**Health and Safety – Sports**

**Personal use of Club Equipment**

The club allows you to use club equipment for your own personal use and enjoyment. Where you are entering the water outside of club organised training or competitions to board paddle, ski paddle or operate an IRB, you are doing so for your own enjoyment. Accordingly, it is your responsibility to look after yourself, wear appropriate safety gear and ensure you do not endanger other water users while using this equipment. The club encourages you to consider the following in terms of your own safety when entering the water under these circumstances. You should never enter the water alone, please go out with a friend, fellow member, or at least ensure there is someone on the beach that can come to your rescue if something goes wrong.

**Club Water Based Activities**

1. Your safety is ultimately your responsibility, the beach is a dangerous environment and you need to carefully consider your own abilities before entering the surf for training and competing.

2. You should always adopt a ‘safety first’ approach, a ‘when in doubt do not go out’ is a good basis for ensuring your own safety.

3. In the event the conditions are considered ‘testing’ for your abilities, your instructor may ask you to not enter the water, please abide by this request.

4. If you are a small training group of three or less and will be paddling ski craft or taking IRB’s further than 1km away from the club house (in any direction), please let someone know where you are going and when you will be back.

5. For every training, a training safety plan must be completed.

6. Please keep watch of your fellow competitors and members of the public while training and competing; you should maintain adequate control of all craft so to not place others in danger.

7. A club issued or SLSNZ fluro vest (IRB's excluded in lieu of lifejackets are required to be worn) must be worn at all trainings and competitions. No vest means no training or competing, there are no exceptions to this rule. For club organised group trainings, your instructor/s will not allow you to enter the water if you do not have a fluro vest.

8. With the exception of patrols, the use of any craft or IRB’s is not permitted in the flagged area.

9. Proper swimming attire must be worn, this is speedo's, swimming trunks, togs or bikini togs. Proper fitting rash shirts and or wetsuits are also allowed.

**IRB Racing**

1. For IRB racing, lifejackets must be worn by all IRB Drivers, Crew and Patients. Helmets must be worn by all patients.

2 You must be an approved IRB ‘racing’ driver (as certified by the Director of Powercraft) before undertaking any training or competing. Note, this is different again from being a qualified IRB driver for lifeguarding, as racing requires a greater level of ability to handle IRB’s under a racing environment.

3 Under no circumstances are you to attempt to train for IRB racing as a crew member or patient unless you are an approved competitor.

4 Please keep watch of your fellow competitors and members of the public while training and competing; at all times you should maintain adequate control of the IRB so as to not place others in danger.

**Sun Burn and heat stroke**

1. Please ensure you have sun screen, hat and rash shirt for activities on the beach.

2 Try to keep hydrated during any extended training sessions.

**Clubhouse**

1. Keep aware of hazards at the club, we have stairs, balcony, equipment, fuel and chemicals on site.

2. No cell phones or camera's are permitted in the downstairs changing areas of the club.

**Away Travel**

1. If you are 16 and under you will require written permission from your parent or guardian before going away.

2. A medical conditions notice will be required to be completed by you to alert club instructors of your condition and emergency response required.

**Medical Conditions**

1. If you have a life threatening medical condition, please advise the Surf Sports Director at the start of the season and advise/remind your instructor at every training session or competition.

2. Where it is considered dangerous, the Board reserves the right to prevent you from participating in any club organised training or competition event for this medical condition.