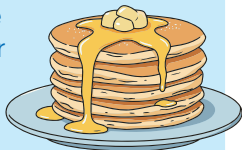


Flexibility & Fun

- ☐ Hot chips after patrol
- ☐ Sunset BBQ
- ☐ Potluck Breakfast or Dinner
- ☐ Beach Breakfast Cook-Off



- ☐ Master Chef Challenge – teams cook something up in the club kitchen and have a shared dinner together
- ☐ Beach brekky day – BYO bowl and cereal
- ☐ Paddle and pancakes – cook pancake breakfast after a morning paddle

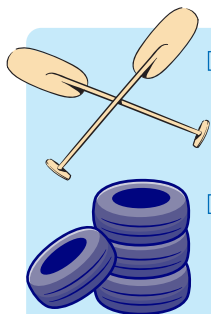
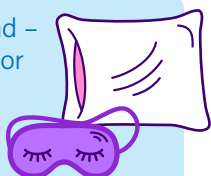


- ☐ Host a youth trivia night
- ☐ Karaoke or lip-sync night
- ☐ Movie night at the clubhouse



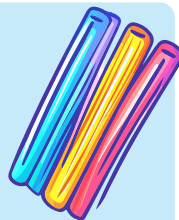
- ☐ Study session with a view – turn the club into a chill-out space for study and homework
- ☐ Patrol flexibility during HSC

- ☐ Camping weekend – camp at the club or
- ☐ Clubhouse sleepover – movies, games, snacks and an early beach swim or walk



- ☐ Take the engine off and paddle an IRB with the oars around a can
- ☐ Life skills session – change a car tire, create your resume

- ☐ Run Flags at night with glow sticks
- ☐ Flip the IRB and get back to shore (take the motors off first)!



- ☐ Beach games – cricket / beach volleyball footy - Youth vs youth / youth vs nippers / youth vs adults
- ☐ Pickle Ball/Barefoot Bowls/ Ten-pin Bowling/Mini Golf
- ☐ Table Tennis tournament (can buy nets that go on normal table)
- ☐ Learn to Surf



- ☐ Bushwalk around the headland
- ☐ Party wave on the Nipper foamies
- ☐ Try a group fitness/ cross fit class together
- ☐ Month Physical Challenge – track physical activity hours/ distance for a month



- ☐ SUP Board Paddling/ SUP Ball
- ☐ Sunrise and sunset swim on the same day



- ☐ Amazing Race around the club
- ☐ Go karting / laser tag / escape room
- ☐ Beach Olympics – compete in teams (could be your patrol teams) or as individuals, dress up, have prizes for winners
- ☐ Host a youth games night (board games, card games, PlayStation, Nintendo)



- ☐ Take over the club social media account

- ☐ Come and try day – for your non clubbie friends or for things you have never done in the surf club eg IRB pick up, boat rowing
- ☐ Visit another surf club – go for patrol / pop in and say hi
- ☐ Drop-in skills sessions – not training, just skills
- ☐ Youth patrol exchange – patrol at another club
- ☐ Theme patrol day – retro, Hawaiian shirts, favourite sporting team or festive theme



- ☐ Youth Christmas party / End of season celebration
- ☐ Youth Secret Santa / Christmas Gifts

Opportunity & Progression

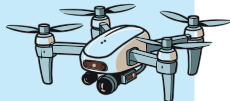
- ☐ Host an equipment familiarisation session – explore the IRB, ATV, oxygen kit, radios and first aid equipment



- ☐ Gain a new award – First Aid / Bronze / IRB crew

- ☐ Become an IRB Driver or crewie – or just be a patient during training!

- ☐ Try UAV (Drone) operations – or join the UAV team



- ☐ Be a patient for RWC operator training

- ☐ Junior Silver Medallion Aquatic Rescue Training – rock work activities

- ☐ Run a mini rescue/patrol scenario session

- ☐ Request a visit from the Jet Ski Operator or Duty Officer (ask to be a pick up patient)



- ☐ Learn how to use the Operations App and be the Patrol App Coordinator on patrol

- ☐ Learn practical club skills – knots, trailer loading, craft storage and basic equipment maintenance

- ☐ Practice radio comms with a treasure hunt at your beach (don't forget to change channels)

- ☐ Board maintenance day / skills to repair boards

- ☐ Photography and media skills session – learn how to photograph activities and write a club story



- ☐ Patrol Captain for the Day – youth supported by their PC to be in charge for the day

- ☐ Plan a Patrol Day using the patrol playbook, get your experienced members to come and help!

