Surfers Paradise Surf Life Saving Club

Junior Activities Information 2014-2015
Introduction

Surfers Paradise SLSC was first established in 1925 to attract tourists to the area by providing a safe beach for swimmers. Surfers Paradise owes its progress and status – and the safety of its visitors – to earlier generations of benefactors who had a vision. Surfers Paradise Juniors is part of the famous Surfers Paradise Surf Life Saving Club – The world’s best surf club on the world’s best beach. Check out our Club’s records and look at some of the Greats that have come through the club: - Trevor Hendy, Karla Gilbert, Warren Peters, Cassandra Sedgman, Grant Hackett, Sally McLellan, Shannon Eckstein, Caine Eckstein, Nathan Meyer, Pierce Leonard, Courtney Atkinson and Dave Rastovich.

√ Winner of the World Iron man for 14 consecutive years;
√ Australian Club Champions – eight times.

Executive Junior Activities Committee as at September 2014

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
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<tbody>
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Junior Activities Committee as at September 2014

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<tr>
<th>Position</th>
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<tr>
<td>Gear Steward</td>
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<td>Matt Laws</td>
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<td>Under 13 Age Manager</td>
<td>Matt Laws</td>
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<td>Under 12 Age Manager</td>
<td>Jason Pointing</td>
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<td>Under 11 Age Manager</td>
<td>Brock Robinson</td>
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<td>Under 10 Age Manager</td>
<td>James Bass</td>
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<td>Under 9 Age Manager</td>
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<td>Under 8 Age Manager</td>
<td>Conrad Johnsson</td>
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<td>Under 7 Age Manager</td>
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Welcome To Surfers Paradise Surf Life Saving Club – Junior Activities (Nippers)

We look forward to your involvement in our Junior Activities program (Nippers) this season. Junior Activities can be a very rewarding experience for the whole family. Not only do the children learn important beach and water skills and enjoy friendships that come with belonging to a club, their parents can also gain valuable knowledge and discover personal satisfaction in participating.

Parents are encouraged to assist with training by either being an Age Manager, a Water Safety Officer, an Official at carnivals, non-swimming beach events helper or just a general helper. There may also be jobs to be done that require the expertise possessed by some parents, i.e. the ability to repair boards. Parents are placed on the monthly BBQ roster to help prepare the Sunday BBQ lunches after morning training and assistance is required with the BBQ on special occasions such as hosting carnivals and functions. We also require assistance with fundraising with each age group needing to shake the can and collect donations on their rostered day.

We hope you and your family will enjoy being members of this club. If at any time throughout the season you have a question, please feel free to approach any member of the Management Committee listed.

PARKING
We are fortunate that the club is sponsored by Surfers Paradise Centro - as a part of this we are issued with parking passes for the underground car park. These are valid for 2 days - if issued on the Saturday you will be required to reuse for the Sunday, must be activated by placing into machine upon re-entry to car park). The passes will be issued first and foremost to families that assist with the running of the Sunday session this includes setting up the tent, assisting as an age manager, helping to run events, packing away or helping with the bbq and fundraising.

MEMBERSHIP
Children, who are between the ages of five (5) and thirteen (13), inclusive as at September 30, are eligible to become Nippers.
All members must pay club membership fees before participating in any club activities – this is $250 per family.

COACHING
Leon Zagel – is our head coach
We are fortunate to have a team of experienced coaches within our club who work together to build the children’s confidence and develop their surf life saving skills at their specific level.

POOL EVALUATION
Every junior member is required to participate in the Pool Evaluation, prior to any junior activities being undertaken. It includes a pool swim, and a timed survival float. This would normally occur at the sign-on or set proficiency dates. If not this must be completed before any water activity is undertaken. The intent of this is to conduct an evaluation of each junior member’s swimming
and water survival ability for the information of the member, parent, and age manager.

Any child that does not meet the required Pool Evaluation level cannot participate in any junior activities until the child can successfully complete the Pool Evaluation. It is advised that a member of our committee will liaise with parents to suggest that external swim training be provided to improve the child’s swimming ability.

Any child that does complete the Pool Evaluation successfully must then complete the Beach Evaluation (Run Swim Run).

**COMPETENCY BEACH EVALUATION (RUN-SWIM-RUN)**

Every junior activities member must also complete the Competency Beach Evaluation (Run-Swim-Run) prior to any junior activities competition being undertaken, and prior to gaining their age award. This ensures that all children can demonstrate a standard of competence to enable preliminary levels of survival skills at a beach with conditions similar to what would be experienced during weekly junior activities programs. This is a minimum SLSQ requirement.

