

**VACSWIM 2020 ~ SURF LIFE SAVING SA WATER SAFETY PROGRAM**  
**ONSITE/POSTAL ENROLMENT FORM**

Enrolment Location (see locations below):	
Parent First Name:	Parent Last Name:
Address:	Post Code:
Phone Number:	
Secondary Phone (optional):	
Email address:	
Photograph release: I give my consent for SLSSA to use any photographs taken of my child during the course of the program for future promotions or reporting purposes in any media, with regards to promoting water safety awareness. YES / NO (if left blank, we assume permission has been given)	
Release: I have read and agree to the Terms and Conditions, Policies and Release as outlined on pages 4 & 5 of this document.	
Signature	Date     /     /

ENROLMENT DETAILS								
	First Name:	Last Name:	Gender:	Stage for 2020:	DOB:	Age in January 2020:	Preferred Time:*	Medical Condition or Disability Yes/No**
<b>PARTICIPANT 1</b>								
<b>PARTICIPANT 2</b>								
<b>PARTICIPANT 3</b>								
<b>PARTICIPANT 4</b>								
<b>PARTICIPANT 5</b>								
<b>PARTICIPANT 6</b>								
<b>*Please note:</b> every effort is made to place participants in their preferred times but cannot be guaranteed. Please read the refund policy carefully. Class times are subject to change and may be dependent on tides or other local conditions.								
<b>** DOES YOUR CHILD HAVE A MEDICAL CONDITION OR DISABILITY THAT WILL AFFECT THEIR PARTICIPATION? IF YES, GIVE DETAILS/DIAGNOSIS:</b> (e.g. asthma, epilepsy, heart condition, diabetes, allergy, etc.)								
GIVE ANY DETAILS OF ANY MEDICATION OR SUPPORT REQUIRED (please note, it is the responsibility of a parent/guardian to keep and administer any medication to a participant, including asthma puffers):								
EMERGENCY CONTACT PERSON:								
RELATIONSHIP TO PARTICIPANT:				CONTACT NUMBER:				

PAYMENT INFORMATION		
VACSWIM Stages 1-9 (5-13 yrs.) fee subtotal	Number of children ____ x \$50.00	\$ _____
VACSWIM Stage 10 (5-13 yrs.) fee subtotal	Number of children ____ x \$70.00	\$ _____
Program (14-16 yrs.) fee subtotal	Number of children ____ x \$95.00	\$ _____
Onsite Administration Fee	FLAT FEE PER FAMILY     \$5	\$ _____
<b>TOTAL FEE PAYABLE</b>	\$ _____	
<b>PAYMENT INFORMATION</b>  <b>Pay by</b> <input type="checkbox"/> CHEQUE (payable to Surf Life Saving South Australia) <input type="checkbox"/> MONEY ORDER <input type="checkbox"/> CASH <input type="checkbox"/> CREDIT CARD ( MASTERCARD / VISA )  CARD NUMBER _____  EXPIRY DATE ____/____                      CVV: _____  NAME ON CARD _____ SIGNATURE _____  <b>RETURN WITH PAYMENT TO: Surf Life Saving SA</b> <div style="text-align: center;"><b>Attn: Vacswim Team</b></div> <div style="text-align: center;"><b>PO Box 117, West Beach SA 5024</b></div>		

VACSWIM is a government-funded water safety initiative which allows children to develop the survival skills needed to be confident and competent in the water, in a fun and safe environment.

Surf Life Saving SA runs the "Surf and Survive" program as part of VACSWIM, with 10 Stages of instruction. The skills listed are those that participants should be able to accomplish by the end of the program week.

**VACSWIM** is offered to children aged 5 to 13 years (age at the time of program). Surf Life Saving SA runs a parallel non-government funded program for older children (14-17 years old), enabling them to complete Stages 9 and 10.