- ☐ Attend a Branch or State leadership program

- ☐ Take on a club position or shadow a role

- ☐ Create your own youth project with other youth members

- ☐ Pitch challenge – identify something the club needs (IRB, First Aid Equipment etc) and prepare a simple funding pitch



- ☐ Organise and run a nipper disco event – give the team a budget and let them lead the way

- ☐ Create a skills passport - list awards, roles and experiences they would like to try and work with them on achieving it

- ☐ Public speaking opportunities – present to Rotary or another volunteering group

- ☐ Visit the local primary school and do a beach safety presentation

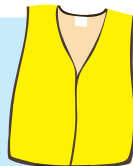
- ☐ Create digital content for beach safety or club activities, could be a social media post or a story for your club newsletter.

- ☐ Environmental leadership project – Take 3 for the Sea

- ☐ Interview a life member and record their story – create a series for the club.



- ☐ Become an Age Manager or Age Manager Assistant (U16s) OR just come down and help out at nippers



- ☐ Join the Training and Assessing team – be a patient or have a go at co-presenting a session

- ☐ Mentor younger members

- ☐ Help coach Nippers

- ☐ Mentor Program – connect Youth with experienced members, connect on goals in surf and/or career

- ☐ Look at paid work with Surf Life Saving – Community Education, Lifeguarding, First Aid, UAV, SOC

- ☐ Build your Surf Life Saving résumé – use the SLSNSW Youth Employment doc to sell your skills like a champion



- ☐ Take part in the Duke of Edinburgh Award

- ☐ Mock job interview and careers day – use experienced club members as interviewers and share their career pathways

- ☐ Have a club member who is an Ambo or Paramedic? See if they can visit the club

- ☐ Try officiating at carnivals – the youth official course is open for members aged 13+. Great way to be part of the team without getting up at 5am every day for training!

- ☐ Water skills sessions – wave catching session



Community & Connection

- ☐ Welcome BBQ for new members
- ☐ Buddy up with new youth members with someone on patrol
- ☐ Create a youth WhatsApp or Messenger group for 16+



- ☐ Celebrate birthdays
- ☐ Roster youth members on patrol with their friends
- ☐ Joint patrols with neighboring clubs / swim & BBQ with another club
- ☐ End patrol with a shared meal
- ☐ Coffee, hot chocolate or milkshake catch-up
- ☐ Shared club playlist – youth member adds songs for activities and patrols
- ☐ Youth Camps



- ☐ Invite older youth to share pathways and SLS Story
- ☐ Invite guest speakers to the club
- ☐ Youth and Life Members afternoon tea – share stories, photos and how the club has changed
- ☐ Club history treasure hunt – discover old photos, trophies, rescues and past members



- ☐ Youth Patrol – get all your youth members together for a patrol
- ☐ No penalty patrols if they have to go on a family holiday during school holidays



- ☐ Recognise achievements each month – has a member completed a new award or done an epic rescue
- ☐ Youth member of the month
- ☐ Celebrate award achievements
- ☐ Youth appreciation awards – fun categories such as best teammate, quiet achiever, best IRB roll, best nosedive or most encouraging
- ☐ Group photo after activities / youth photo challenge



- ☐ Have a yoga or stretch session
- ☐ Sunrise wellbeing session during exams
- ☐ Wellbeing activities – ice baths, breathwork
- ☐ Group dog walk on a dog friendly beach



- ☐ Youth planning night – create a youth calendar or decide on a couple of events for the season
- ☐ Invite youth to committee meetings to share ideas and be apart of the strategic planning of your club
- ☐ Give youth a voice in club decisions
- ☐ Create a youth noticeboard / youth suggestion box



- ☐ Engage your local indigenous community – Invite Elders/ Traditional Owners in to share local knowledge and learn about indigenous connection to the ocean
- ☐ Join Take 3 for the Sea or take part in Clean Up Australia Day
- ☐ Volunteer together at community events or host a stall at a community event



- ☐ Inclusive beach day – partner with a disability, multicultural or community organisation
- ☐ Cultural food night – members bring a dish connected to their family or culture



- ☐ Design a youth logo / youth name / youth shirt
- ☐ Youth-led fundraiser – fundraiser for something the club needs or a youth-led event

