

Coffs Harbour Junior Surf Lifesaving Club

Nippers Handbook



2018-19
Season information





Coffs Harbour Surf Lifesaving Club

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Facebook LIKE us on Coffs Harbour Surf Life Saving

Disclaimer: The information on the new handbook is intended to outline our general direction and information was correct at time of publishing. If parents, carers or nippers have any concerns of the content, the operations of the club or demeanor of a member please contact your age manager or committee member as soon as possible. The Coffs Harbour SLSC values the its members and their opinions.

Welcome to Nippers

The committee would like to welcome all our Nippers and their families, old and new, to this season with the Coffs Harbour Junior Surf Club.

Our aim is to:

- Provide best possible lifesaving experience for all juniors with the view to encouraging long-term active participation
- Provide opportunities for juniors to participate in and enjoy lifesaving and competition in aquatic environment
- Ensure juniors are safe on our beaches through surf safety education programs
- Develop a team-based philosophy encompassing leadership, teamwork and FUN!!
- Promote social, emotional & physical development in a health and safe environment

The club follows the Surf Life Saving Australia Junior Development Program (JDP), which provides the educational framework on surf awareness and safety skills leading to the Surf Rescue Certificate. This framework includes safety requirements, educational units and physical developmental skills.

Nippers is open to Children aged 5 (from the 31st of October of that year) and continues until the Under 14 age group where the SRC is achieved. We encourage all junior members to become involved in surf patrols as cadets, eventually becoming fully qualified lifesavers. We try to accomplish this whilst providing a social and fun environment for the whole family.

Nippers is run by volunteers and volunteering parents.

This guide is to help you understand what each nipper can expect, what the clubs expectation is of parents and what families can expect from the club.

Parents must be in attendance on the beach at all times during training, Sunday Nippers and Carnivals. This is extremely important for us to maintain our safety requirements and family involvement is the backbone of the nippers culture.

The Committee and age managers have an open door policy, if you have any concerns or feedback, please contact your age managers in the first instance, or committee members listed within this book.

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What to Expect...

Nippers can expect to

- be safe
- be encouraged
- be respected
- become educated
- make new friends
- learn new skills
- gain an understanding of the beach
- be challenged
- be competitive and to be a good sport.

Nippers Code of Conduct

As a club member I will:

- ✓ Have fun
- ✓ Not throw sand
- ✓ Be a good Sport – cheer for all clubs regardless of performance
- ✓ Play by the rules
- ✓ Control my temper
- ✓ Do my best and be proud of my efforts
- ✓ Encourage and congratulate others
- ✓ Look after each other, particularly in the surf
- ✓ Treat others as you would like to be treated yourself – no bullying/ teasing
- ✓ Not use bad language
- ✓ Look after the equipment
- ✓ Always act in a sensible and responsible manner – you are a representative of the Coffs Harbour Surf Club
- ✓ Cooperate with your coach, team-mates and other competitors
- ✓ Never argue with an official, coach, or water safety decisions
- ✓ Work equally hard for the club and myself. Our club's performance will benefit and so will my own

Parents can expect

- For your child's safety to be paramount,
- To be required to be on the beach when your child is
- To be involved (indirectly or directly)
- To make new friends
- To be respected
- To be accepted into the club
- To watch your child growth in a caring and structured environment.

Parents Code of Conduct

- ✓ Teach your children to be a good sport and play by the rules
- ✓ Remember that children's sport should be fun
- ✓ Encourage your children, but do not force them
- ✓ Focus on their efforts and performance, and not just on the result
- ✓ Encourage them to do their best and be proud of their efforts
- ✓ Set a good example for your children
- ✓ Discourage bullying and teasing
- ✓ Discourage bad temper, bad language and antisocial behaviour
- ✓ Support efforts to remove verbal and physical abuse from sport
- ✓ Get involved and help out. All assistance is appreciated
- ✓ Accept and respect the Officials' decision and only protest via the proper procedures
- ✓ Congratulate children on their efforts
- ✓ If you want to protest follow the appropriate procedure. Teach your children to do the same.
- ✓ Never criticise a child for making a mistake.
- ✓ Ensure advice and coaching is both positive and constructive
- ✓ Relax, get involved and enjoy the activities.

Junior Activity Coordinator

Firstly I'd like to welcome back all our existing members and to our brand new members welcome and thank you for choosing to become involved in surf lifesaving. The surf education and lifesaving skills you will learn along the way will far extend beyond your time on our beach and hopefully you will continue the tradition for generations to come as I have done.

My involvement with this amazing club started back in 1987 as a young eager under 7. I have some amazing memories from my time at nippers and made some great friendships not only from within the club but with fellow branches we would regularly compete against. My father was an age manager and also vice president. I have also followed in his footsteps having taken on an age group from the under 6s right through to the under 14s. Watching my age group grow and evolve into patrolling members words cannot express how proud I am of all they have achieved and continue to do so. It is truly rewarding to be involved in helping with this club . I recommend all of you to give it a shot, you won't regret it. We can always use the extra hands we'll never knock back the offer.

My goal for this season as your Junior Activity Coordinator: I would love to see our club have a community feel to it. I want every member to feel welcome and valued and supported in improving and learning new skills, learning good sportsmanship and mateship and most importantly raising future lifesavers. This isn't just for your children you will also learn along the way. I will not always have all the answers straight away but I will always track down the answer for you. Please feel free to approach me at anytime on the beach with any queries. I'm looking forward to amazing season with all our wonderful families.

Lauren Ireland

0421 398 854

Juniors@coffsharbourSLSC.asn.au

Club Code of Conduct

The club endorses the following Code of Conduct for SLSA members, particularly those responsible for activities involving members under the age of 18. A full copy of the SLSA Member protection policy is displayed in the clubhouse and provided to all Club Officers.