Any child that does complete the Beach Evaluation (Run-Swim-Run) successfully is eligible to continue participating in all learning outcomes for their respective age award and can progress to age group appropriate water based junior activities noting the SLSA Water Safety Policy requirements.

Should the child wish to compete in inter-club competition they must complete the Junior Competition Evaluation.

**JUNIOR COMPETITION EVALUATION**

From the age of 7 (Under 8) juniors may begin to compete in inter-club competition. To ensure that all junior members who wish to compete have the ability, strength, and fitness standard to complete the course they must be able to complete the junior competition evaluation for their age group.

The junior competition evaluation is based on the swim competition distances as set out in the SLSA Surf Sports Manual for that age group and is a minimum standard guideline in the form of an open water swim.

Surf lifesaving is an amazing activity for growing a child's confidence, knowledge and skills in the beach environment. Not only will your child have fun and meet new friends they will become part of an iconic organisation that has served the Australian community for over 100 years.

The program is focused on play, participation and fun. It offers an educational pathway through the delivery of the Junior Development Resource Kit which is designed to ensure children have fun at the beach while participating in lessons that will develop them to become a knowledgeable participant in both lifesaving and sport.

The flow chart on the following page shows how all components of the junior activities link together
Junior Preliminary Skills Evaluation Process (U6-U14)

Updated – June 2011

1. Pool Evaluation
   - Successful
   - Unsuccessful
     - Re-train for Pool Evaluation

2. Competency Beach Evaluation (Run-Swim-Run)
   - Successful
   - Unsuccessful
     - May participate in water activities, at Club's discretion, must have a ratio of 1:1 until the beach evaluation is completed.
     - May continue to participate in land-based learning outcomes if not permitted to enter open water.
     - Re-train for Competency Beach Evaluation (Run-Swim-Run)
     - Participate in all learning outcomes for age award

3. Is the child going to compete in any inter-club competition?
   - Yes
     - Competition Evaluation
       - Successful
       - Unsuccessful
         - Continue to participate in Club training until able to complete competition path
         - Train to further develop lifesaving and surf skills
     - No
       - Enter into carnival
         - Child competes

End of Season present junior age award certificate
**Events**

**Beach Flags** – Competitors lie down in the sand, facing away from the flags. At the signal they get to their feet, turn and sprint to a flag (piece of hose) placed in the sand. There are always less flags than competitors. Anyone who fails to gain a flag is eliminated until there are only two nippers left. The competitor, who wins the last flag, wins. **U6 – U14**

**Beach Sprint** – the beach sprint course is usually set over 70m. Starting when the whistle is sounded the competitor sprints across the soft sand through the finish line. The first competitors’ chest across the line is deemed the winner. **U6 – U14**

**Beach Relay** – the beach relay consists of a team of four competitors and a baton (rubber hose). Members 1 and 3 are stationed at one end of the course whilst members 2 and 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries. First across the line wins. **U8 - U14**

**Board Race** – this race is done using a board to negotiate the break, follow a set course of buoys and return to shore surfing the waves back to the beach. Board requirements for the U9 – U10s are on 2m long foam boards; U11 – U13s are 2m long fibreglass boards and U14s use a Malibu fibreglass board, 3.2m in length **U9 – U14**

**Board Rescue** – consisting of 2 nippers, a swimmer and a board paddler. The swimmer enters the water, swims to their coloured buoy and signals to the board paddler, who paddles out, around the buoy, picks up the swimmer and both competitors paddle to the beach, both carrying the board over the line. **U11 – U14**

**Board Relay** – a board relay team consists of three competitors all with their own board. The first team member paddles out around the buoys then heads back towards the shore and tags with the second team member who does the same. The final team member has to complete the same course and then run through the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner. **U9 – U14**

**Surf Race** – the surf race involves swimming around a course of buoys placed out in the ocean. Getting through the shore break can be tough, as well as the return to the beach negotiating the waves, but then to be a lifesaver, you must be tough. The distances for the U9 – U10 is approx 200m and 300m for the U11 – U14. **U9 – U14**

**Surf Teams** – consisting of four members, all competitors swim in the same race, around the buoys and back to the beach. Each placing is given a
certain amount of points e.g. First = 1 point, tenth = 10 points. The team with the least amount of points win or in the case of a draw, the team who crossed the line first, wins. **U9 – U14**

**Ironman/Ironwoman** – in the nipper age groups the ironman/ironwoman race involves three legs including the board and the swim sections with a run in between each of these. This is a tough event which requires endurance, strength and plenty of skills **U11 – U14**

