

Aldinga Bay Surf Life Saving Club

2018-19 Junior Parents' Handbook

Issue #1 12 September 2018



My heroes aren't the kind that save the world, but they did save my life.

MISSION STATEMENT

To provide a safe, caring environment
where children can develop their surf lifesaving
and competitive skills
whilst enjoying the experience.

PHILOSOPHY

1. That all involved in the club (children, parents and helpers) have the right to enjoy the experience and this enjoyment should not be at the expense of any other member
2. That children should be encouraged to participate and compete to the best of their ability.
3. A child's best is good enough and improvement should be seen as the primary goal. If improvement is seen as a way to win, more children can gain from competition.

Example: A child may come first in a race yet not produce his/her best. A child may have come last yet this may be the first time the child has completed the event. Under certain criteria the child who came first was a winner. If improvement is the primary goal, then the child who completed the course for the first time, yet coming last, also a winner.
4. Children should be encouraged to participate with a high level of sportsmanship. Skills coaching and competition should never promote or tolerate cheating.
5. No child is more important to the Club than another and no child or family deserves preferential treatment over any other. There is only one class of membership.
6. All competition should contain a skill development component. There is no sense in a child practising mistakes. Coaches and helpers should set out to improve a child's skill and knowledge every time he competes.
7. Competition is only part of Junior Activities and should not receive an excessive amount of available time especially at the expense of appropriate lifesaving skills development as outlined in the awards programme.
8. No child should be placed under excessive or unrealistic pressure (by coaches or parents) to perform in competition.
9. Fun (not to be mistaken for fooling around) is a key goal. Every activity should have an enjoyment component.
10. Discipline and correction is based on the philosophy that it is the action that is wrong and that needs modification not the person.

Example: "John, throwing sand is not something Nippers do. Please stop now." Is correcting the inappropriate action. "Stop that, you disruptive little grub" is correction based on personal attack.

*Competitions, Lifesaving Knowledge,
Skills Development and Sportsmanship
In an environment of sun and cooperation*

WHY NIPPERS?

From a Surf Club's point of view, the majority agree the involvement of children in Surf Lifesaving is aimed at learning surf safety and surf skills and of course, increasing Senior membership and Patrol involvement at a later stage. Did you know that 86% of elite Iron Persons have come from Nipper ranks? 83% of children join Nippers because of family involvement or their friends are involved or because they live close by. Children most like making friends, catching waves and swimming. So why do parents encourage children to be in Nippers?

Most parents state:

1. To learn important skills, resuscitation, surf safety.
2. To have fun with other children.
3. To benefit and enjoy surf competitions, teamwork and sportsmanship.
4. To enjoy a fit and healthy lifestyle

NIPPER SAFE

Aldinga Bay SLSC is a Nipper Safe compliant environment and observes strategies to maintain utmost safety for all Nippers at all times.

The Club's Child Safe Officer is:
Mark Tracey 0405 086 945

The following members are currently Club Reporting Officers who have undertaken training from Surf Life Saving South Australia.

Ashley Sanders	0418 823 244
Simon Rothwell	0417 812 619
Ray Tomlinson	0419 840 445
Jodie Pain	0400 997 767

In addition, you may contact the
Child Abuse Report Line (CARL) 131478
Surf Life Saving SA 0419 145-200
(24 Hours)
Police 131444

Any member, including Nippers, who witnesses or are subjected to any incident which they feel is inappropriate or makes them feel uncomfortable in any way should discuss that matter with one of the Club Reporting Officers above.

All parents who provide assistance with Nippers in any capacity, whether mandatory or voluntary, are required to apply for a Police Check Certificate. This will be provided free of charge to surf club members on the condition that the application form is endorsed by the appropriate club representative, who will add the club's Voluntary Organisation Number (VOAN) to the application.

It is the responsibility of the applicant to present the completed application form, along with any required evidence of identity to a participating police station.

Police Check certificates are to be directed to the Club President via the Junior Coordinator, Aldinga Bay SLSC who will record their receipt and send to State Centre for recording on the official "Surf Guard" database.

CLUB CHAPLAIN

Club Chaplains are as follows:
Daniel Scadden 0405 228 649
Kiara Bedford (Youth Chaplain)

DUTY OF CARE

Duty of Care is a principle established in civil law in which one person owes another the duty to take reasonable care for the other's safety and well being.