- ✓ Respect the rights, dignity and worth of others
- ✓ Be fair, considerate and honest in all dealings with others
- ✓ Refrain from any form of abuse towards others
- ✓ Refrain from any form of harassment towards others
- ✓ Provide a safe environment for the conduct of activities in accordance with relevant SLSA policy
- ✓ Show concern and caution towards others who may be sick or injured.
- ✓ Be a positive role model
- ✓ It is essential when attending carnivals that any issues or problems are reported through the correct channels.
- ✓ If there is a problem the Age Manager must report it to the Team Manager — parents and Age Managers must not approach carnival officials unless accompanied by the Team Manager. Failure to do so may result in disqualification of the club.

Registration

Nipper Registration

Families are required to register to become members of the club which includes insurance and affiliation to State and Branch bodies. At least one parent is required by Coffs Harbour SLSC to join as an Associate Member when registering children for Nippers. Parents who help out on the beach are also required to join as associate members for Insurance reasons.

Registration lasts for 12 months (July – June). You may also consider becoming a more active member as many of our other Nipper parents have done.

Active Member

Active members hold current Surf Lifesaving Awards such as the Bronze Medallion and the Advanced Resuscitation Certificate and participate in Patrols on the beach at weekends and public holidays throughout the season. These members must re-qualify in their award each year to remain Active.

Registration Fees

A minimum of one adult guardian must register as an associate with each family.

| | |
|------------------------------|------------------------------|
| Associate Member | \$35.00 (parents) |
| U6 & U7 | \$80.00 |
| U8 – U13 | \$95.00 |
| Cadet U14s and Active Member | \$35.00 (patrolling members) |

Registration Online

Registration is online at www.lifesavingonline.com.au

Each member must create an account and pay online.

Volunteers

2018/19 Volunteer Committee Members

| | |
|------------------------------|--|
| Junior Activity Chairman | Lauren Ireland |
| Treasurer | Jen Barry |
| Secretary / Register | Leticia Gunther |
| Branch Delegates | TBA |
| Superintendent | TBA |
| Water Safety Co Coordinator | TBA |
| Gear Steward | TBA |
| Catering/BBQ Co-coordinators | Melissa Felton |
| Member Protection Officer | Cath Ninness 0414 514 837 |
| Junior Head Coaches | Darren O'Reilly & Mark (Freddy) Beavis |
| Junior Assistant Coaches | Erin Willis |
| Education Officer Juniors | Joanne Jameson |
| Work Party | Alicia & Chris Betland |

Volunteer Age Group Managers

| | |
|------------|-----------------------------|
| Under 6's | Tammie Cunningham |
| Under 7's | Chris & Kylie Robinson |
| Under 8's | Geoff Kassulke & Adam Doyle |
| Under 9's | Darren O'Reilly |
| Under 10's | Phil Evans & Jess Doland |
| Under 11's | Harry Barry & Chris Betland |
| Under 12's | Darren Jameson |
| Under 13's | Darren O'Reilly |
| Under 14's | Alicia Betland |

Each Age Group has at least one Age Manager. They are in charge of the Nippers within their Age group each week. It is important to remember that they are volunteers doing their best to assist your children with their surf education and other events. Please help them out as much as possible.



Age Groups

Under 6's (Green caps)

Age of 6 1 October 2018 - 30 September 2019

Preliminary Skills Evaluation Float glide and back float with aide.

Competition Skills Evaluation Open Water No competition

Uniform Requirements Green Cap Only

Surf Education Awarded Surf Play 1

This age group is introduced to nippers through engaging in fun activities including runs, flags, wades and games. They are encouraged to do water wades and relays every week to learn how to negotiate shallow surf.

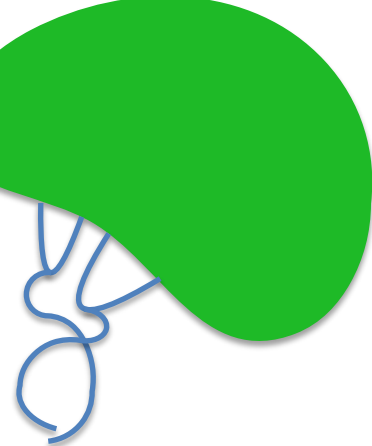
The emphasis is on learning to safely enjoy the beach and having fun, learning about what to do if they need help, conditions of the beach, Slip, Slop, Slap, and the environment.

There is no competition within this age group. Green Cap Nippers are not required to compete at carnivals.

The children will be required to wear a Green Cap for the duration of their time on the beach under the supervision of their Age Manager so that they are easily identifiable.

Surf Play 1 Learning Outcomes

- Know their way around their surf club and beach & identify the junior activities boundaries
- Understand basic safety practices: how to signal for help, importance of having an adult present when in the water, and staying with the group at all times.
- Understand the types of animals that we share the beach with identify dangerous animals at the beach.
- Understand the meaning of slip, slop, slap
- Understand the role of an adult at the beach.
- Identify what a lifesaver looks like.
- Identify the safest place to swim at the beach.
- Enjoy playing in the surf & develop confidence in the water.
- Enjoy wading in and out of the water & develop confidence in the water
- Enjoy playing beach flags.
- Enjoy beach sprinting and participating in beach relays.



Under 7's (Green caps)

Age of 7 1 October 2018 - 30 September 2019

Preliminary Skills Evaluation Float glide from standing and kick 3m. Back float.

Competition Skills Evaluation Open Water No competition

Uniform Requirements Green Cap only

Surf Education Awarded Surf Play 2

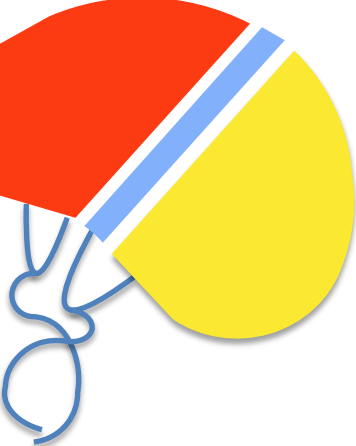
This age group continues the introduction to nippers through engaging in fun activities including runs, flags, wades and games. They are encouraged to do water wades and relays every week to

learn how to negotiate surf. Many Under 7's by the end of the season can negotiate swimming under a wave by themselves within the flags.

There is no competition within these age group. Green Cap Nippers are not required to compete at carnivals. Under 7's must wear their green cap while under supervision of their age manager.

