



<b><u>Activity</u></b>	<b><u>Ratios</u></b>	<b><u>What to bring</u></b>	<b><u>Whats provided</u></b>	<b><u>Notes</u></b>
Surfing	1:8	Swimwear and a towel	Surfboard, wetsuit (booties in winter), sunscreen, first aid and rescue equipment, emergency communications	Not all beaches have changing facilities so please ensure that you are changed in to your swimwear before you arrive.
bodyboarding	1:8	Swimwear and a towel	Bodyboard, wetsuit (booties in winter), sunscreen, first aid and rescue equipment, emergency communications	Not all beaches have changing facilities so please ensure that you are changed in to your swimwear before you arrive.
Sit on top kayaking	1:8	Swimwear and a towel	Double sit on top kayaks, PFD's, paddles, wetsuit, helmets sunscreen, first aid and rescue equipment, emergency communications	For groups of year 9's and above most of our classes are conducted on the ocean. If the conditions are not appropriate i.e. big surf or strong winds, the class may be moved to a safer flat water location. Not all beaches have changing facilities so please ensure that you are changed in to your swimwear before you arrive.
Lifeguarding	1:5*	Swimwear and a towel	Sunscreen, first aid and rescue equipment, emergency communications	We provide one lifeguard for groups of up to 20 participants. Teachers are expected to assist in making up the ratios.* With one lifeguard , assisted by 3 school staff a maximum of 20 participants are allowed to go in the water at one time. Participants are not to bring bodyboards or surfboards.
Initiative courses	1:10	Old clothes, closed shoes, hat and a change of clothes	sunscreen, first aid and rescue equipment emergency communications	These programs involve a number of different initiative challenges Some activities involve water and the chance of falling in the river. There is also a chance of getting muddy so old clothes are important. Solid footwear (not thongs) is mandatory.