A Duty of Care is owed to every Aldinga Bay Surf Life Saving Club Nipper by Surf Life Saving South Australia, the Aldinga Bay Surf Life Saving Club and its officials including the Age Group Leaders.

The Duty of Care exists at all times that the Official/Team Member relationship exists e.g. at training, when competing at other clubs beaches, when on camps, in accommodation or travelling.

The test currently used by Courts is that an official must not only avoid potential injury creating activities, but also take such positive measures that are in all circumstances reasonable to prevent injury.

A breach of Duty of Care will occur if an official fails to act in accordance with the standards required in a given circumstance. The standard will vary according to such factors as the age and experience of the Nipper, the nature of the activity, the nature of the environment in which the activity takes place etc.

Officials should be aware of the dangers and risks that are likely to face Nippers involved in an activity and take steps to adequately supervise and minimize those risks.

Following the acceptance of a role as a team official, that official should provide the standard of care expected of a competent leader for that activity. It is expected that an official accepting such a role would observe the standards of safe practice established by community bodies knowledgeable in that activity.

HEAT POLICY

In keeping with the club's duty of care we have a heat policy based around the SLSSA and Sports Medicine Australia guidelines.

If at the Bureau of Meteorology website (www.bom.gov.au) forecasts Saturday's maximum temperature at Noarlunga as;
Greater than 33°C – No Tiny Tot program
Greater than 35°C – Water Activities only
Greater than 37°C – all training cancelled

Decision will be made at 4pm Friday and communicated on the club Facebook page / via text if cancelled.

COST INVOLVED IN BEING A NIPPER

2018/19 Season Junior Membership	\$205 / 1 child + 1 parent \$290 / family (includes 2 parents + dependants living under one roof)
Hi-Vis vest	\$20 (mandatory)
Club Cap	\$15 (mandatory)
Club Bathers	Boys \$35 / Girls \$50
Club Rash Vest	\$50 (long sleeve)
Club Long Sleeved shirt	\$36.00
Broad Brimmed Hat	\$17.50
Surf Education material	Provided by club
Competition	Paid by Competitor

* Clothing pricing is subject to change per supplier cost.

CLUB TRAINING

Training days are the foundation of all junior activity. Whether it is award training, the learning of basic surf skills or training for competition, training days are a time of great activity.

Aldinga Bay Surf Life Saving Club train twice weekly, both at the pool and at the beach as follows

POOL TRAINING

Day: School terms Thursday evening
Time: 6:00pm ~ 7:00pm
Venue: Noarlunga Aquatic Centre

Swim training is conducted under the tutelage of accredited Level 1 coaches. **NOTE:** This is not learn to swim lessons but is swim training designed to improve the swimming skills of proficient swimmers. The minimum requirement to attend this is ability to swim 25m unaided.

This training is voluntary and provided at the club's cost to registered nippers to encourage participation and subsequent improvement in this important surf skill.

BEACH TRAINING

Saturday afternoon (2:00pm ~ 4:00pm, 2-3.30 for tiny tots)
Venue: Aldinga Bay SLSC

All children are encouraged to enter the water and learn basic surf skills. Parental involvement is very important to persuade those children who are not so confident into suitable, safe water based events.

[Nippers is not a child minding service and all parents are expected to attend and assist at every Saturday's beach training session.](#) The minimum requirement for

Water Safety coverage is 1 Bronze/SRC qualified member per 5 children. However, parents who are not proficient with a Bronze Medallion or Surf Rescue Certificate cannot act as water safety but will be welcome to undertake one of the other myriad of tasks required to make the training session successful.

Parents are required to sign their child or children on and off with the age group leader at the start and end of the training session. When signing off, their parent or their pre-arranged nominee must be present and advise the age group leader of their intention to take their child. The child is to remove their cap, thereby indicating that they are no longer in the care of the Surf Life Saving Club.

BEACH TRAINING REQUIREMENTS

ABSLSC mandates "Sun-Smart" protection with each Nipper required to bring the following equipment to the club for each training day.

- Rash top (Club top preferred) to be worn under Hi-Vis vest
- Aldinga Bay Skull Cap
- Bathers (club preferred), no board shorts
- Long sleeved shirt
- Wide brimmed hat
- Swim goggles (optional - recommended)
- Beach Towel
- Drink bottle filled with water. Coke, sports drinks and other soft drinks are not suitable training drinks.
- Sun screen applied

USE AND CARE OF EQUIPMENT

Training and competition equipment is very expensive both to purchase and repair. Nippers are only permitted to use club equipment that is deemed by SLSSA as appropriate to their age group and then only when it is under the agreement and supervision of their age group leader.

