

Ref: JF/jn

20th June 2022

Dear Parent/ Carer

Re: Junior Lifeguard Course Opportunity

We are excited to announce that, in partnership with Nick Thorn Surf Coaching (www.nickthorn.com), we are once again able to offer our students the opportunity to undertake a full one-day Junior Beach Life Guarding, Surf Cadet course recognised by Surf Life Saving Great Britain at Putsborough Beach on either **Monday 18th, Tuesday 19th, Wednesday 20th or Thursday 21st July 2022. This is initially open to years 7 and 8 students only and then if there is space, it will open at a later date for year 9 students as well.**

The course is the first stepping stone to the Lifeguard qualification, learning sea skills, beach education, life skills and life saving techniques for 11 to 16-year olds but is not solely focused towards students who wish to take this course further. An adapted course will be available for students depending on their specific ages and students who attended last year can still attend this year.

Course content and details

- Plastic awareness and environmental change. Understanding of local effects.
- Basic first aid- recovery position
- Confidence in the water - diving under waves, wading, body surfing.
- Introductory board rescue and paddling techniques
- Basic lifeguard knowledge
- Basic lifeguard techniques

Surf Lifesaving Great Britain, NDDC and Active Devon endorse the Junior Lifeguard programme. Nick Thorn is a Lifeguard Trainer Assessor and Level 4 Master Surf Coach. He has a team of qualified beach lifeguard/ surf instructors and is fully insured, AALS and DBS certified and one member of staff from Braunton Academy would be in attendance all day. **The course will run on Monday 18th, Tuesday 19th, Wednesday 20th or Thursday 21st July 2022 starting at 10.00am and finishing at 2.00 pm.**

BRAUNTON SCHOOL AND COMMUNITY COLLEGE ACADEMY TRUST

A COMPANY LIMITED BY GUARANTEE, REGISTERED IN ENGLAND AND WALES, NUMBER 7989226 (AN EXEMPT CHARITY)

Registered Office: Barton Lane, Braunton, Devon EX33 2BP

Tel: (01271) 812221 Email: admin@braunton.academy Website: www.braunton.academy

Timings and Venue

Students will need to provide their own transport to and from the surf school and meet promptly at 9.45 am at the Nick Thorn Surf School, Putsborough, Devon, EX33 1LB preferably with their own wet suit, however, one can be provided on the day on request. **Please ensure that you make arrangements to pick your child up from the same place promptly at 2.00pm.**

Places and Days

There are initially 30 places available for each day. Please note that your child may be booked onto any day, therefore, please ensure that your child is available for all four days. Once all bookings have been confirmed, your child will be told which day their course will be administered closer to the time. **Please do not request a day or that they attend with their friends as we aim to cause minimal disruption to lessons in school when choosing the groupings for each day.**

Cost and Equipment

The price is £26.50 per student for the Junior Lifeguard Day which covers all tuition, boards, equipment provided by Nick Thorn as well as a small contribution towards supply costs. Students will need to bring a wet suit, dry clothes, a packed lunch and plenty of fluids. Alternatively, there is a beach cafe located on Putsborough beach. Should your child need to borrow a wet suit from Nick Thorn, please make sure to state this when completing the ParentMail form.

Please note that this charge, once paid, is non-refundable and all payments must be received by 9.00 am on Monday 27th June 2022, via ParentMail with the corresponding form. There will be a member of staff from the Academy present throughout the day, however all students will be under the guidance and supervision at all times by Nick Thorn and his staff. <http://nickthorn.com/schools-groups/#juniorlifeguard>

Yours sincerely

Mr Frickleton
Head of Physical Education