



About the Huntington Beach Exchange



Background

The Piha / Huntington Beach Junior Lifeguard Exchange is between the Piha Surf Lifesaving Club of New Zealand and the Huntington Beach Junior Guards of California, USA. It is both cultural and educational. It is a well established programme for 14 to 18 year olds, having shown many ongoing benefits for the both Clubs over the years since its beginnings.

The Huntington-Piha exchange has been occurring since the 1970's. This exchange was originally created to form a link with the former Waitakere City sister city of Huntington Beach and to provide young leaders and lifeguards with a chance to experience a totally different way of patrolling whilst building on their existing lifeguarding skills.

Huntington Beach, which conducts more rescues in one year than the whole of NZ does in one year, has a junior guard programme that is well respected and professionally run, with many HB exchange students becoming fully paid guards.

By continuing the exchange we are looking to up-skill those participating and encourage their participation in other areas of the club. Throughout the exchange we are looking to gain even better lifeguards and identify future leaders for Piha SLSC.

How it works

Approximately every 3 years, Piha takes a team of around 26 - 30 Junior Guards to Huntington Beach, California, for approximately 2 weeks in July (corresponding with School Holidays). The time is spent as a mixture of on-beach training, group 'fun' activities, and free time. The most important aspect is the lifeguard training.

This trip is set for July 2019.

Students are aged 14 to 18 (with the 14 year olds having to have their SLGA Award before they travel to Huntington Beach). Huntington Beach brings a similar sized team of Junior Guards of the same age bracket to New Zealand around December 2019 - January 2020 period. We also do on-beach training and 'fun' activities.

All accommodation is billeting. The US families have, over all the years, just been awesome! They will make you feel right at home, and are so keen to show you round and make sure you have the time of your life. They look after you as one of their own, and you'll become lifelong friends. You will reciprocate by hosting one of the Huntington team. You will be paired with someone of the same gender and similar age, and are matched as best possible with someone with similar interests.

The Huntington Beach Junior Guard programme is huge, and we are privileged to be a part of it for two weeks.



Activities

The programme is world-famous! It begins with many age groups assembling on the beach in a regimented way each morning, and going with their Instructors for the day's activities. On designated days we are aligned with our billet group and their Instructors and do most things together.

Beach activities are aimed at orientation, working with younger groups on basic Pier orientation, learning HB rescue techniques (using buoys and not tubes), theory sessions, group swims, a long swim around the famous Pier, beach runs, a Pier Jump (approx 30 feet) and more. At all times the Piha team is under the instruction of one of the US team Coaches. As part of learning rescue techniques, our students get to spend time accompanying a senior lifeguard in the Towers, (you may assist in an actual rescue!), visiting Tower Zero and HB Lifeguard HQ, and often on roving patrol in a utility vehicle or even beyond the break on one of the launches!

Each day normally finishes around 3 - 4pm, so there is always time for evening activities.

Planning is meticulous, and safety is of course paramount.

There are also days of fun! Disneyland, options including a boat day trip, water theme park, surfing days, and of course some free days. We do all activities as one big group. Free days are exactly that - you and your billet can decide on what you'd like to do. The US families are always willing to help you do what you'd like to do.



The Benefits

The Programme is an important part of Piha's long term planning. It gives our Junior Surf section of the Club a goal and a focus. It gives the senior section of the club an identifiable group to train further and prepare them for key lifeguarding roles in the near future. Lifeguard retention is a positive outcome. The programme identifies potential leaders within the Club, from an early age, and gives us the opportunity to develop and mentor them.

It not only prepares them physically; it upskills them in methodologies, encourages teamwork and time management, and broadens their knowledge of lifeguarding techniques. Important First Aid skills are enhanced, and introductions to Junior Surf coaching mean they can share their enthusiasm with our younger Nippers, and show them that there are exciting pathways for them to follow too.

Members of the programme must still fulfill their club obligations, particularly patrolling, and can be members of the Club's Comp Squad.

Requirements

Students are aged 14 to 18 at the time of the Exchange and must be SLGA qualified (with the 14 year olds having to have their SLGA Award before they travel to Huntington Beach). They must also gain Level One First Aid. You must be a current financial member of Piha SLSC for the exchange duration.

Students must attain a certain level of fitness - Swim 400m competently (target time sub 7:30 mins) and show improvement throughout. You should be able to run 3km on sand (sub 20 minutes target).

You must do your best to attend all training sessions and fundraisers. Training schedules are set by the Coaches once the team is selected, and fundraisers happen throughout.

The full criteria will be set out in the Team Member Selection Criteria document. You and your family must be familiar with the criteria, roles & responsibilities before applying.

Financial

The exchange cost is approximately \$3,500 - \$3,700 per person, depending on numbers. Approximately 'half' is paid by the families (3 x \$600 = \$1,800). The rest is fundraised.

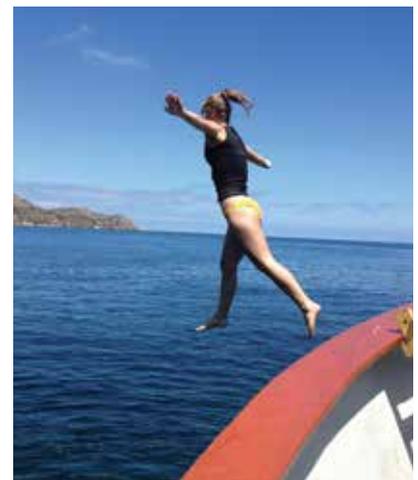
A financial plan is developed with a fundraising target set. Everyone in the squad participates in all fundraising. Volunteers will be called for as a fundraising committee - to 'drive' this and make sure we reach our goal. And 'any' ideas on fundraising are very much welcomed! As will anyone working in travel!

Who should apply?

If you want to be a great Piha Lifeguard, you like the idea of being a future leader, and you're willing to be part of a great team, learning along the way...you should apply.

Please though, have a good read of the criteria set for this exchange, make sure you and your family understand what is required of both yourself and them, and ask any questions. Unfortunately we will be limited with numbers, so not everyone will be able to be selected. A Club panel will work through the selection process taking many things into account.

Brad Laloli is managing this exchange, and Coaches will also be selected as part of the application process. Brad or Gary (the previous Manager) are happy to answer any questions you may have.



For more information contact the Manager: Brad Laloli, 027 600 2202. Email: brad.laloli@gmail.com
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