U8	Small Foam Boards
U9 & U10	Fin Foam Boards
U11, U12 & U13	Short Fibre Glass Boards
U14	Long Fibreglass Board

Boards should be carried, not dragged. They must be laid fin up on the grassed area adjacent to the patrol deck and washed in fresh water and returned to the board rack at the completion of usage.

Any damage or losses are to be reported to the Age Group Leader as soon as possible.

PARENTAL INVOLVEMENT

Parental involvement is an important value of our club and in particular Nippers.

Age Group Leadership, Assistants, and Fundraising are general activities in all junior sports, however surf lifesaving gives parents the additional opportunity to achieve personal qualifications and goals in addition to supporting their children and contributing to the club in general.

The Nipper program cannot operate as a child care service and requires at least one parent in attendance during Nipper training activities, for personal support and assistance with the running of the program.

Parents as registered financial members, are covered by insurance during all club activities.

Parent members are invited to gain their Surf Rescue Certificate (SRC) or Bronze Medallion to become a Water Safety Officer, of which we need one for every 5 juniors. Only qualified and proficient members are allowed in the water for insurance reasons.

Officials are also needed at carnivals to assist running the events. The qualification is gained by a simple test for rules and practical experience.

Courses for coaching are also available through the SLSSA. Any committee person will assist if you are interested.

Non active awards are also available for Resuscitation, First-Aid, Advanced Resuscitation and Radio Officer.

Aside of formal lifesaving qualifications, parents are also encouraged to actively support or become age group leaders, which in turn can release Bronze medallion holders for water cover.

TINY TOTS U6/U7

Aldinga Bay SLSC conduct a modified U6 / U7 (Tiny Tots) program. Unfortunately with the one on one water cover requirement mandated by Surf Life Saving SA, water based activity will be limited pending resources.

PHILOSOPHY

The key philosophy and emphasis is for nippers to enjoy the experience in the hope that one day they will patrol our beach. When children enjoy their sport, team spirit and friendship translate to success at the competitive level. While everyone enjoys success, we work hard to ensure that it is never at the expense of enjoying their nipper experience.

Our goal is to ensure that by the time the juniors are ready to graduate from Under 14's, they have their Surf Rescue Certificates and a strong desire to continue into senior ranks. We hope that your child enjoys Nippers so much that they and you share our goal. We also believe that the discipline of preparation for the saving of lives will help in the moulding of your child's character.

SURF EDUCATION

Surf Education requires all age groups to undertake preliminary examinations before any training activity occurs.

With the exception of U6/7's all age groups are expected to do the RUN-SWIM-RUN test which will contribute to their Surf Ed. Certificate.

It is part of our "Duty of Care" to ensure that this minimum standard of survival can be met before there is any involvement in junior activity training or competition.

Surf Education is designed to teach children surf safety and prepares them for further learning opportunities in senior Surf Life Saving including Bronze Medallion, Resuscitation and First Aid.

The Surf Education curriculum is described within the Age Managers handbook and is continually assessed by the Age Group Leader. Once all assessment criteria has been met, the candidate's name is forwarded to Surf House formalising the award.

A child that joins the club at an age higher than U8 will be fast tracked through the content of lower level to their current age level.

INSTRUCTIONAL/MANUAL AWARDS

The following preliminary evaluation must be undertaken prior to commencing any junior water activity, training or competition.

Age Group	Survival Float	Swim
Tiny Tots	Aided float	Glide to stand
Under 8	1 min	25 m any stroke
Under 9	1 min	25 m any stroke
Under 10	1:30 min	25 m Freestyle stroke
Under 11	2 mins	50 m Freestyle stroke
Under 12	2 mins	100 m Freestyle stroke
Under 13	3 mins	150 m Freestyle stroke
Under 14	3 mins	200 m Freestyle stroke in less than 5 minutes

To compete in water based competition a Nipper must achieve the following timed ocean swim.

