- Rescue boards should be available, either at the water's edge or with one of the coaches in the session.
- Racing boards may only be used with permission of the committee
- Boards must be carried, not dragged
- Participants must ensure boards must be at least 2 board lengths apart in training
- Participants must keep hold of their board at all times in the water
- Great care must be taken to avoid collisions with obstacles and other water users

Tubes

- Rescue tubes should be available at the water's edge when there are no RNLI lifeguards.

Skis

- Nippers may not use surf skis
- Skis must not be used in the bathing area
- May be used only if the appropriate SLSGB competency award is held or when attending training session improving their skills preparing to achieve an award.
- Racing skis may only be used with permission of the committee
- skis must be carried, not dragged, ideally by 2 people
- Participants must ensure skis are sufficiently spaced apart
- Participants must keep contact with their ski at all times in the water
- Great care must be taken to avoid collisions with obstacles and other water users

IRB

- IRB use **MUST** be pre-sanctioned by the coxswain
- Only to be used by qualified crew and helm unless as part of a course to gain IRB qualifications under supervision of a Trainer Assessor.

8 – USE OF EQUIPMENT OUTSIDE OF SCHEDULED TRAINING

SLSGB Provides insurance for club members training outside of the scheduled sessions only in the following circumstances.

Insurance provided: Public and Products Liability and Group Personal Accident

- When the activity is in accordance with the Club Operating Procedures;
- With the Club approved equipment;
- If the member is **over 18**, they must hold the current and valid award for that activity;
- If a member is **under 16** and supervised by a SLSGB Level 2 Coach who undertakes an ARA and runs the individual training in accordance with the SLSGB National Safety Guidelines
- If the member is **over the age of 16 and if under 18** must be accompanied by a member who is 18 or over who holds a current and valid award for the activity.
- When the Club has added this activity to their SOP and in doing so have undertaken the relevant generic risk assessment and have provided appropriate safety guidance to those undertaking the activity and have ensured that all members are aware of this.

Senior Members MUST hold the relevant competency for the conditions and equipment

- Flat conditions: SLSGB Competency Award Level 1 (in respective discipline)
- Surf conditions: SLSGB Competency Award Level 2 (in respective discipline)

A member may use club equipment outside of a scheduled club training session dependent on their age and the qualifications they hold.

DURING PATROL OPERATIVE HOURS:

A member who is an **Adult over the age of 18** who holds a competence/skills award as a minimum for the discipline being participated in, may use club approved equipment outside of a scheduled club training session. That person will inform the patrolling lifeguard of their planned activity, act responsibly, professionally and will operate within their capabilities and take any necessary safety measures.

A member who is **under 18 but over the age of 16**, who holds a competence/skills award as a minimum for the discipline being participated in, may use club approved equipment outside of a scheduled club training session but **MUST** be accompanied by a member who is 18 or over who also holds a current and valid award for the activity. That person will inform the patrolling lifeguard of their planned activity, act responsibly, professionally and will operate within their capabilities and take any necessary safety measures.

A member who is **under 16** or one that is training towards a competence/skills award may use club equipment under the supervision and the responsibility of a Level 2 coach who undertakes an ARA and operates under the National Safety Guide.

OUTSIDE PATROL HOURS

A member may use kit as per the guidance above, but with the additional constraints:

- Have permission from the committee
- Have safety cover and/or a buddy system if appropriately qualified with a lifeguard award
- Communicated the route, activity and return time to a competent person who can raise the alarm if late back.

The Club understands that junior members are keen to practice skills learnt during training sessions, but it is not always possible to do this under a level 2 coach supervision.

To enable additional practice sessions parents of Nipper members may sign an insurance waiver for use of kit under their parents supervision during operational lifeguard patrol hours and within the Nippers capability.

PLEASE READ THIS AGREEMENT CAREFULLY AS IT AFFECTS YOUR LEGAL RIGHTS AND WILL AFFECT YOUR ABILITY TO BRING FUTURE LEGAL CLAIMS.