#### PROGRAM COST

<b>5 to 13 years</b> (government funded)	Stages 1-9	\$50.00	Stage 10	\$70.00
<b>14 to 16 years</b> (none government funded)	Program	\$95.00		

#### PROGRAM DURATION

<b>5 Day</b>	Stages 1-9	60 minute lessons	Stage 10	120 minute lessons
<b>7 Day</b>	Stages 1-9	45 minute lessons	Stage 10	90 minute lessons

**Large Family Discount:** Families enrolling 4 children or more may be entitled to a large family discount. A photocopy of your Medicare Card must be attached with the enrolment form.

#### Other Fees:

OFFICE USE ONLY		
Date received:		
Entered into booking system	Date:	Initial:
Booking reference:		

## On-site enrolments

All on-site enrolments (i.e. enrolling at the location) will incur an additional \$5 fee per family.

## SURF & SURVIVE STAGES

**STAGE 1** | Sun safety • Beach safety and surf awareness • Swimming & survival skills - Enter water to waist deep • Be able to breathe out while face is underwater, submerge head completely • Leave water safely • Recover from front/back glide to standing position • Using a kickboard, kick legs to travel 3 metres • Surf & rescue skills - Float for 30 seconds holding rescue flotation aid then recover to a standing position.

**STAGE 2** | Sun safety • Beach safety and surf awareness • Swimming & survival skills - Demonstrate 2 floats • Tread water for 15 seconds • Demonstrate sculling for 30 seconds holding rescue tube or flotation device throw to candidate • Using flotation aid introduce front crawl arm movements • Swim for 5 metres • Surf & rescue skills - Duck under broken wave or duck dive in chest depth touching bottom with hands.

**STAGE 3** | Sun safety • Beach safety and surf awareness • Swimming & survival skills - Tread water/sculling then float for 30 seconds • Introduction of survival strokes, survival backstroke, sidestroke and breaststroke • Swim 15 metres using front/back crawl • Surf & rescue skills - Body surfing skills • rescues identifying emergency measures.

**STAGE 4** | Sun safety • Beach safety and surf awareness • Swimming & survival skills - Swim 15 metres of any survival stroke and tread water for 30 seconds • Swim minimum of 25 metres, breaststroke/sidestroke/front or back crawl • Surf & rescue skills - Enter ocean with correct technique for diving through broken waves • Body surf back to shore • From above head depth, surface dive and collect handful of sand • Explain, demonstrate and practice paddling a foam surfboard and its use in supporting a person in difficulty • First aid - Intro & understand emergency response/resuscitation.

**STAGE 5** | Sun safety • Beach safety and surf awareness • Swimming & survival skills - Dressed in bathers, t-shirt and shorts, tread water for 1 minute and swim for 25 metres using any stroke • Run/Swim/Run - 25m/25m/25m combination of strokes allowed • Surf & rescue skills – Enter the ocean through waves and body surf back to shore • Demonstrate ability to help effect a rescue using foam surfboard and rescue tube • First aid - Further develop principles of first aid and resuscitation.

**STAGE 6** | Sun safety • Beach safety and surf awareness • Swimming & survival skills - Swim 50 metres using survival strokes • Run/Swim/Run - 25m/25m/25m using front crawl • Surf & rescue skills - Discuss & practice rescues • First aid - Perform first aid & resuscitation.

**STAGE 7** | Sun safety • Beach safety and surf awareness - Answer 5 questions on surf awareness • Learn 5 signals • Swimming & survival skills - Swim 100 metres using survival strokes, can change strokes after every 25metres • Run/Swim/Run - 50m/50m/50m using 50m front crawl & 50m of any survival stroke • Surf & rescue skills - Demonstrate board rescue and return to shore with patient • First aid -Continue first aid and resuscitation by introducing CPR.

**STAGE 8** | Sun safety • Beach safety and surf awareness - Answer 10 questions on Life Saving knowledge and emergency care • Discuss & learn signals • Swimming & survival skills - Swim 150 metres using survival strokes • Run/Swim/Run - 50m/75m/50m • Surf & rescue skills - Demonstrate board and tube rescue and return to shore with patient • Perform patient approaches, releases & escape methods • First aid - Continue CPR, emergency care bleeding & marine stings • Knowledge of emergency procedures.

