

# SUNCOAST PIRATES

## JUNIOR/SENIOR

## INFO 2016



*Once A Pirate. Always a Pirate.*

Juniors and Seniors form the backbone of Lifesaving Duties and Competitions. In order to compete or perform duties, you will need to be a member of the Club.

### **MEMBERSHIP:**

Membership R600

Kit R100

Board Rack R300

Ski Rack R450

Locker R100

Disk R50

Banking details as follows: Suncoast Pirates Lifesaving Club, FNB Florida Road, 62078483006.

Membership entitles you to use the club facilities, enjoy reduced Club Kitchen rates and free access to all Durban municipal swimming pools. Please provide an ID photo for your membership card.

### **TRAINING**

Sunday 8.30am – 10.30am

Tues/Thurs 6:00am – 7:00am at Pirates (arranged via WhatsApp Group)

Saturday Park Run – 5km on Saturday morning at 8am followed by Ironman Training at 8:30am.

There is a training WhatsApp group to keep up with what's happening.

### **VOLUNTARY AND PAID DUTY:**

#### **REQUIREMENTS**

All duty members need an award depending on their age:

14-16 years old requires a Junior Lifeguard Award

16 and over require a Lifeguard Award

Every person needs an annual refresher and retest, except if they qualified in that year after 30 June. Retest dates are set by the Club and each Club has approximately 4 retests per year. Those retesting are encouraged to do so as early in the season as possible. A copy of your retest can be obtained from the Club secretary (not through Lifesaving South Africa). You need a copy of your ID, gloves and pocket mask for a retest.

## **UNIFORM**

Compulsory red and yellow Lifesaving South Africa Kit (hat, shirt, shorts, costume)  
Kit levy R100

## **DUTY DATES AND TIMES**

Lifeguarding duties run all year round. As a Lifesaving Club, we are obligated to do duties on Saturdays, Sundays and Public Holidays. All duties are pre-arranged by the Club Captain.

April – May 7.30am – 5.30pm  
June – October 7.30am – 5pm  
November – March 7.30am – 6.30pm

Report to the Squad Leader on arrival and sign on immediately. Remember to sign off so your hours can be logged. Hours are recorded by KZN. These duty hours can be used for school community service.

A Duty List is compiled by the Club Captain (Bennie Mthethwa). There are 6 squads with approximately 12 members in each. Each Squad has a Squad Leader and a WhatsApp Group is set up for communication. An sms reminder is sent prior to every duty. Should you not be able to attend a duty, please let your squad leader know in advance, and arrange a payback.

## **DUTY PAYMENT**

Sundays are voluntary and include lunch.

Saturdays (exclude lunch and are booked in advance through the Club Captain):

Squad Leader R250  
Duty member R200

Public Holidays (exclude lunch and are booked in advance through the Club Captain):

Squad Leader R400  
Duty member R300

Nipper safety R150

Event safety – is arranged externally and pay varies.

All payments are done via eft. No cash payments are made. If you do not sign in and out, you will not be paid, nor will your hours be logged.

## **COMPETITION:**

<http://lifesaving.co.za/uploads/files/Surf%20Sports%20Manual%202015.pdf> – Lifesaving Competition Manual Download link.

Competitions events: Surf Swim, Surf swim relay, Run Swim Run, Taplin relay, Iron Man, Single Ski, Double Ski, Malibu Board, Ski relays, board relays, flags, beach sprints, beach relays, long run.

## **REQUIREMENTS**

**Every** competitor needs an award with a current retest, as per duties. JLA 14-16, LGA 16 and over. 20 duty hours minimum are required to compete.

## **AGE GROUPS**

Age groups are calculated on the 30<sup>th</sup> Sept.

Age 14 on 30 September – Competes as an U15 only

Note: U15 cannot compete in the Senior/Open age group. Competes in the U15, U17, U19 combined team events only

Age 15 on 30 September – Competes as an U17 only

Note: U16 cannot compete in the Senior/Open age group. Competes in the U15, U17, U19 combined team events only

Age 16 on 30 September - Competes as an U17 only

Note: Competes in the U15, U17, U19 combined team event

Age 17 on 30 September – Competes as an U19 only

Note: Competes in the U15, U17 and U19 combined events

Age 18 on 30 September – Competes as an U19 only

Note: Competes in the U15, U17 and U19 combined team events

Age 19 on 30 September – Competes in the Senior/Open age group

Note: Competes in the Senior/Open age Group only.

### **UNIFORM**

Competition Kit is the Club black and white costume, Club black and white skullcap and pink competition vest. All kit is available at the office. The pink vest is compulsory and you will not be allowed to compete without it. No exceptions.

### **Annual Lifesaving Competitions**

Series: competitions hosted by each club, at their club, with a fee of R150 for all three pre-entered, or R100 per entry on the day. Results are recorded for KZN Selection.

KZN Champs : R170 entry fee. Inter Club Competition, with results recorded for selection purposes. Hosts volunteer annually, so the location varies.

Inter Club Nationals: Approximately R450 entry fee. Held at the end of the season (April/May) over 3 days. Location alternates between regions. Stillwater and Surf (separate now, but will be a combined comp in the future)

Inter Provincials: Held the morning of the first day of Club Nationals. Stillwater and Surf (separate now, but will be a combined comp in the future)

World Rescue Champs: International Championship, with both Inter Club and International Competitions. Every second year. Location varies. Still and Surf combined.