

Surf Boat Participation Pathway

Surf Boat Pathway – for recruiting and retaining new, existing and current Bronze Medallion holders

Before participating

For all types of participation, the following is to be completed;

- Risk Assessment
- PPE – High-Visibility Lycra Singlet as a minimum (subject to risk assessment)
- All activity endorsed by Club Committee and recorded minutes
- All Surf Boat Sweeps must comply with eligibility requirements (as per the Surf Boat Sweeps Factsheet)

Types of participation

- **'Come and Try' Recruitment Sessions**
 1. To be received a minimum of 14 days before - Club to submit a Special Events Form – 1 form to be completed for up to 3 sessions maximum (unless previously agreed with SLST & JLTI)
 2. Club to complete Risk Assessment to be submitted with Special Events Form
 3. Recommended Venues – Low energy beaches/ flat water
 4. Special Event to be endorsed by JLTI before any activity commences
 5. Club to complete on-the-day Risk Assessment
 6. Club to complete Post Event Report and submit to SLST
- **Club Training** (once prerequisites met, as per table below)
 1. Club to complete on-the-day Risk Assessment
- **Competition**
 - Endurance Series (flat water)
 - Sprint Series (surf)

Do you hold the prerequisites to participate in Surf Boat rowing?

	Age	Swim Competency	Surf Boat Induction	Financial	Enroll in Bronze Group	What can I do?
New Rower/ Member	Turning 16 years during season	Y – 400m in a pool less than 9 minutes	Y	Y	Y	Continue to train in flat water (as a 15 year old) and compete in the Endurance Series once 16 years of age
Returning Rower/ Member (More than)	16+	Y - 200m Run-Swim-Run (If lapsed more than 3 years) in less than 7 minutes in a pool	Y (Depends on time and confidence)	Y	Y (or complete upgrade to current Bronze Medallion standard) – to be able to train and compete in surf zone	Continue to train in flat water and compete in the Endurance Series
Returning Rower/ Member (Less than)	16+	Y - 200m Run-Swim-Run (If lapsed less than 3 years) in less than 7 minutes in a pool	Y (Depends on time and confidence)	Y	Y (Complete Bronze Medallion Proficiency) - to be able to train and compete in surf zone	Continue to train in flat water and surf zone. Also, compete all surf boat competition (flat & surf)
Current Bronze Medallion holder	Turning 16 years during season	N	Y	Y	Y - Complete annual proficiency to remain valid (by 31 st December)	Continue to train in flat water and surf zone (as a 15 year old). Also, compete all surf boat competition (flat & surf) once 16 years of age

Key

Y – Yes, required

N – No, not required