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St Agnes
Surf Lifesaving Club

Coached Beach Session: Normal Operating Procedure (NOP)

0. Have a session plan + a plan B.
1. Open clubhouse, check First Aid, Phone & Safety Equipment.
2. Boil kettle for weever stings.
3. Risk Assessment: check conditions + complete form/app.
4. Appoint roles as required to run the session:
 - a. Level 2 coach (**Blue Rash Vest**).
 - b. Lifesaver (**Yellow Rash Vest**).
 - c. Other adult helpers (**Yellow Rash Vest**).
 - d. Register & Emergency call taker (**Hi-Vis Vest**).
5. If Beach Lifeguard active inform of nature of session.
6. If going out of direct line of sight or more than 400m take VHF radio (CH77) with other set held by register taker.
7. All participants & helpers sign in with register taker.

🕒 SESSION START TIME 🕒

8. Brief all helpers & participants
 - a. Safety, Conditions, Conduct
 - b. Purpose of Session
 - c. Reminder about signing out
9. Carry out session.
10. All participants and helpers to sign out, removing club rash vests / beanies once signed out.
11. Bring in equipment, close clubhouse.

If a session is cancelled, clear signage must be displayed outside the clubhouse.