



**UMINA SLSC**

**SENIOR & MASTER'S**

**INFORMATION BOOKLET**

**2015-2016**

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Club Newsletter Emailed / Website  
 Or Posted If Requested.

Club colours:

Umina's Club colours are Black, Blue & White.



There is a great range of Club merchandise available to purchase so please view our web site for details.

# Welcome to all Seniors and Masters here at Umina SLSC

## Introduction:

Welcome to Umina Beach Surf Life Saving Club, we hope your time with us is enjoyable and that you reap many rewards through your involvement with this volunteer organisation that provides such a valuable community service.

This booklet is a brief guide to introduce new members to our surf Club and also re affirm information to our existing members. Any information given is correct at the time of publication but should be checked for updates periodically.

## Vision

Create opportunities for our members to develop as people, as surf lifesavers and support the Club's development as a community service.

## Mission

To combine the best of tradition and innovation in Australian Surf Lifesaving, faithful to our core values of maintaining a safe beach and aquatic environment.

## Values

- Accepting our role as a leader in surf lifesaving and education services
- Operating with integrity, equality and accountability
- Development of our members
- High standards of management
- Innovatively and constantly improving our services
- Responding to the needs of our members and community
- Promoting a team environment

## **MAYBE YOU WOULD LIKE TO BECOME ONE OF THE FOLLOWING;**

- PATROLLING LIFESAVER OR PATROL CAPTAIN
- EXECUTIVE COMMITTEE
- TRAINING OFFICER / EXAMINER
- COACH
- CARNIVAL OFFICIAL
- AGE MANAGER OR ASSISTANT
- PARENT HELPER OR SOCIAL MEMBER
- LEARN NEW SKILLS
- HELP OTHERS AND GIVE SOMETHING BACK
- MAKE NEW FRIENDS
- EXPLORE CAREER OPPORTUNITIES
- FEEL NEEDED, APPRECIATED AND USEFUL
- GAIN A NEW DIRECTION IN LIFE
- HAVE FUN!
- COMMIT TO THE CLUB OR CAUSE
- UTILISE EXISTING SKILLS
- KEEP ACTIVE AND HEALTHY
- SUPPORT FAMILY AND FRIENDS WHO ARE INVOLVED
- FURTHER THEIR INTEREST OR PASSION IN SPORT

## **MEMBERSHIP**

Umina Surf Club members all volunteer for different reasons and fulfil a multitude of roles within the Club. While many Club members are active Patrolling lifesavers, there are also opportunities in administration and other service roles for those that cannot complete the practical requirements of active lifesaving.

The base level of all involvement in the Club is to be an **active patrolling** lifesaver. To be an active member you need to:

1. Obtain your Surf Rescue Certificate (13-14yrs) or Bronze Medallion (15yrs+) or other accredited SLSA Awards
2. Pay your annual membership Club fees via Members Portal
3. Do your minimum patrol requirements and successfully complete the an annual proficiency test

## CATEGORIES OF MEMBERSHIP

- **Junior Activities U6 / U7 & U8 to U14 (Nippers) Membership** must be 5-14yrs. Nippers participate in games, activities, education and competition to teach and enhance vital lifesaving skills. The U6 & U7 age group do not do competition with other Clubs.
- **Cadet Membership** – A Cadet Member shall be a member of the age qualifications as defined by SLSA, and who has obtained their Surf Rescue Certificate, or has passed an annual proficiency test.
- **Active Membership** – Shall be a Member of the age qualification as defined in the Association manuals and who has obtained the Bronze medallion. Shall qualify in an annual proficiency test unless the member has obtained their Bronze Medallion in that Season. Active members shall perform patrols and lifesaving duties in accordance with Association regulations.
- **Probationary Membership** - The category for the time between applying for membership and gaining an award (e.g. Bronze) and/or the granting of a formal category of membership by the Club executive.
- **Active Reserve Membership** - A category reserved for members who have satisfactorily completed 10 years of patrols and service with our Club or another affiliated Club. An application to the Executive must be made and endorsed to be awarded this membership category.
- **Long Service** - Granted to members who have performed ten years Active Service or eight years Active Service plus four years Reserve Active Service.
- **Award Membership** – May be granted to members who have achieved certain SLSA awards and may be called upon to perform patrol and/or other Club obligations within the scope of their awards.
- **Associate Membership** - Persons over the age of 30 who may or may not have a SLSA award. They are unable to vote at meetings unless they hold a Position on the Management Committee.
- **Life Membership** - Granted for distinguished service to Umina Surf Lifesaving Club.

- **Parent/ General Membership** - It is compulsory for any parent of a Nipper to become a member as a General Member or any of the above listed. They are unable to vote at meetings unless they hold a Position on the Management Committee.

## **INITIAL JOINING OR RENEWING MEMBERSHIP**

To **JOIN for the first time** each new member MUST login to:

**<https://join.sls.com.au/> and follow the prompts**

To **RENEW** each member MUST login to:

**<https://portal.sls.com.au/> and go to Lifesaving online link**

\* Please remember to renew membership first before going to the **Payment Gateway which has all prices and payment options.**

**IMPORTANT:** You can also create a family group by clicking on the MY FAMILY tab in the Members Portal. You can then renew each member at the same time as the primary member. Membership Forms and Insurance are now signed electronically via Members Portal.