**STAGE 9** | Sun safety • Beach safety and surf awareness - Answer 10 questions on Life Saving knowledge, first aid, resuscitation and surf awareness • Signals • Swimming & survival skills - Swim 200 metres using survival strokes • Float for 2 minutes • Run/Swim/Run - 100m/75m/100m • Surf & rescue skills - Demonstrate a rescue without equipment, returning to shore with patient • Discuss deep water resuscitation and practice using tube or board • First aid - Patient management, CPR • Intro to body systems.

**STAGE 10** | Sun safety • Beach safety and surf awareness - Answer Life Saving questions • Swimming & survival skills - Complete Run/Swim/Run - 100m/100m/100m in 5 minutes • Surf & rescue skills - Demonstrate signals and describe patrol information • Perform a board rescue including deep water resuscitation • Perform a tube

rescue including deep water resuscitation • Perform other rescue methods • First aid - Perform CPR & defibrillation • Patient management • Explain the human body systems.

*Participants, who complete Stage 10 and are 13 years of age, can choose to take their Surf Rescue Certificate outside of the Vacswim program. This will incur an additional assessment fee and can be arranged directly through SLSSA. A training manual (**Public Safety and Aquatic Rescue, 34<sup>th</sup> Edition**) is recommended to help complete the mandatory workbook.*

## VACSWIM 2020 LOCATIONS

Aldinga Beach	Elliston Beach	Moonta Bay Beach	Port Macdonnell Beach	Smoky Bay Beach
Arno Bay Beach	Emu Bay Beach K.I	Normanville Beach	Port Neill Beach	Somerton Beach
Balgowan Beach	Glenelg Beach	Penneshaw Beach K.I	Port Noarlunga Beach	Stansbury Beach
Beachport Beach	Grange Beach	Point Sinclair	Port Rickaby Beach	Tumby Bay Beach
Black Point Beach	Henley Beach	Point Turton Beach	Port Vincent Beach	Venus Bay
Brighton Beach	Lucky Bay Beach	Port Broughton Beach	Robe Beach	Vivonne Bay Beach K.I
Christies Beach	Marion Bay Beach	Port Elliot Beach	Seacliff Beach	Wallaroo Beach
Coffin Bay	Moana Beach	Port Lincoln Beach	Semaphore Park Beach	West Beach
Edithburgh Tidal Pool				

## TERMS & CONDITIONS

Parent/guardian role at the location: parents/guardians must remain at the location at all times during their child's participation in their designated class.

When arriving at the location, the parent/guardian should take their child to their designated instructor and ensure that their child is marked "IN" on the attendance sheet for that day. No child will be accepted more than 5 minutes before the start of their designated class. After class, the onus is on the parent/guardian to ensure Instructors are aware the child has been collected.

Code of Behaviour: participants (in and out of the water) are expected to cooperate with the instruction and direction of staff. Instructors are responsible for the children directly involved in their class while the class is being conducted. Inappropriate or disruptive behaviour could result in exclusion from classes. Instructors are not responsible for the general supervision of others at the location; parents/guardians should ensure that appropriate supervision is provided at all other times.

Sun smart: Surf Life Saving SA does not provide sunscreen for participants, and encourages sun smart behaviour: wear a t-shirt and hat, and apply 30+ sunscreen.

Class times: whilst every possible effort will be taken to comply with requests for preferred class times, we do not guarantee that these times will be available. Class times are subject to change at the last minute due to weather conditions or staffing requirements. Please read the Refund and Transfer Policy carefully.

Medical conditions: if your child has a medical condition (e.g. asthma, attention deficit disorder, diabetes, epilepsy and/or others), it must be written and detailed on the enrolment form. If necessary, please provide a detailed explanation of your child's medical condition. Please note that Instructors or Volunteers will not administer medicines under any circumstances.

