

ROOKIE

JUNIOR BEACH LIFESAVING
TERMLY INFORMATION PACK



ROOKIE JUNIOR BEACH LIFESAVING CLUB

What is Rookie Junior Beach Lifesaving?

Rookie Junior Beach Lifesaving is a fun and exciting beach program which has been designed by Royal Life Saving Bahrain to introduce children from 6 to 16 years old to the world of lifesaving.

The program involves children participating in safe, fun and organised activities in a beach environment; preparing them to be future lifesavers.

Throughout the term, children will be working towards achieving a bronze, silver or gold Rookie award. Certificates and badges will be awarded at the end of term event. This structure allows children to continually develop and build on their skills, term after term, year after year. The skills they learn as Rookies may one day save their life, or help them to save the life of someone else.

The Rookie program is delivered by internationally certified lifeguards and assistant instructors and all activities are designed to develop your child in the 4 pillars of Rookie.

What are the 4 pillars of Rookie?

Being a lifesaver is not just about knowing how to save a life. Our Rookie program has been designed to offer children the opportunity to develop to build their confidence and skills and a range of different areas, and we call these the 4 pillars;

- Leadership and Teamwork
- Health and Fitness
- Community and Environment
- Lifesaving Skills



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How much does the Rookie Term cost?

Each session is **90 minutes** and this term is **8 weeks** long. For the full term, **the fee is BD79.200* per child (inc VAT)**

*Please note that the above fee includes the **Rookie Gear** which is compulsory when **first joining the Rookie Club**.

Are there any pre-requisites to become a Rookie?

To become a Rookie, your child must be between 6 and 16 years old at the start of the term (28th April) and able to swim to the standard below;

Under 8's - at least 10m unaided

Under 10's, 12's, 14's and 16's swim at least 25m unaided

Where and when will the sessions take place?

Our Rookie Club is run at **Budaiya Beach**

Rookie's attend sessions once a week, Please see below for session timings.

U8, U10, U12, U14 and U16

FRIDAY at 8:30am to 10:00am



How do I register my child for Rookie?

If you would like your child to join the Rookie Junior Beach Lifesaving Club, please message us via Whats App at 3200 1113 . A member of our team will then contact you to confirm the registration and arrange the payment of term fees.