- **Volunteer Working with Children / Child Protection Forms**, this is a requirement by law that all those who come in contact with children have to physically sign this form which includes any Under 14 upwards.
- For those transferring from another Club, your membership will be entered into a national computer members register and a transfer will either be endorsed or not endorsed by the losing Club and SLSCC Branch office . This is generated by the Club Registrar.

## **CODE OF CONDUCT & BEHAVIOUR**

Umina Beach Surf Life Saving Club endorses the Code of Conduct and Member Protection Policy as stated by Surf Life Saving Australia and is committed to the health, safety and well-being of all our members. Umina encourages all our members to respect the rights, dignity and worth of all others, and to be fair, considerate and honest.

- i. Respect the rights, dignity and worth of others.
- ii. Be fair, considerate and honest in all dealings with others.
- iii. Be professional in, and accept responsibility for, your actions.

- iv. Make a commitment to providing quality service. Be a positive role model
- v. Use facilities and equipment for their proper purpose, and care for and maintain these facilities and equipment correctly.
- vi. Refrain from anything that may abuse, intimidate or harass others.
- vii. Preserve and protect the standing and reputation of the association.
- viii. Be aware of, and maintain an uncompromising adherence to, SLSA standards, rules, regulations and policies.
- ix. Understand the possible consequences if you breach SLSA's Member Protection Policy or Code of Conduct.

NB: For complete and updated copies of all of SLSA's policies visit; [www.slsa.asn.au](http://www.slsa.asn.au)

## **ANNUAL GENERAL MEETING**

The Annual General Meeting is held annually usually in June, where Office Bearers for the forth coming season are elected. Please note that only financial members for the forthcoming season are eligible to vote or nominate for a position. Written nominations must be received 1 week prior to the AGM. Only positions that have not received a written nomination for can be filled from the floor.

All Members are encouraged to attend the AGM to elect those people who are going to represent their interests. Only certain categories of member are allowed to vote (see membership). Members

## **INSURANCE**

Financial Members are insured under the Policies negotiated by SLSA and SLSNSW. Each Member, in order to remain insured, must sign the SLSA Membership Declaration electronically whilst registering online thru Members Portal. The Club pays an annual capitation fee per member to contribute to the cost of this insurance.

Members are required to report all incidents and accidents by completing an Incident Report Log and handing it to the Patrol Captain on duty or the Office Staff. If the incident involves a Member of the Club, additional Work Cover forms may also be required for that Member to receive any compensation payouts.

## COMMUNICATION

The Club has numerous channels of communication with its members:

**E-Mail** - Much of our information to members is done via email. It is your responsibility to make the Club aware of your current email address and notify them if it changes. The Club's primary email address is [uminaslsc@aonet.com](mailto:uminaslsc@aonet.com)

**Newsletter** - Our newsletter is published regularly via email and is available on the Club website and noticeboard.

**Website** - The Club's website, [uminaslsc.org.au](http://uminaslsc.org.au) is a useful resource to members and is always evolving. You can submit items to be added to the website by sending them to <mailto:Admin@Uminaslsc.org.au>

**Notice Boards** – Located in the patrol room, downstairs in the main equipment storage area or outside Blackboard Notice board near the First Aid Room.

**SMS alerts** – Will be used for last minute changes and updates as required.

## LIFESAVING & SURF PATROL

The primary role of any Surf Life Saving Club is the protection of the surfing public, and to save lives. The lifesaving duties of a Club are carried out by surf patrols, consisting mostly of Active Members.



Patrol dates and hours are set down by Surf Life Saving Central Coast and the traditional patrolling season is from the school holidays in September through to the ANZAC Day weekend in April. Patrols are rostered every Saturday, Sunday and Public Holidays throughout this period. Subject to change.

## CLUB CAPTAIN / THE DIRECTOR OF LIFESAVING.

Their role is to coordinate and oversee all lifesaving responsibilities of the Club, including patrol rostering, proficiencies and record of attendance.



## PATROL UNIFORM

As a member of Umina I SLSC you should take pride in the uniform which you wear. The official uniform is **NOT** optional, for OH&S, visibility and professional standards reasons, and includes

- **Patrol Cap** (red and yellow quartered, you must bring your own to every patrol)
- **Patrol Shirt** (yellow) and **Patrol Shorts** (red) –• **Swimmers** (preferably Club costume), **hat & sunglasses** .Please do not wear casual clothes on patrol.

## RESPONSIBILITIES AND BEHAVIOUR WHILST ON PATROL

All patrol members must (legibly) sign on and off patrol in the patrol log. All log books are legal records.



Duties while on patrol include constant surveillance of the beach from “Kiddies corner” Caravan park area (Roving patrol) in the south to Ocean Beach SLSC in the north, prevention of potential dangers to the beach going public, treatment of any injured person, provision of public information, maintenance of equipment and any other duties deemed necessary by your patrol captain and vice-captain.