Children with a disability: children with a disability are encouraged to participate in the program. Participation is conditional upon our being able to provide any additional support services, as arranged through consultation between Surf Life Saving SA (program lead-up) or the Instructor in Charge (program week) and the parent/guardian. This will ensure a responsible person is keeping the child under observation at all times. Parents/guardians are encouraged to send an email/attach a note providing further explanation if required.

## Refund and Transfer Policy

Site cancellation: If a location's program is cancelled completely by Surf Life Saving SA for any reason you may request a full refund or transfer your children to an alternative location. If classes are cancelled due to extreme

weather or for any other reason, they will be rescheduled where possible. If circumstances dictate that rescheduling is not possible, refunds for a pro-rata proportion of the program fees may be requested.

**Medical:** If a participant is no longer able to attend the program due to medical reasons, a refund of the program fees will only be issued if the participant attended 2 or fewer days of the program. Surf Life Saving SA will retain \$15.00 per participant as an administration fee. To claim a medical refund, parents must send a letter outlining the number of days attended together with a medical certificate and a copy of the booking receipt. Requests for medical refunds must be received by Surf Life Saving SA no later than COB Friday 18 January 2019.

**Other:** Cancellation of registration for reasons other than those listed above will only be accepted until COB Friday 21 December 2018. Surf Life Saving SA will retain \$15.00 per participant as an administration fee. Please note that class times are subject to change once online enrolments close, due to staffing or other late changes. Every effort is made to place participants in their preferred times. Non-preferred class times may not constitute a full refund.

**Location transfers before the program:** Bookings made online at one location CANNOT be directly transferred by Surf Life Saving SA Vacswim staff into another location before the program week. The current online booking must be cancelled and a refund will be provided, less a \$15.00 per participant administration fee, before the participant can rebook into the desired location.

**Location transfers during the program:** Transfers between locations offering the Surf and Survive program are possible, but children will only be accommodated if a vacancy exists at the new location. Children transferring to another location will not be given additional instruction to the detriment of the existing participants. The transfer must be approved by the Surf Life Saving SA Vacswim staff as well as the Instructor in Charge.

Transfers between "non-surf sites" and "surf sites" (and vice versa) may not be possible, as different organisations are responsible for these other sites. Such transfer requests will be assessed on a case by case basis; you may be required to pay the full fees at the new site.

### **Privacy Policy**

SLSA Privacy Policy in accordance with the Privacy Act 1988 and, Privacy Amendment (Enhancing Privacy Protection) Act 2012. All information collected and stored on the participant database will only be used for the purpose, nature and duration of the program. There will not be any disclosure of any information collected or stored on the participant database to a third party for any reason other than: emergency situations, medical situations, future VACSWIM promotional material or other Surf Life Saving products or services. If you have a privacy concern or would like to verify information held about you please contact the Community, Education and Training Manager on 8354 6900.

### **Release**

As parent/guardian of the child listed on the enrolment form, I declare that the information I have provided is true and correct. I give my consent for him/her to participate in the Surf and Survive program and agree to delegate my authority to the supervising instructors for the duration of relevant classes. If my child requires medical treatment as a result of an emergency or accident, and contact with me is impracticable or impossible, I authorise Surf Life Saving SA staff to arrange whatever medical assistance is necessary. I will pay all medical and dental expenses incurred on behalf of my child. I have supplied medical information including details of any additional health support he/she requires to safely participate in the program.

I acknowledge that I have read and understood the Terms and Conditions for participating in the program and agree that my child will comply with the program rules, standards and requirements. I agree to abide by the Refund Policy as outlined. I acknowledge that my child participates at his/her own risk, and will not hold employees or volunteers of Surf Life Saving SA liable for any accident, injury, property, loss or cost occurring as a result of participating in the program, unless caused by negligence or a wrongful act or omission by employees or volunteers of Surf Life Saving SA.

### **Photograph Release**

I give my consent for Surf Life Saving SA to use any photographs taken of my child during the course of the program for future promotions or reporting purposes in any media, with regards to promoting water safety awareness.