Surf Play 2 Learning Outcomes

- Know their way around their surf club and beach & Identify the junior activity boundaries.
- Understand basic safety practises: How to signal for help, importance of having an adult present when in the water, and staying with the group at all times.
- Identify the variety of items that can be found on the beach. Recognise the difference between natural items and rubbish on the beach
- Understand the meaning of slip, slop, slap & slide.
- Identify dangers on the beach
- Identify the role of an adult while at the beach
- Identify what a lifesaver does. Identify the Red and Yellow flags and what they mean. Demonstrate the 'assistance required' signal.
- Enjoy wading in and out of the water. Develop confidence in the water.
- Enjoying participating in a run-water-run. Develop confidence in the water.
- Enjoying playing beach flags
- Enjoy beach sprinting and participating in beach relays.



Under 8's

Age of 8 1 October 2018 - 30 September 2019

Preliminary Skills Evaluation 25m (any stroke) & 1 minute survival float

Competition Skills Evaluation Open Water Nil (Only wade in waist deep water)

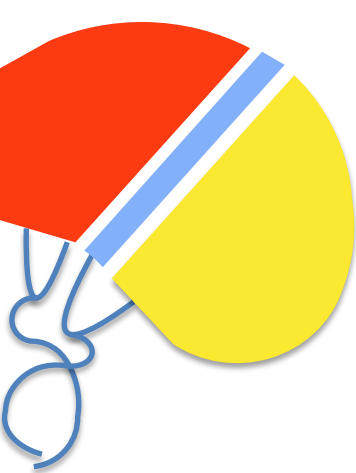
Uniform Requirement Club Cap & Club Rashie (Pink)

Surf Education Awarded Surf Aware 1

Water activities are limited to wade events with some other fun activities included. Beach activities include sprints, flags, relays and novelty events. It all adds up to a lot of fun and an increase in beach and water awareness and safety. When appropriate they will be introduced to surf swimming to help build confidence for the next season.

Surf Aware 1 Learning Outcomes

- Develop an understanding of surf life saving in Australia Identify the surf club as a welcoming place.
- Identify what it means to feel safe.
- Identify people to talk to if feeling unsafe at the beach.
- Recognise the diverse human and marine communities that make up a beach ecosystem.
- Understand and demonstrate the sun smart guidelines. Understand what happens when they're not sun smart.
- Identify dangers at the beach.
- Recognise the signs that they are in trouble in the water. Demonstrate the signal for 'assistance required'.
- Recognise what an emergency situation is.
- Describe when and how to dial '000' if an emergency situation is identified.
- Recognise the Red and Yellow flags.
- Understand what the Red and Yellow flags mean.
- Attempt or perform catching a wave on a body board.
- Attempt or perform wading. Attempt or perform dolphin-diving.
- Attempt or perform a standing beach sprint start Attempt or perform beach flags starts.



Under 9's

Age of 9 1 October 2018 - 30 September 2019

Preliminary Skills Evaluation 25m Swim (any stroke) & 1 minute survival float

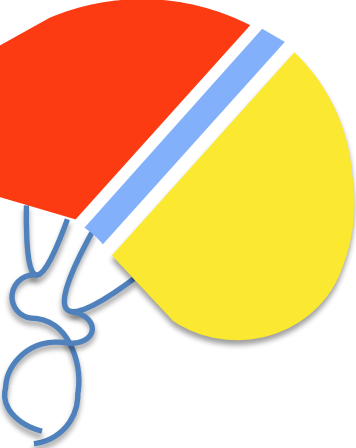
Competition Skills Evaluation Open Water Minimum 150m Swim (Competition course)

Uniform Requirement Club Cap & Club Rashie (Pink)

Surf Education Awarded Surf Aware 2

Surf Aware 2 Learning Outcomes

- Develops an understanding of surf life saving in Australia. Identifies the surf club as a welcoming place.
- Identify people in their own personal safety network that they can ask for help.
- Identify natural and man made objects in the beach environment. Recognise the environmental impact they can have on the beach.
- Recognise the importance of hydration, nutrition and exercise as part of their participation in the junior program.
- Identify a surging, spilling and plunging wave.
- Recognise the dangers swimmers can be exposed to with a changing tide. • Identify the 5 beach safety tips using the F.L.A.G.S. acronym.
- Recognise what an emergency situation is.
- Describe when and how to dial '000' if an emergency situation is identified.
- Describe the steps associated with calling '000'.
- Identify different safety signs on their beach and their meaning. Understand the three different sign shapes and colours.
- Attempt or perform positioning on a nipper board. Attempt or perform paddling on a nipper board.
- Attempt or perform body surging on a wave.
- Attempt or perform basic running technique on sand. Attempt or perform diving for a beach flags.



Under 10's

Age of 10 1 October 2018 - 30 September 2019 Preliminary Skills Evaluation 25m Swim (Freestyle) & 1.5 minute survival float

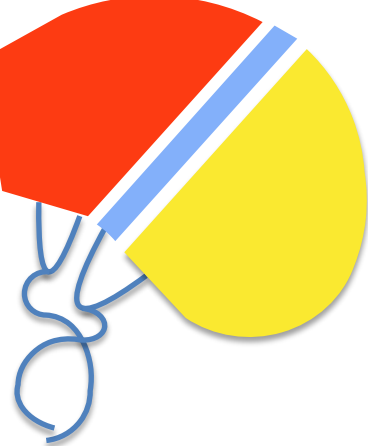
Competition Skills Evaluation Open Water Minimum 150m Swim (Competition course)

Surf Education Awarded Surf Safe 1

Uniform Requirements Club Cap & Club Rashie (Pink)