You are constantly under the scrutiny of the public, and they expect an extremely high standard. Please be aware of your language, actions and general behaviour at all times.

## DUTY OF CARE / PUBLIC LIABILITY

All Members have a duty of care for the public and fellow Club members. Public Liability Insurance is cover which is available if a member of the public or a Surf Life Saving Club member takes legal action (civil) for alleged negligence against SLSA or its members – including all financial Umina Members.

If Members follow safety and precautionary measures set by SLSA, use SLSA approved equipment and remain vigilant the need for public liability insurance will be minimised. Any Member acting in a manner that constitutes wilful misconduct or wilful negligence may not be covered by insurance and could be personally liable for any loss or damage resulting from his/her actions.

## PATROL OBLIGATIONS

All Active / Reserve / Long Service members – without exception are required to meet their patrol requirements as rostered by the Club. Every patrolling member is also required to perform an annual proficiency test in order to refresh and refine

## PATROL ABSENCE

If you cannot make a rostered patrol, you should try and do a swap with a member of another patrol. This is called a patrol substitution and to obtain 100% patrol attendance you must do the makeup patrol for the other person.

If you cannot find another member to swap with, notify your patrol **Captain BEFORE** the patrol that you will not be in attendance. This is vital for those who hold specialist qualifications such as IRB driver as we need a certain level of qualified members on the beach for patrol.

## 100% PATROL ATTENDANCE

Patrolling Members who attend every rostered patrol (or have an organised substitute can make up the hours) may be recognised with a 100% attendance award at the Annual end of season awards. To gain 100% attendance, a Member must be on patrol from the start of rostered patrol to the finish of the designated time.

Information from SLSA Competition Handbook.

## **PATROL HOUR OBLIGATIONS TO COMPETE AT BRANCH - STATE AND NATIONAL CHAMPIONSHIPS**

To be eligible to compete, a member needs to be of the membership categories as per the current SLSA Competition Handbook.

Policy 5.4 SLSA and on Umina SLSC Website.

## **PROFICIENCY**

All proficiencies shall be completed by 31<sup>st</sup> December of the calendar year and shall be conducted as per the SLSNSW Standard Operating Procedures Proficiency Policy. “ SOPS” Please discuss any proficiency concerns with your Patrol Captain. Trainers, Assessors and Facilitators will need to be current endorsed members if they are allocated to assist with proficiency tests.

## **WATER SAFETY OFFICERS**

To act as a Water Safety Officer, a minimum proficiency must be completed in:

- Certificate II in Aquatic Water Safety - Bronze Medallion or SRC
- You must wear correct water safety cap and sign water safety log book start/ finish times.

We are always needing water safety volunteers for our local days, training and also at junior carnivals.

Each age group would be expected to support this when they attend a carnival. If you have helped with water safety at any of the carnivals please refer this back to your Club captain so that he/she can document this in the log books which are then entered into a computer data base for end of season hours.

## **EDUCATION & TRAINING**

### **The Director of Education or Chief Training Officer CTO**

To recruit, develop and manage the training department.

Their primary role is to coordinate and oversee all Surf education instruction, assess Lifesaving needs and implement training programs at Club level.

## **TRAINING OFFICERS AND ASSESSORS**

Training Officers instruct Club groups gaining awards, from Nipper Surf Education, Bronze, Advanced Resuscitation and IRB awards. Assessors not only train squads, but also to conduct examinations and assess whether or not candidates are competent to gain an award most assessors are competent trainers. The Club is always in need of more Training Officers and Assessors. If you are interested, please contact the Director of Education.

## **AWARDS**

As part of the Surf Life Saving Movement, various awards and qualifications are available for you to undertake, and we encourage all our members to achieve these awards. Members may choose to do aquatic awards and become lifesavers or do "Dry Land" awards and join patrols as Radio Operators, First Aid etc. The following awards are offered through the Chief Training Officers. Branch course attendance once approved is booked through our Office.

## **SURF RESCUE CERTIFICATE (SRC) LIFESAVING CERTIFICATE**

For children aged 13 & 14yrs. The Surf Rescue Certificate (SRC) is a preliminary award that enables young teenagers to gain the taste for surf lifesaving with the learning of surf awareness, surf safety, rescue techniques, basic first aid and resuscitation skills. Upon gaining this award they can become part of a patrol team to further their learning until they reach the age to gain their Bronze Medallion.

## **RADIO - PATROL MEMBER**

This course provides the training to be a Radio Operator on Patrol. You do not have to have your Bronze Medallion to gain this award.

## **BRONZE MEDALLION –**

### **CERTIFICATE II IN PUBLIC SAFETY (AQUATIC) - LIFESAVING**

The Bronze Medallion is the minimum requirement for a surf lifesaver. This award is open to all members over the age of 15 upwards and involves training in surf awareness, survival, patrol and rescue procedures, emergency care as well as anatomy and physiology.

The Bronze Medallion is officially recognised as a Certificate II – Public Safety (Aquatic Rescue).

