

Lifesaving Orientation Day – Addington Beach

The first Lifesaving Orientation Day held at the Marine Lifesaving Club in Addington Beach in January this year, and organized by Lifesaving South Africa, Lifeguard Academy and KZN Department of Sport and Recreation, the major sponsor, was very successful in terms of promoting water safety to the community.

The objective of this programme was to expand on the achievements of the 2005 Water Safety Workshops, promote the development of Lifesaving as a sport as well as provide a community service to the participants.

Ten participants, local residents of the Valley of a Thousand Hills, participated in the action-packed programme which included water activities such as beach swims, Sea Kayaking and an Eco Tour.

Sea Kayaking is not a traditional lifesaving activity but lifeguards are becoming familiar with it due to the popularity of the sport which is leading to an increase in rescue situations. UShaka Surf Adventures instructed candidates on the basic paddling of a sea kayak as well as on the standard emergency procedure training. Once skills were mastered the group was taken on an ecology tour of the area; visiting Vetches Pier, Lime Stone Reef and the shark nets.

Participants displayed a keen interest in getting more involved in surf lifesaving and now have a good understanding as to what the physical requirements are, as well as a clearer understanding of the role voluntary lifesaving plays in the community.