Surf Safe 1 Learning Outcomes

- Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place.
- Identify times when they might feel unsafe and can ask for help. Identify adults at their surf club that can help them.
- Understand the natural water cycle and water collection methods Identify ways in which water usage can be reduced/recycled at the surf club.
- Identify and demonstrate the sun smart guidelines.
- Understand the consequences of skin damage caused by sunburn.
- Identify how rips are formed and what they look like. Understand how to escape a rip.
- Understand the basic principles of resuscitation.
- Demonstrate the following signals: go further out to sea, go left, go right and remain stationary.
- Recognise unsafe behaviours at the beach.
- Identify the actions of a beach user in an unsafe situation. Develop an understanding of preventative actions.
- Attempt or perform carrying and dragging a nipper board into the water.
- Attempt or perform bunny hopping a nipper board into the water.
- Attempt or perform sitting over a wave on a nipper board. Attempt or perform paddling through a wave on a nipper board.
- Recognise how body boards can be used to assist a distressed.
- Demonstrate skills required to assist a distressed swimmer. Recognise a rescue tube and what it is used for.
- Attempt or perform a beach relay baton change



Under 11's

Age of 11 1 October 2018 - 30 September 2019

Preliminary Skills Evaluation 50m (freestyle) & 2 minute survival float

Competition Skills Evaluation Open Water Minimum 288m Swim (Competition course)

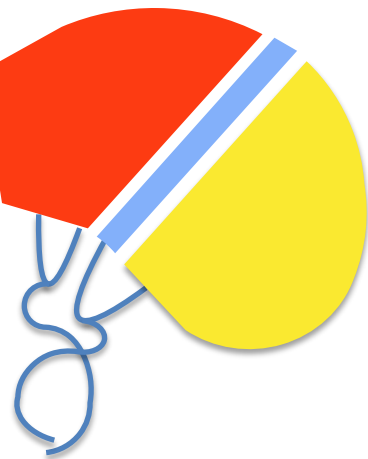
Surf Education Awarded Surf Safe 2

Further Award Options Resuscitation Certificate

Uniform Requirements Club Cap & Club Rashie (Pink)

Surf Safe 2 Learning Outcomes

- Develop and understanding of surf life saving in Australia. Identify the surf club as a welcoming place.
- Identify the actions they can take when feeling frightened or lost. Recognise the importance of persisting when needing help.
- Recognise the difference between renewable and non-renewable energy generation.
- Identify ways in which electricity usage can be reduced in the surf club.
- Recognise 'at risk' people in a beach environment. Identify actions that can be taken to help 'at risk' people avoid.
- Identify the principles of DRSABCD.
- Recognise and manage patients suffering from cuts and abrasions, bleeding from the nose, sprained muscle ligaments and sunburn.
- Perform cardiopulmonary resuscitation (CPR) techniques.
- Recognise the importance of beach safety signage Identify and understand safety signage on their beach.
- Attempt or perform a dismount from a nipper board Attempt or perform catching a wave on a nipper board Attempt or perform a board relay race.
- Understand the techniques of surf swimming.
- Demonstrate an ability to swim through surf, parallel to surf and back to shore.
- Attempt or perform a crouching beach sprint start. Attempt or perform a beach sprint finish.
- Attempt or perform an ironman/woman race transitions. Attempt or perform cameron relay race transitions.



Under 12's

Age of 12 1 October 2018 - 30 September 2019

Preliminary Skills Evaluation 100m swim (freestyle) & 2 minute survival float

Competition Skills Evaluation Open Water Minimum 288m Swim (Competition course)

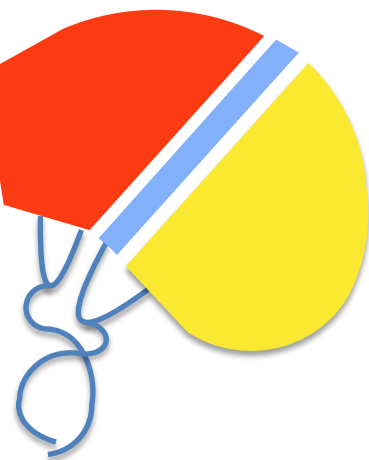
Surf Education Awarded Surf Smart 1

Further Award Options Resuscitation Certificate, Basic Emergency Care Certificate

Uniform Requirements Club Cap & Club Rashie (Pink)

Surf Smart 1 Learning Outcomes

- Develop an understanding of surf life saving in Australia. Identify the surf club as a welcoming place.
- Understand rights and responsibilities as a member of Surf Life.
- Understand how weather can effect both the beach environment and beach users.
- Identify natural and man-made causes of erosion and their impact of the beach environment.
- Identify the consequences of not being sun smart. Identify what skin cancer is and what causes it.
- Recognise that staying fit and healthy is important as a lifesaver. Identify ways to stay fit and healthy during junior activities.
- Identify the four different types of rip currents. Identify how to manage rips in a beach environment. Identify how to use rip currents to assist in surf swimming and rescues.
- Identify the role of the body's circular system, skeletal system, respiratory system and nervous system. Understand how the body's major organ systems relate to First Aid scenarios.
- Identify the principles of DRSABCD. Recognise and manages patients suffering from cramping, fainting and shock.
- Perform cardiopulmonary resuscitation (CPR) techniques.
- Demonstrate the following signals: message understood & attract.
- Identify the role of a beach patrol. Identify the role of lifesavers during a patrol.
- Attempt or perform rolling under a wave on a board. Recognise how a board can be used to secure and support a conscious patient. Demonstrate the skills required to secure and support a conscious patient.
- Attempt or perform diving under waves.
- Develop a beach sprint arm and leg drive technique.
- Identify different beach flags race strategies.



