



Junior Parent Handbook

2015/2016 Season



Welcome To Port Noarlunga Surf Life Saving Club. Please read the following information regarding our nipper training, procedures and policies. If you have any questions please contact one of the people listed on numbers provided in this booklet. We look forward to sharing a fun and successful season with you and your children.

Age Group Managers 2015 – 2016 Season

Under 6 and Under 7 – Sue Williams
Under 8 – Nathan Kuchel
Under 9 – Steve Plowright
Under 10 – Nicole Reid
Under 11 – Mike Corbett and Rob Reid
Under 12 – Ffion Williams and Kirsty McCrackan
Under 13 – Jane O’Sullivan
Under 14 – Russell Thomas

Coaches

Cherie Jentz	Jo Maiden	Shaun O’Sullivan	Suzie Linkie
Luke Jentz	Simon Jeffries	Grant Brown	

Club Reporting Officers

Donna Thomas
Kate Barnes
Shaun O’Sullivan

Child Safety Officer

Luke Jentz

Club Position Holders

Club President – Jarrid Turner
Club Captain – Jamie Rose
Craft Captain – Sam Myatt
Uniforms – Chloe Byrnes and Jo Maiden
Fundraising – Kate Barnes

Contacts at Port Noarlunga Surf Life Saving Club

<u>Junior Chief Instructor</u>	<u>Junior Chairperson</u>	<u>Junior Secretary</u>
Luke Jentz	Donna Thomas	Lisa Kuchel
Ph: 0414 377 824	Ph: 0448 204 610	Ph: 0415 242 248

Our Aim

Here at Port Noarlunga we are dedicated to providing a duty of care to each and every nipper. We encourage all of our nippers to be surf aware so they are able to enjoy the beach in the safest way. We do this by making nippers a fun activity that allows the children to learn about and enjoy our environment. We want all of our children to be confident and have the ability to enjoy our wonderful ocean without fear so they can have fun and stay safe.

Training Times

We train every Saturday afternoon during the season.

Start Time: 1:15pm

Finish Time: 3:30pm

Please Note: The U/6 and U/7 age groups train for the first hour only and finish at approximately 2:30pm.

Pool Endurance Swimming – Tuesday night 6:00pm – 7:00pm.
(At Noarlunga Leisure Centre all year round. Open to all age groups. Pool admission is required).

What to bring on Saturdays

The following items need to be brought to training every week.

- Bathers
- Rash vest or protective top
- Wide brim hat
- Sunscreen SPF 30 or higher (water resistant)
- Goggles (optional)
- Towel
- Water bottle – filled only with water
- Hi-vis vest
- Cap

Please ensure all clothing and belongings are labelled.

All children need to be ready every Saturday by 1:15pm and be sitting in their relevant age group. This gives us time to gather as a big group and for the Junior Chief Instructor to give a brief welcome and deliver any important news or events that may be coming up.

All juniors will be responsible for carrying, returning, washing and packing away all boards that have been used on the day.

**Please note it is mandatory for parents or guardians to remain on the beach with their child in case of injury or emergency.

Additional Training for Competitions

Any child in age groups U/9's through to U/14's have the opportunity to compete at Competitions throughout the season. (See proficiency requirements).

We offer additional training for these children throughout the week to further their skills.

Board Training – Sunday 10:00am - 11:00am.

Pool Endurance Swimming – Tuesday night 6:00pm – 7:00pm.

(At Noarlunga Leisure Centre all year round. Open to all age groups. Pool admission is required).

Iron Person Training – Thursday 6:00pm – 7:00pm.

Running Training – Friday 5:30pm – 6:30pm.

Hot Weather Policy

Please watch the Friday night evening forecast on Channel 7 News.

If the weather is forecast to be 38 degrees or higher our Saturday training time will be modified and primarily water based.

Start Time: 9:15am

Finish Time: 11:30am

The decision to modify and/or cancel a carnival is at the discretion of the carnival referee on the day.

Inclement Weather Policy

Inclement weather shall be deemed as low temperatures, high winds and high seas.

The junior training program will be modified and depending on the conditions (in adopting our duty of care) may be cancelled. This decision will be made by our Junior Chief Instructor.

Parent Involvement

We invite and encourage all parents to participate and share the experiences of nipper activities with their children. Involvement within other aspects of the club is also welcomed. Parent membership is encouraged and is vital for the operational success of the club.

You can help by:

- **Setting up the beach before training.** You can be of great help by arriving 30 minutes early to offer assistance.
- **Washing off boards** or helping to **pack up the beach equipment** at the end of training.
- **Assist the Age Group Manager** during training.
- Assist with **Fundraising** activities.
- Volunteer to help with the **BBQ**.

The assistance by parents is definitely welcome at Port Noarlunga!