A reasonable level of fitness and swimming ability is required as candidates will be involved in simulated ocean rescues using various types of rescue equipment. Qualified instructors will train you to the level of a proficient lifesaver. All you have to do is have the right attitude and commitment to training.

Most courses have duration 8 weeks and involve both theory and practical sessions, with an examination at the conclusion. On successful completion of the training, workbook, and exam and on the job training, participants will receive their Bronze Medallions.

## **SPINAL MANAGEMENT CERTIFICATE**

This is a Branch facilitated course and is booked through our Club Office. This course deals with both dry land and aquatic spinal management techniques. Check our website for further details

## **ATV OPERATOR – PATROL MEMBER**

### **PRE-REQUISITES**

- Candidates must meet ALL of the following conditions:
- Be at least 17 years of age on the date of final assessment
- Hold a current and valid state driver's license
- Be currently proficient in at least one other surf award

## **APPLY FIRST AID FORMALLY SENIOR FIRST AID**

### **PATROL MEMBER**

The Senior First Aid (SFA) course is conducted in a similar fashion to popular first aid training organisations such as St Johns Ambulance or Medi-Life. You must be 15 years or older to complete this award, which is Work cover Approved and valid for 3 years.

## **ADVANCED RESUSCITATION TECHNIQUES CERTIFICATE (ARTC)**

### **PATROL MEMBER**

An award for persons 15 years and over, the Advanced Resuscitation Techniques Certificate (ARTC) teaches new skills including the addition of oxy-viva air bag resuscitation and spinal brace usage. It requires precision and effective use of patient assessment, EAR, CPR and oxygen equipment usage as the main requirements.

1. **Resuscitation**
  2. **Oxy Viva Operation**
  3. **Oropharyngeal Airways**
  4. **Defibrillation.**
  5. **Suction**
- The use of hand held suction apparatus for the removal of fluids from the mouth.

## **SILVER MEDALLION – IRB DRIVER LIFESAVING RESTRICTED**

An award for persons 17 years and over, qualifying a person to drive the Inflatable Rescue Boat for lifesaving, training and competition, carry out IRB water safety duties and to effect rescues when required.

Training may commence from 16 years of age.

## **IRB CREWPERSON – LIFESAVING RESTRICTED**

An award for persons 15 years and over which qualifies a Member to crew or 'ride' in the Inflatable Rescue Boat (IRB). No member is permitted in an IRB unless they have gained this award, which we encourage everyone to gain.



## **RESCUE WATER CRAFT – (RWC) LIFESAVING RESTRICTED**

This is a Branch run course with a selection process.

## **SILVER MEDALLION – BASIC BEACH MANAGEMENT PATROL CAPTAIN – LIFESAVING**

This award is for those Members who have the responsibility of Patrol Captain or Patrol Vice Captain, or who aspire to those positions. It teaches the requirements and responsibilities of their positions and develops leadership and delegation skills.

## **SILVER MEDALLION – ADVANCED EMERGENCY CARE PATROL MEMBER**

Candidates must be 17 years of age. This award furthers the knowledge and skills of the Advanced Resuscitation and Senior First aid courses to allow the recipient to be more equipped to deal with major trauma, especially as a leader in a team situation.

## **GOLD MEDALLION – LIFESAVING**

Candidates must be 17 years of age. This is the highest lifesaving award that can be gained through training and assessment, for candidates 18 years of age and over. This award requires the person to hold a number of other SLSA awards before attempting (Bronze and Silver Medallions) and is the pinnacle lifesaving award for the exceptional lifesaver.

**All the prerequisites for the above awards are available to view on the Umina SLSC website under Training.**

## **COURSES**

All courses must be booked through our Course / Awards co-ordinator. **NO** member is to book directly with the Branch or State office for any courses.

A list of courses are on our web site – if you wish to do a Life Saving related course and are unsure of the requirements (information on web site) please check with our Chief Training Officer or course co-ordinator.

Contacts at back of booklet.

You must be a current financial member to be able to attend these. Failure to notify of withdrawal from course without sufficient notice may incur cost of course fee as deemed by SLSCC or SLSNSW.

## **SURF SPORTS COMPETITION**

Surf Sports competition is an exciting part of being involved in the Club. As well as being fun and building up relationships with other members surf sports aims to prepare lifesavers for their roles in saving lives, enhancing fitness and skills relevant to saving lives.

As a general rule, any member that wishes to participate in competition must have gained their Bronze Medallion and be proficient.