Under 13's

Age of 13 1 October 2018 - 30 September 2019

Preliminary Skills Evaluation 150m Swim (freestyle) & 3 minute survival float

Competition Skills Evaluation Open Water Minimum 288m Swim (Competition course)

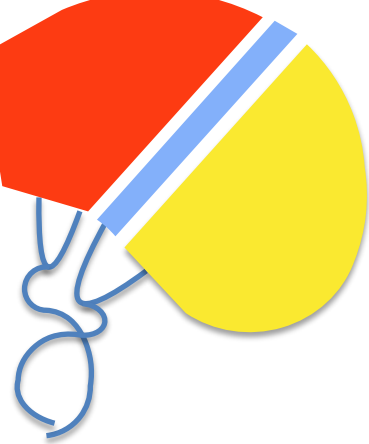
Surf Education Awarded Surf Smart 2

Further Award Options Resuscitation Certificate, Basic Emergency Care Certificate

Uniform Requirements Club Cap & Club Rashie (Pink)

Surf Smart 2 Learning Outcomes

- Develop an understanding of surf life saving in Australia Identify the surf club as a welcoming place. Understand the basic principles of the SLSA Membership.
- Understand Global Warming and Climate Change. Identify the impacts that Global Warming and Climate Change.
- Identify how to minimise the risk of cross infection when delivering first aid and resuscitation.
- Identify and understand the 10 SLSA beach safety tips.
- Identify the role of the body's circular system, skeletal system, respiratory system and nervous system. Understand how the body's major organ systems relate to First Aid scenarios.
- Identify the principles of DRSABCD.
- Recognise and manage basic patient management techniques.
- Perform cardiopulmonary resuscitation (CPR) techniques.
- Recognise the importance of communicating with beach users. Identify ways to communicate with beach users. Identify volunteer and professional emergency services in the local area.
- Demonstrate board skills in a board race event. Demonstrate board rescue skills in a board rescue event.
- Demonstrate surf swimming skills in a surf race event. Demonstrate surf swimming and beach running skills in a run- swim-run event.
- Attempt or perform swimming in surf with a rescue tube. Attempt or perform a tube rescue for a swimmer in distress.
- Demonstrate beach sprinting skills in a beach sprint event. Demonstrate beach sprinting skills in a beach relay event.
- Demonstrate beach flags skills in a beach flags event.
- Demonstrate beach running, surf swimming and board skills in an Ironman/Ironwoman event.
- Demonstrate beach running or surf swimming or board skills in a cameron relay event.



Under 14's

Age of 14 1 October 2018 - 30 September 2019

Preliminary Skills Evaluation 200m Swim (Freestyle, in less than 5 minutes) & 3 minute survival float

Competition Skills Evaluation Open Water Minimum 288m Swim (Competition course)

Surf Education Awarded Surf Rescue Certificate (SRC)

Uniform Requirements Club Cap & Club Rashie (Pink)

The Under 14 age group is perhaps the most important age group for juniors. It is the last year of structured junior activities and the first where the junior can start to participate in regular surf lifesaving activities – patrols, open carnivals, etc.

Surf Rescue Certificate (SRC) Learning Outcomes

Safety and Wellbeing

Contribute to the management of work health and safety (WHS):

- Identify personal and environmental hygiene factors that contribute to a safe workplace.
- Identify the types of costs associated with workplace illness and injury.
- List management and member WHS responsibilities.
- Define 'duty of care' in the workplace.
- Identify causes of accidents.
- Recognise, report and rectify (where possible) hazards in the workplace.
- Follow workplace procedures and work instructions for controlling and reporting risks.
- Identify factors that contribute to a healthy lifestyle.
- Follow workplace procedures for hazard identification and risk control

Recognise appropriate beach types, conditions and areas in the surf zone for bathing:

- Identify different types of beaches.
- Assess prevailing weather and water conditions.
- Identify safety aspects of the beach environment.

Demonstrate surf skills:

- Perform front and rear release and escape methods.
- Perform a swim and negotiate the surf zone using fins and a rescue tube.
- Paddle and negotiate the surf zone using an SLSA rescue board.
- Demonstrate body-surfing techniques.

The Human Body

Explain the functions of the:

- Circulatory system
- Lymphatic system
- Skeletal system
- Respiratory system
- Nervous system
- Digestive system
- Integumentary system.

Resuscitation

Perform cardiopulmonary resuscitation (CPR) techniques:

- List the stages in the chain of survival.
- Perform one-person patient assessment.
- Recognise the need for CPR, appropriate duration and cessation, and the use of a defibrillator.
- Perform mouth-to-mouth, mouth-to-nose and mouth-to-mask rescue breathing techniques as part of CPR in line with Australian Resuscitation Council guidelines.
- Demonstrate the differences between infant, child and adult resuscitation methods.
- Perform one-person and team CPR techniques.
- Demonstrate and describe procedures for managing patients after CPR.
- List the conditions of patients who should be sent to hospital.

First Aid

Identify basic patient management techniques:

- Perform checks to identify potential dangers to yourself, the patient and bystanders, and ways to prevent the spread of communicable diseases.
- Identify the principles of basic first aid management.
- Perform a basic emergency care management assessment.
- Identify methods of checking vital signs.
- Demonstrate a secondary body check procedure.
- Manage external bleeding injuries.
- Manage patient shock and fainting.
- Manage patients with needle-stick injuries.
- Manage patients with soft-tissue injuries.
- List the procedure for the management of major tissue damage with severe bleeding.

- Recognise and manage patients with temperature-related illness.
- Recognise and manage marine envenomation injuries.
- Recognise and manage patients with chest pains.
- Recognise and manage patients with fractures, dislocations, sprains and strains.
- Recognise and manage patients with spinal and neck injuries.
- Recognise and manage patients with burns.
- Recognise and manage unconscious patients.
- Recognise and manage patients suffering anaphylaxis
- Recognise and manage patients suffering respiratory distress, including asthma.
- Maintain effective documentation.
- Maintain and replace first aid equipment.
- Refer to further medical treatment.

Communications

Communicate in the workplace:

- Explain how interpersonal communication happens.
- Demonstrate the five skills needed for effective interpersonal communications.
- Discuss the appropriateness of the different styles of interpersonal communication.
- Choose an appropriate channel to ensure effective interpersonal communication.
- Identify and minimise potential breakdowns and barriers when communicating in the workplace.
- Take part in group discussions and informal meetings.
- Demonstrate SLSA document procedures.
- Demonstrate SLSA signals.
- Demonstrate the ability to identify flags.

Rescue Techniques

Perform patient approaches, support and escapes aided by equipment on a conscious and an unconscious patient:

- Perform a tube and a board rescue for a person in distress.
- Assess a patient's level of distress.
- Secure and support a patient using rescue equipment.
- Perform patient tows; specifically, hip carry and wrist tows.
- Return a patient safely to shore.