Swimming Policy

Swimming is a big part of Surf Life Saving however we are not a 'learn to swim' program. Unfortunately we do not have the resources to provide swimming instruction for those children who are unable to swim. Minimum survival skills (refer to Preliminary Skills Assessment) will be required to be displayed before any aquatic activities can be undertaken.

Endurance and conditioning swim training is available for all junior members on Tuesday nights at Noarlunga Leisure Centre. **Please note this is not a swimming lesson with a qualified instructor.** The requirement to take part in this training is the completion of the Preliminary Skills Assessment.

The pool entrance fee will need to be paid at the pool for each session attended. We encourage all parents to obtain 'qualified swimming tuition' for their children to ensure the above standard is met.

We do recognise that swimming in the sea is a new experience for many kids. The role of the Surf Life Saving Club and the Age Group Managers is to encourage kids and to help develop their confidence and skills as well as provide surf education.

Preliminary Skills Assessment

Every junior member is required to participate in this evaluation prior to commencing any water activity, training or competition. It includes a swim and a float that is progressively increased by each age group.

Competition Evaluation Ocean Timed Swim

Every junior member who wishes to compete in water events at recognised carnivals must complete this assessment. (Not including wade events).

Surf Education Awards

The Junior Development Program pathways knowledge and skills learning outcome through lessons that are tailored to each of the age groups; ensuring the content is relevant and in-line with lifesaving and surf sports most up to date training standards. For more information please head to the Surf Life Saving South Australia Website.

Age groups are determined by a child's age on the 30th September each year. (ie: If you are 9 on the 30th September, you are in the U/10 age group).

Surf Life Saving SA Junior Award Summary Table

Age Group	Preliminary Skills Assessment	Competition Evaluation: Ocean Timed Swim	Surf Education Awards
Under 6	Nil Shallow water activities only	Not applicable	Surf Play 1
Under 7	Nil Shallow water activities only	Not applicable	Surf Play 2
Under 8	25 metre swim (any stroke) 1 min survival float	Not Applicable	Surf Aware 1
Under 9	25 metre swim (any stroke) 1 min survival float	150m ocean swim within 12 minutes	Surf Aware 2
Under 10	25 metre swim (freestyle) 1 ½ minute survival float	150m ocean swim within 11 minutes	Surf Safe 1
Under 11	50 metre swim (freestyle) 2 minute survival float	288m ocean swim within 12 minutes	Surf Safe 2
Under 12	100 metre swim (freestyle) 2 minute survival float	288m ocean swim within 10 minutes	Surf Smart 1
Under 13	150 metre swim (freestyle) 3 minute survival float	288m ocean swim within 8 minutes	Surf Smart 2
Under 14	200 metre swim (freestyle in less than 5 minutes) 3 minute survival float	288m ocean swim within 8 minutes	Surf Rescue Certificate

Uniform and Heat Policy

Club clothing is available for purchase through our Uniform Shop. Club bathers, rash vests, hats and more can be purchased. For further information and pricing please email pnuniforms@outlook.com.au

All kids are required to be 'Sun Smart' during training. This includes hats, sunscreen SPF 30 or higher (water resistant), rash vests or tops.

Port Noarlunga Surf Life Saving Club recognises Surf Life Saving SA's Sun Smart Policy and Sports Medicine Australia's Safety Guidelines for children in sport and recreation.

Club Craft – Junior Equipment

- You must be a financial member.
- Only foam nipper boards are to be used at trainings on Saturdays.
- If you wish to use a board outside of nippers training please have the courtesy to ask a member and only use the foam nipper boards.
- NO boards are to be taken home.
- Please ensure that the board you have used gets washed down after use and returned to the rack in which you got it from.
- Report any damages to the Gear Steward, your Age Group Manager, the Junior Chief Instructor or a Committee Member as soon as possible.
- There will be some space available for private craft, however it is a first in best dressed deal. No craft outside of nipper boards are permitted.
- For those nippers who have mals, you will need to talk to the Craft Captain and ask about availability of storage.
- There is to be no dragging of any boards. They are to be carried at all times.

Age Group Managers

All age groups will be allocated an Age Group Manger. They are parents or interested members, who have volunteered to manage the age group. They are responsible for the co-ordination of activities on Saturdays along with overseeing event entries and activities at Sunday Carnivals.

- Current registered member of Port Noarlunga Surf Life Saving Club.
- Completed the South Australian Police check.
- Be a minimum age of 16 years old.
- Hold a current Bronze Medallion (desirable).
- Have completed Age Group Managers Course.

Medical Conditions

Please ensure all relevant health information has been supplied at time of registration. All medical conditions and any special requirements for a junior participant must be brought to the attention of their Age Group Manager prior to undertaking activities.

