**NASIONALE SEE-EN-SAND INSTITUUT**

**NATIONAL SEA-AND-SAND INSTITUTE**

 **INCORPORATED ASSOCIATION NOT FOR GAIN**

 **Reg. No. 79/03925/08**

 **PBO No. 930 029 293**

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**LIFESAVING SELECTION COURSE: 19 – 26 September 2020**

**Arrival: Saturday, 19 SEPTEMBER 2020** at **12H00**, Sea and Sand Campsite, Prawn Flats, R43,

 Voëlklip, Hermanus. (Pls note Whale Festival traffic is very busy)

**Departure: Saturday 26 September 2020** after the Diploma ceremony. Starts at 10h00 and

 Family and friends are welcome to attend. (Till **11h00**)

**Description:** This is the annual Sea and Sand Lifesaving selection course where we train

 Lifeguards that will serve on the seasonal beaches during

 the summer seasons.

**Course Fee**: R3950.00 per person. Payment options available. (R2000, R1000, R950)

**Included:** Lunch and supper (First night excluded, 19 Sept. Bring take away. There is no time

 for a braai) Course material, Accommodation, Hat, Certificate, transport

**Excluded:** Lunch and supper for the first evening (21 Sept), breakfast, medical supplies

**IMPORTANT NOTICE:**

* The main aim of this course is to train lifeguards that are going to work as lifeguards on the beaches that Sea and Sand are contracted to deliver lifeguard services to during December, January and April school holidays.
* Participants of the course must be 16 years on or before 1 December of the year if they want to attend this course. The labour law requires that people must be 16 years and older if they want to work.
* It is expected of all attending to be physically fit and in good physical health. Please train before coming on this course. During the camp students run 15 km per day and swim 2 km per day. (max per day: 36km running, 4km swimming)
* This is a life changing experience for young people. We find the youth do not believe in themselves enough and can do much more than they think. Sea and Sand stretches them to do more to reach their full potential.