Identify people in distress in an aquatic environment:

- Describe the signs of drowning; specifically, climbing the ladder, poor flotation, being face-down or waving the arms.

- List common rescues, sites and conditions for rescues experienced by lifesavers.
- Describe the condition of people requiring assistance; specifically, anxious, panicking, calm or in shock.

Perform surf skills:

- Complete a 100 metre run, 100 metre swim and 100 metre run within 5 minutes

Beach Management

Set up a patrol and describe your role on patrol:

- Describe the role of lifesavers.
- Establish a patrol base and check equipment.
- Describe the activities and trends of beach users at one local beach.

Demonstrate standard patrol practices:

- Identify patrol methods.
- Describe scanning procedures and methods.
- Define responsibilities covered under service agreements and standard operating procedures (SOPs).
- Define beach closure procedures.

Work as part of a team:

- Contribute positively to team activities.
- Interact successfully in the workplace.
- Give and receive support to/from team members.
- Define other emergency services in your area.
- Perform a simulated rescue.
- Participate in briefings and de-briefings.

Proficiency

Preliminary Skills Assessment Requirements

On the day of sign on/registration, all children from under 8's up are required to participate in the Junior Preliminary Skills Assessment. These proficiencies are divided into two sections, being:

1. Preliminary Skills Evaluation (Compulsory)

This evaluation is to assess your child's swim proficiency and is conducted at the time of registration. This proficiency is required before any junior water activities take place in the surf.

2. Competition Skills Evaluation (Compulsory for any competitors and encouraged for all Nippers)

This evaluation is to assess your child's swim proficiency before competing at Surf Carnivals from club level up. This evaluation has a second purpose, which is to assess your child's ability to attempt the open water swim.

The proficiency test requirement is to assist the club in assessing an individual's ability to endure periods of time in the water. Should a child not be able to obtain their proficiency they will not be excluded from activities, however there will be limitations on the events in which they can participate. They will be unable to compete in Carnivals until they pass their proficiency requirement.

Important Nipper Information

Nippers on Sunday

Weekly events are designed to accommodate Nippers of all levels of ability and those of competitive and not so competitive nature. Nippers will have the opportunity to participate in surf education, first aid and rescue training, training for competition, controlled competition, practicing survival skills and techniques, and generally meet new friends and have fun. Age Managers organise each age group's activities in accordance with a program overseen by the Club Superintendent.

Nipper's Days are generally held each Sunday morning at Park Beach during the season unless there is a Junior Carnival. Please arrive by **8.45am** for grassed marshalling outside the Surf Club. The age groups will move to the beach at 9.00am and activities finish onwards of 10.30am. Occasionally we relocate to the Jetty Beach when prevailing weather conditions prohibit activities at Park Beach. We endeavour to notify members via SMS, and by signage at the clubhouse of any changes.

Nippers should bring swimmers, towel, club cap, sun protection (apply before you arrive), drink bottle, goggles (optional) and a SMILE!

Beach Set up, Pack up & BBQ

We will be running BBQ's and canteen at Nippers as part of the fundraising for junior activities. Each week an age group will be rostered to assist with setting up for beach activities, packing up beach activities and helping with the BBQ when running. This is a great opportunity to get to know others. Please refer to the calendar of events for your age group's roster.

Pack up is easily learnt, pack equipment in the associated trailers, hose down once at the club and return to the sheds.

Sun Protection

The club aims to provide sun protection and supplies a tent at carnivals and sunscreen is available from the clubhouse. It is important that sunscreen be applied before coming to the beach and again during the day. Please keep sun shirts and hats on your children (and yourself) at all times. These should be worn in between events and removed as necessary prior to participation in events. Whenever possible children must sit under the marquees.

Fundraising

The Coffs Harbour Surf Life Saving Junior Program is funded purely by sponsorship, donations and fundraising activities. If you are able to assist in any of these areas you will be contributing to our success and sustainability.

Uniform and Club Wear

All club merchandise is available from the Clubhouse. The wearing of Coffs Harbour Junior Surf Club swimwear is compulsory when competing at all Carnivals.

The wearing of competition caps (or green hats for U6s and U7s) and the high vis pink rashies are compulsory for 8-14 year age groups at normal Sunday Nippers and ALL Carnivals.

It is important that at the end of activities competition caps are removed when the Age Manager dismisses the group. This is principally to allow surf rescue personnel to determine whether children are under the control of Age Managers or the scrutiny of the beach patrol.

Parent Participation

The weekly Nippers program can only be run if parents assist, so parent participation is always encouraged and eagerly sought. Please do ask questions, and offer your help in whatever area you feel comfortable. We cannot succeed without your assistance.

Surf Lifesaving is a voluntary organisation, Coaches, Age Managers and the Committee are not paid and provide a service to assist in educating your children in the surf.

Parents **MUST** remain with their children on the beach and support their Age Manager. You must be there to attend to your child's safety and welfare. Your child remains your responsibility.

You will definitely have fun and meet some really nice people. You are encouraged to join in, whenever and wherever possible.

The senior club has various awards that you may be interested in doing. You may like to get your Bronze Medallion or become an Official; many parents of junior members have achieved various awards in the past.

Occasionally we will call for parents to help out with our fundraising BBQ's. As well as being a key fundraiser for the club it is a great way to meet other parents and have a lot of fun. Remember that the more you participate the more your child is likely to feel a sense of satisfaction and belonging to the club. See also Water Safety & Official Sections next.

Water Safety

The Club is required to provide water safety whilst water events are being conducted – training, nippers and carnivals. This is at a ratio of **one water safety to 5 children**. Water Safety participants wear orange caps and vests and hold a Bronze Medallion, or Surf Rescue Certificate. If you are interested in helping out with water safety, please see any of the Committee. Assistance in this area is vital in giving our kids the necessary water time to improve their surf skills.

If you are interested in doing your Bronze Medallion or becoming an official at carnivals, we are very willing to train you.

Please contact one of the committee members for information.