### **PATROL HOURS OBLIGATIONS FOR COMPETITION**

All members who wish to compete at any carnivals must be financial, proficient and carry out their rostered patrol duties for their Club. The SLSA minimum number of patrol hours for an active member is 25 hours for the preceding calendar year. The minimum requirement for an Active Reserve must not be less than 12 hours. It is expected that Umina members will complete or obtain substitutes for 100% of their patrols. They are to advise their patrol Captain of any absentee

### **HIGH VISIBILITY RASH VESTS**

It is compulsory by SLSA the wearing of a High Visibility **PINK** Vest for all Water Based Competition. Central Coast Surf Policy is

#### **NO VEST – NO COMPETITION**

Umina Surf Life Saving Club Policy will be: Vest is to be worn in

- All Water Based Competition
  - All Water Based Training Sessions
  - All Water Based Senior / Masters Events incl. Point Score
- Umina Surf Life Saving Club will provide one vest per competitor for the season. If a second vest is required this can be purchased from our Uniform Department



## **PATROL REQUIREMENTS ELIGIBILITY TO COMPETE**

Joining after 1st January, 2015, and prior to the closing date of entries must fulfill a minimum of four (4) hours patrolling.

Members joining or returning during the period of 1st January 2015 to 31st December 2015 are required to complete patrol hours in accordance with the following table:

Joining or returning during 2015	Min. Patrol Hour Requirement Active & Under 15	Min. Patrol Hour required Active Reserve
January, 2015	25	12
February, 2015	24	12
March, 2015	20	12
April - September, 2015	16	8
October, 2015	12	8
November, 2015	8	4
December, 2015	4	4

If Clubs have in their respective Constitutions, Rules and By-Laws a requirement that members who are in default of a specific number of patrol hours are suspended from Club privileges and activities, then that Club requirement must be applied to members being entered in the New South Wales Surf Life Saving Championships. Penalty patrol hours shall not be used as personal patrol hours for competition purposes.

## **AGE CATEGORIES FOR COMPETITION**

### **UNDER 15 YEARS**



Members shall be eligible to contest the Under 15 age category after attaining the age of 14 years provided they are proficient Surf Rescue Certificate awardees. U14 whom have gained their SRC Award are also eligible to compete in the Under 15's Age Group.

### **UNDER 17 YEARS**

Members shall be eligible to contest the Under 17 age category after attaining the age of 15 years (as at 30 September) provided they are proficient Bronze Medallion awardees.

**Note:** No Member is permitted to compete in Surf Boat competition until reaching the age of 16 years. For participation in Boat events refer Section 5. For participation in Surf Ski events refer Section 6. For participation in March Past events refer Section 10.

### **UNDER 19 YEARS**

Members shall be eligible to contest the Under 19 age category after attaining the age of 17 years (as at 30 September) and providing they are proficient SLSA Bronze Medallion awardees.

For participation in Boat events refer Section 5. For participation in March Past events refer Section 10.

### **UNDER 21 YEARS**

Members shall be eligible to contest the Under 21 age category events after attaining the age of 19 years (as at 30 September) and providing they are proficient SLSA Bronze Medallion awardees.

For participation in Boat events refer Section 5. For participation in the March Past events refer Section 10.

### **UNDER 23 YEARS**

Members shall be eligible to contest the Under 23 age category events after attaining the age of 21 years (as at 30 September) and providing they are proficient SLSA Bronze Medallion awardees.

For participation in Boat events refer Section 5. For participation in March Past events refer Section 10.

### **OVER 24 YEARS**

Members shall be eligible to contest the Over 24 Years age category after attaining the age of 24 years (as at 30 September) and providing they are proficient SLSA Bronze Medallion awardees.

### **OPEN**

Members of SLSA who are proficient Bronze Medallion awardees may contest open events. For participation in Boat events refer competition manual SLSA 33<sup>rd</sup> edition. .

## SENIOR

Where such an event is considered desirable, SLSA may conduct Senior Events in which only proficient Bronze Medallion awardees over the age of 19 years shall compete i.e. Under 19 and/or Under 17 and/or Under 15 year old Members shall not be allowed to compete in such events.

## MASTERS (30 YEARS PLUS)



(a) Members shall be eligible to contest Over 30 years events provided they have attained the age of 30 years and are proficient SLSA Bronze Medallion awardees and have met the patrol requirements for their membership category.

(b) Age categories for the conduct of individual and team events are determined as at midnight 30 September each season.

(c) In Masters Events boat sweep oarsmen do not need to be Masters Competitors, but must be proficient SLSA Bronze Medallion Members and may compete in multiple Masters Age categories as the sweep oarsman.

## COMPETITIVE DISCIPLINES.

- **Beach-** The beach events include beach sprints, flags & relays.
- **Board & Ski** - The board & ski events are referred to as craft events. There are many variations of board & ski events including male or female, mixed, singles or double, rescue events and a multitude of relays including board riding (surfing).
- **Inflatable Rescue Boat (IRB)** – the main focus of IRB racing is to improve the abilities of IRB drivers and crew members.
- **Lifesaving** – An important part of competition is the development of skills that will assist members while performing their patrolling duties, including Champion Lifesaver, First Aid, Patrol Competition and Rescue and Resuscitation (R & R).
- **Surf Boats** – Traditionally a rescue craft, the surf boat is now used primarily for competition. Surf Boat crews consist of four rowers and a sweep, and is not for the faint hearted.

