



## Beach Education – Adult/ Whānau Assistance Letter

Thank you for volunteering to assist with your school's upcoming Beach Education Day. Without your support, it would be impossible for us to provide students with the level of supervision required to deliver a safe, fun and educational day at the beach.

Beach Ed is a unique water safety programme which provides students with a real experience of surf lifesaving. Students are immersed in a Surf Life Saving environment with hands-on experience of beach and surf conditions including participating in water activities. This means you need to be prepared for a hands-on role!

Health and Safety is a shared responsibility; the objective of this letter is to provide all adults assisting with Beach Ed with an understanding of your roles and responsibilities within the five hours that you will be in attendance.

### **The Programme:**

Has three main components – Theory, Beach Activities, and Water Activities.

### **Theory:**

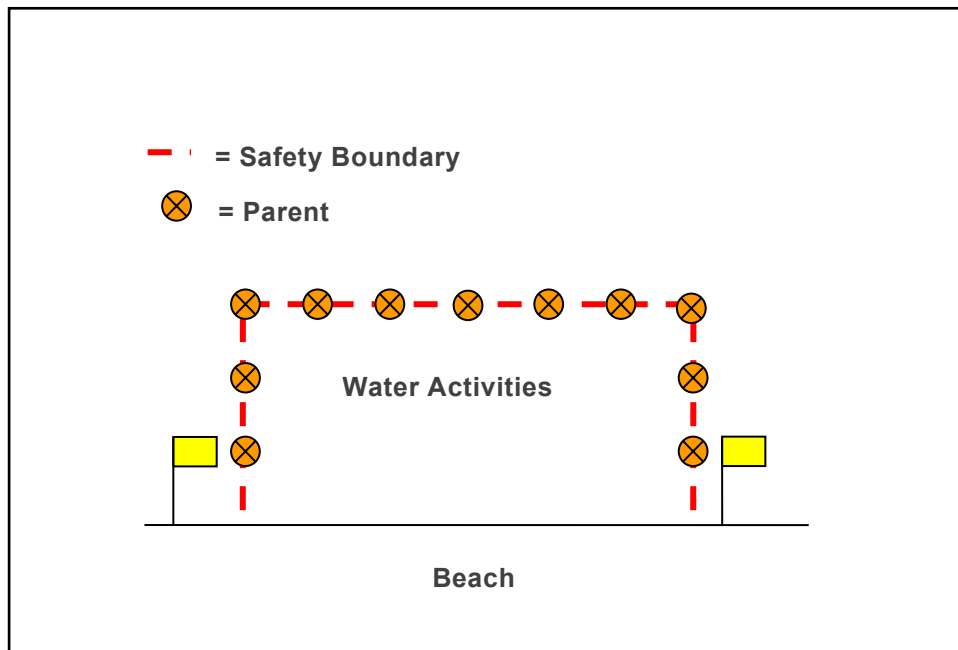
This section uses different parts of the clubhouse. During the Introduction and Housekeeping sections all adults assisting with the day's programme will be asked to attend a briefing in which expectations will be clearly outlined, and the opportunity for asking questions will be provided.

### **Beach Activities:**

During these activities adults are involved to support keeping students within the boundaries and to assist individuals or groups as required to complete skills or tasks.

### **Water Activities:**

We require support from all adults throughout the day however, your most vital role is to assist with water safety during the Water Activities. Part of your role within the water activities will be setting boundaries (see diagram below). As a result, you may not be as active as the students and warm swimwear is recommended – wetsuits and rash vests are ideal. Note you will be expected to get into the water up to your waist.



### What to Bring:

- Togs
- Towel
- Wetsuits are recommended—remember you will be in the water up to your waist.
- A warm change of clothes
- Sunblock SPF 30+
- Sunhat (recommend wide-brimmed)
- Water bottle/Morning Tea/Lunch

There will be a more detailed briefing on the day you attend Beach Ed. Please ask any questions that you may have during this time to ensure that you have full understanding of your roles and responsibilities.

In the meantime, please do not hesitate to contact the teacher coordinating this activity should you have any concerns or queries.

Teacher in Charge: \_\_\_\_\_ Contact details: \_\_\_\_\_

Thank you again for assistance and enjoy your upcoming day at the beach.