All Water Safety Personnel are required to:

- ✓ Sign the patrol log prior to commencing water safety duties each day.
- ✓ Report to the Superintendent and Water Referee before entering the water.
- ✓ Notify the Superintendent or Water Referee if they are supporting activities outside a designated water area.
- ✓ Advise the Superintendent of potentially unsafe activities, and report any unsafe activities, which have occurred.
- ✓ Enter the water only if they feel competent in the conditions.
- ✓ Record any injuries in the patrol log at the completion of their duties
- ✓ Wear orange cap and rash shirt.



Officials

We need parents that are willing to do training to obtain accreditation that will allow them to become an official at competitions. We are required to supply officials according to the ratio of **1 Official per 10 competitors**, so assistance is always gratefully received. Please note that if the club is unable to supply sufficient Officials the club may be withdrawn from the carnival or competitor numbers restricted. Please contact a committee member if you are interested in becoming an Official.

Training

The Club conducts additional training sessions for all age groups and abilities. Training times and information will be entered on the forum on the Club website. The Junior Head Coach for the 2018/19 season is Mark Beavis & Darren O'Reilly.

For further training details please check the forum: www.coffsharbourslsc.asn.au

Training - Surf

U8-U14

Tuesday ~ 4.30pm at Jetty Beach

Thursday ~ 4.30pm at Jetty Beach

Saturday ~ 8.00am at Park Beach

Please refer to the Whatsapp for updates on training information.

Please be advised that to train on Tuesdays and Thursdays you must have your own board, Saturday training sessions at Park Beach, club boards will be available.



Care of Equipment

- ✓ Training and competition equipment is expensive to purchase and repair. It is important that all equipment is handled and cared for correctly.
- ✓ Boards should be carried, not dragged, and be laid fin side up on the sand. They should not be sat on and it is not wise to leave them lying in the sun for long periods of time as this causes them to bubble.
- ✓ Nippers must not stand on boards while riding.
- ✓ Nippers who mistreat boards will not be able to use them until they can demonstrate appropriate craft handling and care.
- ✓ Club cannot be held responsible for damage to privately owned boards.



Carnivals

North Coast Branch

Coffs Harbour Surf Lifesaving Club is affiliated with the North Coast Branch of the Surf Lifesaving Australia Movement. Our Branch includes:

- Woolli/Minnie Water,
- Red Rock,
- Woolgoolga,
- Sawtell,
- Urunga,
- North Beach and
- Nambucca Heads
- There are a number of Branch carnivals held each season, the venues alternating between the clubs. We are always looking for willing volunteers to set up, official, water safety, BBQ, supervise children and to rendezvous at the club house after a carnival and help pack up.



Junior Competition Evaluation

From the age of 8 (Under 9) Nippers can begin to compete in inter-club competition. To ensure that all junior members that 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 on is based on the swim distances as set out in the Surf Sports Manual for that age group and is a minimum standard guideline in the form of an open water swim. Individual states may have a higher standard for their competition evaluation.

On the day of a carnival

It is important that Competitors arrive 30 minutes prior to the start of marshalling for the first event. Failure to arrive on time may result in a child being unable to compete on the day. On arrival all Nippers should check in with their Age Manager and during the carnival stay around the Coffs Harbour SLSC tent area to keep in contact with the Age Manager.

When an event is called the Age Manager will advise the relevant Nippers and arrange for them to proceed to the marshalling area.

Parents and Age Managers must not approach carnival officials unless accompanied by the Team Manager. Failure to do so may result in disqualification of the club.

At the conclusion of a race, Nippers should remain at the finish line wearing their club cap until dismissed by officials.

During the day Nippers should have plenty of fluids, high energy food, keep in the shade, stay warm/cool and re-apply sun block regularly.

At the conclusion of a carnival parents are requested to assist in the packing up of tents and equipment and ensure the club area is left clean.

A Nipper will not qualify for attendance at a Carnival if, in the opinion of the Age Manager, the child has not participated in all events requested of them, for example refusing a reasonable request to participate in team events, or leaving the carnival prior to the completion of all team events.

Competition Events - Water

Swim Race Competitors shall commence from the start line on the beach, swim around the buoys and return to shore and finish between designated flags.

Board Event for ages U9's to U14's. Under 9's & 10's must use 'foam boards', older ages use 'fibreglass boards'. Competitors must start & finish at designated points, & paddle

around specific buoys that will be identified before the start of event. The finish is judged on the chest of the competitor crossing the judging line on his/her feet whilst holding the board.

Iron person Events Competitors will swim around the buoys, return to the beach, run around the flags, pick up their board on the start/change-over line and enter the water for the board section. Competitors will complete the board leg & proceed to the finish line.

Wading Race for the U8's age group run through knee to waist high surf. The competitors may wade, dive and/or swim their way around the water section of the course.

Wade Relay involves the same course as the Wading Race but with teams of 4 members. Each member completes the course and must tag the next competitor until all have completed the course.

Swim Teams involves 4 members swimming the same course as the swim events. Each finishing member of the team is given a place number and the team with the lowest score is the winner.

Board Relay This event uses the board course and involves a team of 3 competitors.

Cameron Relay for ages U9 to U14. Team consists of 4 competitors, a swimmer, 2 sprinters & a board paddler. Sequence is usually: swim-sprint-board-sprint.

Board Rescue for ages U11 to U14. Teams comprise of a patient & a rescuer. The patients shall swim to their allotted buoy and signify their arrival by touching the buoy with one hand & raising the other arm in a vertical position. The patient should then wait on the seaward side of the buoy. On receiving the signal the Rescuer paddles to the allotted buoy. The patient is then positioned on the front of the board. Competitors return to shore passing through the Rescue competition line, both in contact with the board.

Competition Events - Beach

Beach Sprint Competitors take up their positions on the words of the starter, followed by a whistle blast.

Beach Relay The team shall consist of 4 members.

All Age Relay A team shall consist of 7 members, each from a different age group. Competitors run in order from youngest to oldest.