- **Swim** – there are several swimming events including the surf race, rescue tube race and a belt race and of course swim teams.
- **Champion Lifesaver, First Aid, Patrol Competition, R & R,**
- **Pool Rescue – Events held in a 50m swimming pool**

## **HOW CAN I COMPETE IN CARNIVALS?**

- You must have your Certificate II – Aquatic Public Safety Bronze Medallion - Bronze Medallion for all Seniors & Master's Events. Under 13 & 14's who have their Surf Rescue Certificate (SRC) can compete at Senior carnivals as Under 15's. Please check with your Team Manager.
- Have done your required patrol hours and let your Team Manager know that you wish to participate.
- All competitors should ensure that their Awards are current to compete in Lifesaving Competition Events prior to entry. If you are unsure please get your Coach / Team manager to check with our Chief Training Officer.
- Payment for carnivals to be made to the Club prior to entries being submitted. Payment can be made thru the Payment Gateway but please discuss with the Carnival Competition Officer for entry fees and confirmation of entries.
- If you are planning to attend carnivals, as new rules and regulations no longer permits just turning up on the day as all carnival entries are done electronically. Some carnivals will allow late entries but a Penalty Late Entry Fee applies. Check all Competition Circulars for information.
- We also need to supply Officials for each carnival, so we need to know the numbers attending to meet the new SLSNSW requirements.

## **SURF SPORTS TRAINING**

FOR TRAINING PROGRAMMES PLEASE CONTACT YOUR TEAM MANAGER / COACH OR CHECK OUR WEBSITE FOR DETAILS.

## **YOUTH DEVELOPMENT**

### **ROOKIE LIFESAVER PROGRAM – SLSCC – BRANCH**

#### **UNDER 13 TO UNDER 14'S**

The Rookie Lifesaver Program was introduced into Surf Life Saving Central Coast during the 1993/ 1994 season, developed to assist with the education and retention of 12 - 14 year old members through a structured development program. The Rookie Lifesaver Program is aimed at developing our future lifesavers in the areas of surf education, beach management and related career paths within the Surf Lifesaving movement. The Rookie Lifesaver Program has been developed to incorporate junior members into the patrolling environment and Umina SLSC has an appointed Rookie Co Ordinator who will be overseeing all "Rookie" activities and requirements.

#### **Youth Opportunity Makers Workshop SISNSW - State**

Outstanding members who are 15-17 years of age are invited to join us at this workshop. Participants will be involved in activities that broaden their understanding of the operations of branches and surf lifesaving as a whole. Leadership skills will be developed through physical exercises and activities, with the weekend also calling (and building) upon teamwork, communication, negotiation and planning skills.

### **13-14 Years Youth Development Program – SLSCC - Branch**

#### **Overview**

Leadership is a vital factor in the continued development of Australian communities. Surf Life Saving Central Coast (SLSCC) is committed to the personal development of identified leaders within its membership and the wider community. The Newcastle Permanent Youth Development Program is aimed at Youth members within the U13 and U14 age groups with potential to become a leader and have an interest in improving their surf club.

#### **The Program**

The Program is structured as a one off weekend in a camp setting and is aimed at members who have qualities that can be developed to enhance their future and that of surf lifesaving. SLSCC presents a range of leadership and team-building activities along with topic focussed presentations. The program also incorporates a workshop session aimed at allowing participants to develop events, functions and activities that they believe will increase Youth participation and satisfaction in surf life saving on the Central Coast.

## **AIMS OF THE YOUTH DEVELOPMENT PROGRAM INCLUDE**

### **15-17 Years Youth Leaders Program – SLSCC - Branch**

#### **Overview**

Leadership is a vital factor in the continued development of Australian communities. Surf Life Saving Central Coast (SLSCC) is committed to the personal development of identified leaders within its membership and the wider community.

SLSCC will be conducting their Youth Leaders Program targeting 15-17 year old members. It was recognised that this age bracket was vital in completing an effective Leadership and Development Pathway for SLSCC, and thus the Program was developed.

#### **The Program**

The Program is structured as a series of workshop in a team based setting and is aimed at members who have qualities that can be developed to enhance their future and that of surf lifesaving.

Participants will take part in workshops and presentations for focussed learning, in addition to some physical activities and challenges. They will also complete problem solving exercises, face personal challenges and participate in team based activities; all delivered under the guidance of active leaders from lifesaving, business and the community.

Aims of the Youth Leaders Program include:

- To provide basic training in leadership and development
- To create situations that promote fun learning experiences
- To create an awareness of current issues, pathways and opportunities
- To promote teamwork, communication skills, networking and goal setting
- To develop confidence and self-esteem in a supportive environment whilst positively recognising members Provide opportunities for ideas to be exchanged
- To gain knowledge of the structure of surf lifesaving
- Have fun



## **Duke of Edinburgh Programme – Club Programme**

### **Target Group: 14-25 Year Olds**

#### **Timeframe:**

The program runs over a minimum 3 year period, however, this can vary depending on the age at which participants enter the program. Minimum timeframes for each award are as follows:

- Bronze: 3 Months (extra 3 months in one section)
- Silver: 6 Months (or extra 6 months in one section for direct entrants)
- Gold: 12 Months (or extra 6 months in one section for direct entrants)

#### **BACKGROUND/ OVERVIEW:**

The Duke of Edinburgh's Award in Australia was formed in 1962. The Duke of Edinburgh Program comprises five (5) components: Fitness/Physical Recreation, Skill, Volunteering, Adventurous Journey and a Residential Project (Gold Level Only). The program consists of three stages: Bronze, Silver and Gold Awards. The minimum age for each award level are: Bronze (13 years 9 months+), Silver (15+) and Gold (16+). The Duke of Edinburgh has a direct relationship with Surf Life Saving, whereby the components of the award can be completed within the Surf Life Saving environment.

