



## Seniors Normal Operating Procedures (NOP)

1. A qualified lifeguard must be present to supervise the session.
2. Seniors sessions are open to club members 18 years old and over.
3. The session is free to club volunteers, £3 for club members/guests.

### Club house

1. Meet at clubhouse at 18:15
2. Complete register, log sheet and dynamic risk assessment
3. Fill out emergency contact/disclaimer forms for new attendees
4. Ensure everyone has suitable clothing and allocate club or Smart Surf School boards as appropriate.
5. Divide into beginners group and buddy groups. Buddy groups should have at least two surfers.
6. Lock clubhouse and walk down to beach

### Beach

1. Give advice to both groups on conditions and most appropriate surfing areas
2. Remind everyone of appropriate signals and action in event of an emergency.
3. Beginners group coached and supervised by an experienced volunteer at all times.
4. Members of buddy groups to remain in visual contact with each other at all times.