Beach Flags Batons are positioned in a line parallel to the start line, and will be approximately in the centre of the space between of competitors. Competitors lie face down, with their toes on the start line, heels together, hands on top of each other

with finger tips to wrist and their head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of sand or digging in of the feet is permitted. On the command “Heads Down” the competitors stretch their chins forward and place their chin on their hands & await the start. At the starter’s whistle blast the competitor shall get to his feet as quickly as possible & attempt to obtain a baton.

March Past The March Past event is one of the traditional events held at a Nippers carnival and other competition is stopped where necessary to allow members to participate. It is the ultimate team event with 12 members marching in unison. They are judged on such things as arm swing, leg action, body carriage and the team’s ability to hold their formation throughout the march. This is an opportunity to demonstrate club pride and commitment to excellence.

Competition Events - Rescue & Resuscitation

R&R is another surf lifesaving event with a proud tradition, the event simulates the rescue and resuscitation of a ‘patient’ and the teams are assessed on areas such as marching, uniformity and following correct resuscitation procedure.

Two person R&R is for members from U10s to U13s. One team member is the ‘patient’ and the other performs the rescue. This competition is held on the water’s edge and does not require swimming.

Five person R&R is for the U12s to U14s. It is based on the traditional method of performing rescues with the reel, line and belt. The team members fill the role of patient, belt-man, reel-man, and linesman who simulate a rescue, carry the patient from the water and resuscitate them. The rescue is done in waist deep water only. Both events provide members with excellent resuscitation and teamwork skills.

Country Championships

The NSW Country Championships will be held at Cudgen Headlands/ Kingscliff. The event is scheduled for the 2nd and 3rd February 2019. It is a great opportunity to renew old acquaintances from other Clubs in NSW and for the children to meet other children from country NSW.

All Nippers between the age Under 8’s -14’s are encouraged to attend and participate. As always the only expectation on Nippers is to try their best. Most Nippers and Parents are encouraged to adhere to our Code of Conduct.

To compete at the Country Champs each child must have completed both the Pool and Ocean Proficiency Swim and earned the SLSA Award for their age group with an attendance of more than 60%.

Country Carnival Points

| 1st | 2nd | 3rd | 4th | 5th | 6th |
|-----|-----|-----|-----|-----|-----|
| 12 | 10 | 8 | 6 | 4 | 2 |

Club Championship Day

A Club Championship Day will be run on the 24th of February 2019 (may change if conditions are unsuitable on that day). This is a carnival day for all Coffs Harbour Nippers to show their ability. Competitors accumulate individual points for each event.

At the end of the day we will celebrate our juniors achievements with a BBQ followed by presentation of awards.

Inter-branch Championships

Each year the branch selects a team made up by members of all clubs to represent the North Coast at State level. Inter-branch selection is for U12s, U13s & U14s.

Branch representatives at Branch carnivals carry out team selection. Please note that selected children travel and stay as a team with chaperones. Any parents or supporters wishing to attend must arrange separate travel and accommodation. There are no exceptions to this rule and any children who cannot travel and stay with the team are ineligible to compete. Coffs Harbour Junior Surf Club provides some contribution to the cost of each representative.

Branch/Interbranch Carnival Points

| 1st | 2nd | 3rd | 4th | 5th | 6th |
|-----|-----|-----|-----|-----|-----|
| 6 | 5 | 4 | 3 | 2 | 1 |

State Championships

The NSW State Championships will be held at Swansea/Belmont. The event is scheduled for 1st 2nd and 3rd of March 2019.

To compete at the Country Champs each child must have completed both the Pool and Ocean Proficiency Swim and earned the SLISA Award for their age group with an attendance of more than 60%.

Team Selection Policy

Please refer to the Junior Selection Policy on the Coffs Harbour Surf Club Website.

Trophies & Awards

U6 & U7

All children who attend more than 60% of the season will receive an award.

U8 to U14

The Club gives out a number of awards at the end of the season. To qualify for an award, Nippers need to have attended 60% of the season.

Trophies or Medals are awarded for:

Female Champion Lifesaver Junior (Ages 8 -10)

Male Champion Lifesaver Junior (Ages 8-10)

Female Champion Lifesaver Senior (Ages 11-14)

Male Champion Lifesaver Senior (Ages 11-14)

Kim Bear Award Male & Female from 8's to 10's

Club Junior of the Year Male & Female from 11's to 14's

Rotary Citizenship Award Selected by Committee

Charles Helmbright Award For exceptional volunteer service provided by a parent.

Plus...



Trophies for Age Water and Beach Champions.

Points are accumulated during the season which count towards this award.

Using a clear points system the children are able to see their individual achievements based on positions at carnivals. Different points are awarded for each carnival as the challenge increases.

Club Age Water Champion based on points from individual water events carnivals (does not include board riders).

Male & Female from each age group,

Club Age Beach Champion based on points from individual beach events at carnivals. Male & Female from each age group.

Child Protection Policy

The policy on Child Protection at the Coffs Harbour Junior Surf Club is in accordance with the Child Protection (Prohibited Employment) Act 1998 and the Commission for Children and Young People Act 1998.

This is an important initiative for 'checking' paid and unpaid employees, such as volunteers, who work with children and young people in NSW. These laws help prevent unsuitable people from working with children and young people. This procedure is a significant step towards reducing the risk of children being abused by those entrusted with their care.

These guidelines require all parents/guardians and other volunteers, to sign a PROHIBITED EMPLOYMENT DECLARATION FORM at the beginning of each Junior Surf Club Season. Under the NSW legislation anyone who has not completed the above form will not be able to assist our children. The forms will be available at the commencement of the season and on registration days. The forms (once completed) will be placed in a confidential file in the possession of the Child Protection Officer.

All relevant information will be posted on the club's website www.coffsharbourjsc.asn.au.

Additional Resources:

NSW Surf lifesaving:

<http://www.surflifesaving.com.au>

NSW SLS Members Portal:

<https://sls.com.au/>

Members Portal User Guide

<http://www.surflifesaving.com.au/members/resources/administration/slsa-member-portal-user-guide.pdf>

Coffs Harbour SLSC Website:

<http://coffsharbourslsc.asn.au>

Coffs Harbour SLSC Facebook Page:

<https://www.facebook.com/groups/29740622427/>