Insurance

All members who sign The Surf Life Saving Australia membership form and pay the clubs designated fees are insured under Surf Life Saving SA's Policy. This includes participation in club training and competing at sanctioned Surf Life Saving SA Events.

For further details please contact Surf Life Saving SA by phone on 8354 6900 or head over to their website www.surflifesavingsa.com.au

Responsibilities of Parents

A parent is required to be in attendance throughout the duration of all training programs.

Exception to this rule: Where a parent(s) is involved as an Age Group Manager with another group, is on General Life Saving Patrol or is performing another active member role.

All parents need to 'sign in' their child/ren at the beginning of training with their Age Group Manager. Please ensure at the end of training you 'sign out' your child/ren before leaving the club. This helps us to keep track of all children during training.

HipChat – An Exciting New Way to Communicate

We are trying a new and exciting way to communicate with all of our junior parents and members. If you wish to join HipChat please go through the steps below.

1. Go to www.hipchat.com
2. Enter your name and e-mail address.
3. Enter team name. Our team name is – Pnslsc
4. Once all details have been entered correctly you will receive a reply email so you can create a log-in.
5. Download the HipChat app via Play Store, iTunes or via the HipChat website.
6. Join any chat room within the club to receive information.

Club Reporting Officers

Port Noarlunga Surf Life Saving Club has members trained as Club Reporting Officers (CRO's) for the Nipper Safe Program. They are trained to recognise behaviours and have the resources and knowledge to assist others through any reporting process.

Any registered member of Surf Life Saving SA can be trained to be a CRO. Please register any interest with Surf Life Saving SA.

Child Safety Officer

Port Noarlunga Surf Life Saving Clubs Child Safety Officers role is to educate and promote awareness.

They may provide training, distribute or promote the Child Safe Policy, assess risks to child safety and ensure all volunteers have undertaken the correct screening according to the legislation.

Nipper Safe

Nipper Safe is a Member Protection Strategy developed by collaboration between the South Australian Police and Surf Life Saving South Australia, with support from Children Family and Youth Services, the Sexual Offender Treatment and Assessment Program and the Office for Recreation and Sport. It has a very simple objective – To reinforce Surf Life Saving Nippers as a safe and positive environment for children to learn and develop.

Competition, Carnivals and State Titles

Informal Competition

This is encouraged each week during Saturday Training. All junior members will be encouraged to do their best and develop to their full potential whilst having fun.

Formal Competition

This will be encouraged for children in the U/9 – U/14 age groups through inter-club carnivals. Carnivals are a great way for nippers to practice their skills in a friendly atmosphere but are not compulsory.

Carnival Days

On carnival days all junior competitors need to report to their Age Group Managers at the Port Noarlunga Tent by 7:30am. Events start at 8:00am.

Children are to remain with their Age Group Managers during carnivals as they are responsible for the children during events. Parental assistance carrying towels, water bottles etc. is necessary and invaluable.

All children are required to wear a long sleeve top when not competing.

State Titles

State Titles are held late February or early to mid-March each year at the end of the season. All children are encouraged to compete at the State Titles.

There is an expectation that a junior member will attend 2 carnivals prior to attending the Junior State Qualifying Titles immediately preceding the Junior State Titles.

Competitors Code of Conduct

- Play by the rules and never argue with an official. If you disagree it is your Age Group Manager who needs to approach the Official after the Competition.
- Work hard for yourself and your team.
- Be a good sport. Applaud all good performances regardless of the club the person is from.
- Treat all participants as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Participate for your own enjoyment and most importantly have fun!!

Parents Code of Conduct

- Encourage your child/ren to participate – do not force them.
- Focus on your child/ren's efforts rather than winning or losing.
- Encourage them to participate in accordance with the rules.
- Never ridicule or yell at a child for making a mistake or for coming last.
- Remember children learn from example. Applaud all efforts by all participants.
- Respect Officials' decisions and teach your children to do likewise.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Show your appreciation towards Age Group Managers, Coaches, Officials and Administrators. Without them your child could not participate.

For full information on Policies and Code of Conduct please visit the SLSSA website.

Resources

Websites

Port Noarlunga Surf Life Saving Club www.pnslsc.com.au
Surf Life Saving SA www.surflifesavingsa.com.au
www.surfrescue.com.au
Surf Life Saving Australia www.slsa.asn.au

Contacts

Surf Life Saving SA
Phone: (08) 8354 6900
Fax: (08) 8354 6999
Address: 2 Barcoo Road
WEST BEACH SA 5024
Post: PO Box 117
WEST BEACH SA 5024
Email:
surflifesaving@surfrescue.com.au

Surf Life Saving Australia
Phone: (02) 9215 8000
Fax: (02) 9215 8180
Address: 789 Botany Road
ROSEBERY NSW 2018
Post: Locked Bag 1010
ROSEBERY NSW 2018
Email: info@slsa.asn.au