

## Change your life this summer...

Surf lifesaving is about satisfaction, having fun, being physically fit, learning teamwork and aquatic safety skills, competing in surf sports, and helping make surfing and swimming safer for the community. Surf lifesaving can offer you a range of opportunities which will promote:

- healthy lifestyles
- sense of pride
- sense of responsibility and purpose
- positive social relationships.

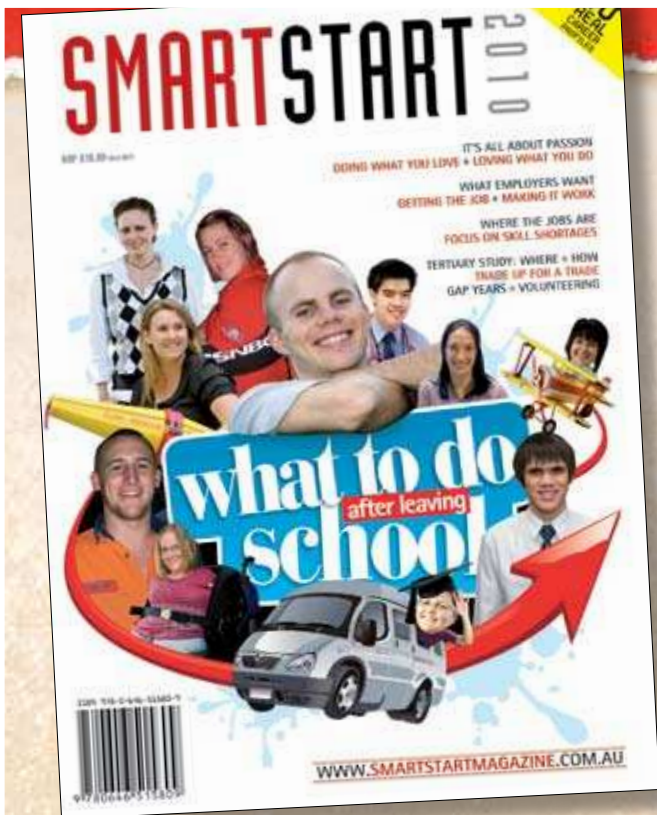
### Who can join?

Membership is open to anybody, regardless of age, race, religion or sex. There is a place for everyone in surf lifesaving. If you are unable to perform the duties of an active surf lifesaver, then perhaps assistance in the administration, communications or fundraising areas is for you.

### Other stuff

There is heaps of things you can do whether you're an 'active' lifesaver or not. For example, by gaining basic awards in radio operations, you can assist with patrol observation and communication duties without having to perform water-based rescues.

If you are less than 15 years of age you can obtain a Surf Rescue Certificate. Probationary surf lifesavers can achieve this award from the age of 13.



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