The minimum requirements are:

Age Group	Swim	Time
Tiny Tots	Not applicable	
Under 8	150m	< 12 mins
Under 9	150m	< 12 mins
Under 10	150m	< 11 mins
Under 11	288m	< 12 mins
Under 12	288m	<10 mins
Under 13	288m	< 8 mins
Under14	As per Surf Rescue Cert. Criteria	

Aldinga Bay Surf Life Saving Club will follow the Surf Education Programme as follows:

Age Group	Surf Education Standard
Under 6	Surf Play 1
Under 7	Surf Play 2
Under 8	Surf Aware 1
Under 9	Surf Aware 2
Under 10	Surf Safe 1
Under 11	Surf Safe 2
Under 12	Surf Smart 1
Under 13	Surf Smart 2 + Resuscitation
Under 14	Surf Rescue Certificate

Criteria for nomination for SLSSA Nipper of the Year award are available from SLSSA. Nominations are made by the Junior Committee.

Criteria for ABSLC nipper club awards are based on competency, sporting ability and results, participation and attitude and are agreed by the Junior committee.

COMPETITIONS AND CARNIVALS

Aldinga Bay SLSC encourages participation in competition to achieve and maintain high levels of fitness and for the promotion of the Surf Lifesaving movement.

There are 3 carnivals for season 2018/19 and then STATE TITLES (only nippers who have competed in carnivals can attend State Titles) and any Nipper who wishes to compete will be given every opportunity to do so. SLSSA requires competing nippers to have achieved a minimum competency level in selected events and this will be tested by Age Group Leaders before entering any nipper for carnivals. Hi-Visibility vests & Skull Caps are mandatory.

Date	Event	Venue
18 Nov 18	Jnr Carnival #1	TBA
8 Dec 18	Yth Carnival #1	TBA
13 Jan 19	Jnr & Yth Carnival #2	TBA
10 Feb 19	Jnr Carnival #3	TBA
24 Feb 18	Junior State Day 1	TBA
23 - 24 Mar 18	Junior State Titles Day 2/3	TBA

Dates and locations correct at the time of publication

Junior Carnivals are for U8 – U11. Youth Carnivals are for U12 – U15. Carnivals are all listed on the SLSSA Calendar: <http://www.surflifesavingsa.com.au/calendar-1/>

Nippers are expected to act in a manner becoming a member of Aldinga Bay SLSC and to follow any reasonable instruction from an age group leader or other club official attending that carnival. Information regarding conduct of junior carnivals including detailed description of events is held at the club and is also contained in the Surf Life Saving Competition Manual. The information also includes codes of conduct for fair play, parents, coaches, helpers, players, officials, spectators and administrators

MID COAST CHALLENGE

Saturday 10th November 2018 @ Moana
8.30am - 12.30pm

If you have any questions regarding competitions and carnivals, please discuss them with the Junior Coordinator.

NEW MEMBERSHIPS

Although membership growth is a key objective, the club reserves the right to cap Nipper numbers to ensure our duty of care obligation is met. Existing members will be given first option to renew membership, with new member acceptance considered based on age group numbers and resourcing. Applications may be placed on a waiting list in the interim.

JUNIOR COMMITTEE MANAGEMENT

In accordance with the club's constitution, a Junior Activities committee is formed annually from persons interested in the well being of junior members.

The Annual General Meeting for the election of committee members is held at the ABSLSC club rooms in advance of the club AGM.

The Junior Activities Committee then holds monthly meetings in order to manage affairs specific to junior activities.

Meetings are generally scheduled for 7pm on the first Monday of each month to allow feedback to the Club Committee meeting held on the second Monday of each month.

A notice of meeting will be advertised in the monthly Club Newsletter and on the club notice board.

WELCOME TO ALDINGA BAY SLSC

If you are a new member, welcome to the Aldinga Bay Surf Life Saving Club. And to those members and Nippers who are renewing their memberships, a big thank you for doing so. Please remember we only get out of the club what we put into it.

WHO TO CONTACT WITHIN ALDINGA BAY SLSC

Junior Committee

Co-Coordinator	Mandi Hawkins Romain	0406 464 801
Co-Coordinator	Lilian Fowles	0414 342 933
Secretary	Vacant	
Treasurer	Ruth Dolphin	0407 799 130
Youth Dev Coordinator	Lilian Fowles	0414 342 933
Members	Brenton Neville; Susan Neville; Jodie Pain;	

Board of Management

President	Paul Hibbird	0417 815 287
Vice President	Simon Rothwell	0417 812 619
Secretary	Malcolm Dean	0404405400
Treasurer	Gaynor Holman	0408 842 006
Members Rep Female	Sheryl Rothwell	0414 244 427
Members Rep Male	Dan Pain	0447 602 620
Club Capt	Andrew Meyer	0407 714 910