#### **AIMS OF THE PROGRAM:**

- Constructive use of free time;
- A balanced program of skills, service, physical recreation and expedition;
- Voluntary participation;
- Present a challenge to the individual;
- Development of self discipline and perseverance;
- To encourage community involvement;
- Individual improvement through persistence and achievement.

#### **DEVELOPMENT NETWORKING PROGRAM – STATE & BRANCH**

18-25 year members will collaborate with surf lifesaving experts, fellow lifesavers and motivational facilitators in a weekend packed with information exchange and knowledge building.

The weekend will encompass team challenges, exercises that develop negotiation, problem solving and leadership skills that can be used within and external to surf lifesaving.

A firm knowledge of pathways and opportunities available will maintain the required enthusiasm and ensure continued personal growth

## **LIFESAVING EXCHANGE – SLSNSW STATE**

This program is aimed at new Patrol Captains between the ages of 18 and 30 years with limited to moderate experience. It aims to broaden lifesaving experiences, develop surf lifesaving skills, provide new experiences and increase lifesaving standards of volunteer surf lifesavers in NSW.

## **NATIONAL LEADERSHIP COLLEGE – SLSNSW**

The college is all about shared, interactive and individually lead learning.

Participants will be challenged, inspired, motivated and entertained.

The college develops leadership skills and helps participants learn a great deal about themselves.

The college is practically designed for surf members to be able to apply their skills at a grass roots level; however these new skills can be also be applied in all areas within their life





# **NIPPER'S UMINA JUNIOR ACTIVITIES**

## **UNDER 6 TO UNDER 14**

Every Sunday morning between October and March, hundreds of Nippers flock to Umina Beach to participate in a variety of beach and surf activities. The Umina Nippers program is designed to teach valuable surf safety / survival skills, encourage teamwork and to ensure its junior members have a great deal of fun. The skills taught at Nippers are excellent preparation for an eventual transition, if so desired, into the senior movement.

It should be understood that Nippers is a voluntary organisation and is heavily dependent on parent helpers to run successfully. Nippers start at 8.45am each Sunday and finish about 10.30 depending on weather, conditions, program, helpers etc. Nipper events include a wade, board paddling, swimming, beach sprinting and beach flags as well as lots of fun activities and games designed to teach and improve all surf skills. All Umina Nippers also participate in a progressive Surf Education program designed by Surf Life Saving Australia. All junior members aged 8 -14 years are provided with the skills and knowledge of beach safety rules and basic first aid.

### **WHAT IS NIPPERS?**

Each age group of Nippers are under the supervision of a parent volunteer acting as an Age Manager, with help from parents supervises the age group on the beach for the morning and at carnivals.

Children in the Under 6's and 7's participate in a non-competitive (game based) introduction to beach and Nipper activities as well as attending a basic educational program. This program is designed to encourage these younger children to gain confidence in the water and on the beach and provide grounding to what can be expected as they grow older and take part in organised competition. Children wishing to join in the Under 6 age group MUST be 5 years of age before

Children in the Under 8 age group are given beach activities and wade races, and supervised swim sessions provided sufficient parent helpers and water safety are available.

Children in the Under 9's to Under 14's participate in beach and water events and are taught more challenging water safety and surf life saving skills. These Nippers may also choose to participate in Club Championship (competition) and Carnival events, but this level of competition is not mandatory. A detailed program mapping the Season is available. At the end of the season each member will be presented with a Medallion or Certificate in Surf Education.

**PROFICIENCY REQUIREMENTS** - Parents should remember that at Umina SLSC our Age Managers and Coaches are there to enhance the child's abilities but cannot offer any formal Swimming lessons. To participate at Umina in the water events and at any carnival, all Nippers must complete the Surf Education program, and the swim component.

### **PARENTS INFORMATION – AND HOW YOU CAN HELP!**

All parents are encouraged to assist and participate with Nippers programs by being an age manager, water safety officer, helping with beach events or just helping with general activities each Sunday. Extra hands are always needed to assist with fundraising each week with the BBQ and in setting up beach events. Please take the time to introduce yourself to your child's age manager, we need all the help we can get in organising the children, support from willing parents makes life easy for all and ensures that the children have a good time. Some parents may have expertise in ability to repair boards, in carpentry or plumbing skills, please let us know. We need judges, recorders & just good all round extra hands. Even if you can not commit to each week please try and fill in when and where needed. Remember that the more you participate the more your child is likely to feel a sense of satisfaction and belonging to the Club.