U8 – U10 team events can be mixed (male and female)
U11- U14 team events are single sex (all male or all female)

**Cameron Relay** – involves 4 members, a swimmer, a board paddler and 2 runners. The swimmer completes a swim race, and tags the runner near the shore who runs along the beach and tags the board paddler who completes a board race before tagging the last runner who sprints towards the finish line. **U11 – U14**

**Wade Race** – Athletes have to wade, dive or swim their way through waist depth water around the three Water Safety Markers from left to right, then make their way back up the beach through the finish line. **U6 – U10**

**Wade Relay** – this relay race consists of 4 competitors. The first member runs and wades around the water safety markers, back to the beach where they tag the second member who does the same. They tag the third and finally the fourth and final member who runs through the finish line. **U8 – U10**

**R & R** – 2 and 5 person R and R teams compete in a precise drill that simulates rescue and resuscitation. Points are given for incorrect procedures. The team with the least amount of points wins. **Combined U11 –U14**

**March past** – Teams of 12 are judged on their ability to march correctly to a predetermined drill around the carnival arena. Points are given for incorrect procedures. The team with the least amount of points wins. **Combined U11 – U14**

**First Aid** – 2 members are required to apply first aid procedures to patients in a scenario. **U12 – U14**

**Champion Lifesaver** – Members complete a range of physical races plus a theory paper and are allocated points for each event. **U11 – U14**

**Patrol Competition** – Members form a team and complete a range of physical races plus a theory paper and are allocated points for each event. **U14**
Surf Education Awards

- Under 6..........Surf Play 1
- Under 7..........Surf Play 2
- Under 8..........Surf Awareness 1
- Under 9..........Surf Awareness 2
- Under 10.........Surf Safety 1
- Under 11.........Surf Safety 2
- Under 12.........Surf Smart 1
- Under 13.........Surf Smart 2 and Resuscitation Certificate
- Under 14.........Surf Rescue Certificate

Your Age Managers will be able to advise you what is required to achieve these awards.

**Note:** Competitors aged Under 14 contesting Under 15 events shall have successfully gained their Surf Rescue Certificate prior to competing in these events.

**Special Note for the Under 14 Members**

Under 14 members who have gained the Surf Rescue Certificate (SRC) are eligible to compete in Under 15 events without jeopardising their status as a Junior (Nipper) member.
PARENT INVOLVEMENT

Nippers must have a parent/guardian present at all activities. If you have to leave for any amount of time you must have a designated person assigned to your child. **NO CHILD IS TO LEAVE THE BEACH**, or any Nipper activity, unsupervised. All Children must be signed In and Out each Nipper day. We cannot leave the beach until all children are accounted for so ensure you have signed your child out.

All parents are required to have a Blue Card as part of the Child and Youth risk Management Strategy. Application forms are available from the Club and must be submitted back through the Club. This takes approximately 6 weeks. Once a Blue Card is obtained it becomes the responsibility of each parent to renew this. Parents are encouraged to become involved and are able to provide support in many ways:

* assisting with setting up the beach
* assisting Age Managers (particularly in the younger age groups)
* becoming a Water Safety Officer. Those wishing to act as Water Safety must have the Surf Rescue Certificate (SRC) as a minimum prerequisite. There are many other awards are available, eg. Bronze Medallion, Radio Operators, First Aid Certificate, etc.
* becoming a qualified Official to assist at carnivals
* assisting with the BBQ’s – there will be a rotational roster between age groups for the season.
* assisting with fund raising and shaking the can – again working with each child’s age group.

It is a SLSQ requirement that the Club provides First Aid Officers, Water Safety and Officials at carnivals to enable children to participate. This ratio is based on number of competitors so it is important we have several of each so we are not asking the same people all the time.

We emphasize the importance of parents / guardians supporting and encouraging ALL children not just their own. This leads to greater harmony and positive rather than negative competition.

SISTER CLUB

Our sister Club is Kaike SLSC in Tottori Prefecture, Japan. We have a reciprocal visit occur with the members of this club – every second year a contingent from our club travels to Japan to visit the Kaike Surf Lifesaving Club participating in the Opening ceremony to mark the start of their summer season; training days with the Nippers as well as assisting the club. More recently the nature of this visit has been extended to include surf education with a local school. This is a valuable experience for all involved especially the Juniors. We host a visit from their club in the in between years. This is a club event and we look forward to all our members supporting it and building upon the wonderful relationships we have with our friends from Kaike.