

Cadet program

Graduates of the Nipper program, who reach 13 years of age, can experience a fulfilling and exciting career as an active Cadet life saver. These members undergo training in beach safety, rescues and First Aid, and are actively involved in the provision of lifesaving services to the public. While in the U/14 age group they may still compete at Nipper carnivals.

Senior program

The senior programs are for active members aged 13 years and older. This also includes Masters age groups (30+ years of age). Seniors not only train for carnivals (inter-club competition) and fitness, but also learn lifesaving skills and become qualified beach lifesavers.

Note: Members must be qualified lifesavers and must complete a minimum of 25 Patrol Hours each season in order to compete at Senior and/or Masters carnivals.

The following table shows the events for Cadets/Seniors/Masters of various ages and include both individual and team events.

SENIOR Full CARNIVALS	Under 15	Under 17	Under 19	Open	0-24
Beach Sprint	✓	✓	✓	✓	
Beach Flags	✓	✓	✓	✓	
Beach Relay - (team)	✓	✓	✓	✓	
Belt and Reel - (team)	✓	✓	✓	✓	
R & R - (team) (8.00am)	✓	✓	✓	✓	
Surf Race	✓	✓	✓	✓	✓
Tube Race	✓	✓			
Tube Rescue - (team)			✓	✓	
Belt Race - (team)			✓	✓	
Board Race	✓	✓	✓	✓	
Board Rescue - (team)	✓	✓	✓	✓	
Board Relay - (team)	✓	✓			
Ski		mixed	✓	✓	
Short Ski		✓	✓	✓	
Double Ski - (team)			U/19 Mens	Open Mens Open Mixed	
Ski Relay - (team)				✓	
Iron	✓	✓	✓	✓	
Cameron Relay - (team)	✓	✓			
Taplin Relay - (team)			✓	✓	
Surf Boats - (team)			U/19 Boat Race	Open Mens Open Womens	U/23 Boat Race

Competition

There are **Senior and Junior** carnivals (inter-club competition) at ocean beaches, and one or two in the bay, around Victoria each season. They are usually held on Saturdays or Sundays, spread throughout the summer from December till the end of March. Carnivals are a great place to compete as an individual and in teams. While competitive they are taken with good humour and much encouragement. Competitors and their families often enjoy a great weekend trip up the Surf Coast.

The club must supply 1 water safety officer per 10 competitors, and 1 beach official per 20 competitors. Parents are expected to assist in this regard. Age Managers and officials training courses are held each year and parents are encouraged to attend.

Competition is offered in a number of different disciplines that not only assist members to maintain their life saving skills, but also provide children and adults with regular physical activity that incorporates fun and team work. Age groups in lifesaving are generally determined by the age that you are, as at midnight on the 30th September at the beginning of the season (ie if 9yo then you will be in u/10). More information on the types and rules of events conducted can be obtained by reading the 'Competition Handbook' downloadable from www.lifesavingvictoria.com.au

At junior levels our club focus is more on fun and learning rather than winning. A child's best is always good enough. Health, improvement and good sportsmanship should be seen as the primary goals.

In our senior ranks the winning aspect has a little greater importance. We have land, craft and Surfboat teams, competing at all levels including State, National and International Titles. Many have had great success.

Clubs earn points from placings at carnivals and these go towards an annual Premiership. Winning clubs are awarded trophies or equipment at the end of the season.

The club must supply beach official/s in order to compete. Clubs may only attend senior carnivals if the club's patrol obligations are fulfilled.

Carnival uniforms

Requirements are:

- For Juniors - a club competition cap, and bathers in club colours wherever possible.
- For Seniors and Masters - a club cap and club bathers.

Note: These are a minimum requirement but we encourage members to purchase the full uniform including a rash vest for sun protection. The uniform for all ages is available through the club at reasonable cost. Club uniform also identifies club members on the beach and at training.

Costs

Our club is charged for each competitor who enters to compete at carnivals. We ask that competitors contribute \$5 each towards their entry fee for standard carnivals. The club will subsidize the balance. State and National Titles require full entry and payment by the competitor unless otherwise agreed with the committee prior to lodging your competition entry.

Entries

Competitors must also ensure that they enter their names on the carnival entry form, which will be posted on a noticeboard, on the Wednesday training night before any scheduled standard carnival. The club then sends this entry form in to Life Saving Victoria by the Thursday prior to the carnival. Changes to the entry form can be made before 11am in the morning at the carnival.