### **WATER SAFETY HELP**

If you are interested in doing your Bronze Medallion to help us with water safety, we are willing to train you, please contact the Training and Education director.

### **OFFICIALS FOR COMPETITIONS**

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 number of competitors we send, so more assistance is always gratefully received.

## **WITHOUT SUFFICIENT OFFICIALS OUR NIPPERS CANNOT COMPETE AT CARNIVALS**

### **WATER EVENT CONDITIONS**

The safety of the children is our first concern. No child will be forced into the water. The Patrol Captain, Junior Activities Director or Water Safety officers are the only people authorized to allow water events to start or continue in the case of doubtful conditions. When children are in the water there is an official minimum ratio of water safety to children. If the level is not achieved water events will **NOT** continue.

### **IMPORTANT POINTS TO NOTE**

The nippers are not a child minding service and parents/guardians are advised they should remain nearby should an incident occur or should events finish early. It is important for parents to remain on the beach for the children's safety and confidence. Parents should also be willing to get involved with their child's sport as helpers. The whole of the family can then enjoy being involved with Surf Lifesaving.

### **SOCIAL / SIPS**

Every Sunday evening from 5pm we have a social gathering called "**Sips**". The bar is open from 5.30pm and food can be purchased at a very reasonable price for the family. Menus change weekly so keep an eye on the whiteboard. If you can offer some help in the kitchen or have your RSA certificate you may also help behind the bar. Just give your details to the social committee or the bar manager.

Normally after any carnival all the Master's and Seniors gather to either give out medals won or just pat each other on the back for a good effort. The main thing about Master's /Seniors competition is that everyone can compete at their own level and we here at Umina acknowledge everyone who "**Gave it their Best**" or "**Had a Go**". There will be some social get together thru the season so keep an eye on the web site for information or our newsletter which is given out or on the web site.

## **GENERAL CLUB MEETINGS & MANAGEMENT COMMITTEE**

3<sup>rd</sup> Monday night in the month or as required from 7pm at Surf Club. Members on the Management Committee are encouraged to attend and represent their respective areas. All members of the Surf Club are Welcome but unless they hold a position on the Management Committee they are unable to vote on any matters pertaining to Lifesaving.

## **PHOTO OR IMAGE CONSENT**

Umina SLSC uses digital media for the following:

1. Media releases, media articles – including newspapers, radio, television – printed
2. Electronic publications and communications such as the club's Facebook site and website

If you have any concerns with the use of photos that may contain an image of yourself or relatives please contact the Executive and or the Member Protection Officer and advise them of this.



## **IMPORTANT CONTACT NUMBERS 2015 - 2016**

CLUB PRESIDENT	<b>PAUL SHARPE</b> 0415 660 058
VICE PRESIDENT	<b>JAN HARDING</b> 0406 537 667
CLUB CAPTAIN (DOL)	<b>JESSICA THOMAS</b> 0450 752 602
VICE CLUB CAPTAIN	<b>STEVE THOMAS</b> 0408 626 672
TREASURER	<b>TIM LEGGETT</b> 0405 067 150
SECRETARY	VACANT
REGISTRAR SENIORS & MASTERS	<b>DONNA WAINING</b> 0407 406 857
REGISTRAR JUNIORS	<b>SUE PERRY</b> 0412 998 757
IRB CAPTAIN	<b>STEPHEN REID</b> 0432 106 626
CLUB COACH COORDINATOR & SNR TEAM MGR U15 TO OPENS	<b>BRETT HARROD</b> 0438 671 660
SNR SECRETARY	<b>KERRY ARMSTRONG SMITH</b> 0419 992 944
MASTERS MANAGER	<b>RICK BOYLAN</b> 0413 886 674
MASTERS SECRETARY	<b>CHRISTINE BISHOP</b> 0412 619 261

JUNIOR TEAM MANAGER	<b>HAROLD MARSHALL</b>
CO-ORDINATOR (JAC)	0409 073 297
JNR COACHING OFFICER	<b>BRIAN HEALEY</b>
	0416 258 489
FIRST AID OFFICER	<b>STEVE DIXON</b>
	0425 221 267
CHIEF TRAINING OFFICER	<b>ROBERT "BOB" POWELL</b>
	0427 143 050
SKI CAPTAIN	<b>DAVE GAFFNEY</b>
	0418 421 239
BOARD CAPTAIN	STEVE MURPHY
	0409 441 394
<b>ADMIN OFFICER &amp; COURSE BOOKINGS</b>	<b>LARISSA DIXON</b>
MON & WED 9AM – 2PM	4342 0320
OR BY APPOINTMENT	
MEMBER PROTECTION OFFICER	<b>JAN HARDING</b>
	0406 537 667
YOUTH DEVELOPMENT	<b>JESSICA THOMAS</b>
	0450 752 602
ROOKIE CO-ORDINATOR	<b>PETER TALTY</b>
	0411 500 510
FUNCTION CENTRE	<b>FIONA LLOYD</b>
	0434 004 359
SLSCC - Central Coast Branch	4353 0299
SLSNSW	9471 8000