Interpretation

BSLSC means Bantham Surf Lifesaving Club

Claim(s) means all claims and actions for losses, costs, expenses and damages, including legal fees and related expenses.

Kit means equipment owned by BSLSC

I/me/my/Participant means you, who will use the Kit and who has signed this Agreement.

Part 1. Assumption of Risks

1.1 I, the undersigned, acknowledge and agree that:

1.1.1 Surf Lifesaving practice training involves inherently dangerous and physically demanding activities with a significant risk of serious injury or death. The risks include but are not limited to: contact or collision with other participants or fixed or moving objects or obstacles; rough and uneven terrain, risk of drowning, challenging conditions, natural hazards, adverse weather conditions, erratic behaviour by other beach & water users.

1.1.2 I certify that am competent in my planned activity and voluntarily, freely and knowingly assume all of the inherent risks as set out in paragraph 1.1.1 above;

1.1.5 it is my responsibility to consult with a medical expert or general practitioner (GP) to ensure that I am in a suitable physical and mental condition to participate;

1.1.6 BSLSC accepts no responsibility for the loss of, theft, or damage during practice to any property owned by me or under my control; and

1.1.5 BSLSC does not provide insurance cover for my activity and it is my responsibility to arrange my own insurance covering injuries I may suffer to myself or cause to others as a result of my participation.

Part 2. Limitation of Liability I hereby forever waive, release, covenant not to Claim, and discharge BSLSC and its officers, directors, representatives and employees from any and all Claims that I may have arising out of my use of kit in respect of: 2.1 any and all injury, disability or death; and 2.2 loss, damage or theft of my property. Except that nothing in this Agreement shall limit or exclude the liability of BSLSC or its officers, directors, representatives and employees for death or personal injury resulting from its or their negligence.

Part 3. Indemnity I hereby agree to reimburse BSLSC and its officers, directors, representatives and employees in respect of: 3.1 any and all Claims made on my behalf arising from injury or loss due to my use of kit; and 3.2 any and all Claims of co-participants and others arising from my conduct in the course of my activity; Except for Claims arising from any negligence, breach of contract or breach of statutory duty by BSLSC.

Part 4. Obligations of Participant

Throughout my activity agree to:

4.0 Be under the full supervision of my competent parent at all times.

4.1 Only use kit I have been trained on as specified by my coach;

4.2 Follow the BSLSC NOP for use of kit;

4.3 Only enter the water in conditions and depth suitable for my ability and to not enter areas that are indicated as out-of-bounds;

4.4 Use the kit in a safe manner keeping an appropriate distance from other water users;



- 4.5 Wear suitable wetsuit protection;
- 4.6 Co-operate with the Lifeguards and club officials at all times;
- 4.7 Behave appropriately and with respect to all people, equipment, property and facilities;
- 4.8 Alert a lifeguard if I see a fellow participant requiring medical assistance;
- 4.9 Monitor my own physical and mental condition during the activity;
- 4.10 Not participate in the activity if I have been advised not to by any medical practitioner or if I consider myself unfit in any way or I am under the influence of alcohol or any non-prescription drugs;

Part 5. Acknowledgment of Understanding: I have read this Agreement and fully understand its terms. I understand that I am limiting my rights, including my right to sue. I further acknowledge that I am signing the Agreement freely and voluntarily.

CONSENT FOR MINORS

NAME OF PARTICIPANT (MINOR).....

SIGNED (PARENT/GUARDIAN).....

RELATIONSHIP TO MINOR.....

PRINT NAME.....

DATE.....

9 – FIRST AID PROVISION

First aid provision is located at the club house.

During operational hours first aid is provided by the RNLI lifeguards on duty.

Outside operational hours, the first aid bag is stored in the first aid room in the club house.

The designated first aider during training sessions will be named on the risk assessment.