

# UMINA SURF LIFE SAVING CLUB JUNIOR ACTIVITIES

## SEASON 2018-2019 INFORMATION



**NEW SEASON COMMENCES SUNDAY 14<sup>TH</sup> OCTOBER 2018**

**(7<sup>th</sup> OCTOBER WE WILL BE HAVING AN OPTIONAL "FUN" DAY)**

<b>Club President</b>	Steven Scahill	0404 007 795
<b>Junior Activities Co-ordinator</b>	Skye Marshall	0409 454 050
<b>Rookie Co-ordinator</b>	Deborah Scahill	0402 403 384
<b>Junior Registrar</b>	Allison Hoyland	0416 163 646

**Junior Club Captains** Ebony Rayner & Finlay Healey (U14's)

<b>GROUP</b>	<b>AGE MANAGER</b>	<b>MOBILE</b>	<b>AGE SECRETARY</b>
<b>U6</b>	Rob McLeod Lachlan McLeod	0428 710 563	VACANT
<b>U7</b>	Ian Lawrence Greg Smith	0449 616 375	VACANT
<b>U8</b>	Steve James	0413 450 328	Emma Jordan
<b>U9</b>	Tim Leggett Shane Hoyland	0405 067 150	Sarah Grey
<b>U10</b>	Stephen Scahill	0404 007 795	Viki Dickinson
<b>U11</b>	Mike Jordan Gary Wilson	0432 605 525	Grace Talty
<b>U12</b>	Jenni Darwin	0424 560 062	Diona Kearney
<b>U13</b>	Harold Marshall	0409 073 297	Allison Hoyland
<b>U14</b>	Brian Healey	0416 258 489	Kylie Rayner

### CONTACT

For any nipper enquiries please contact Skye Marshall on 0409 454 050 or [nippers@uminaslsc.org.au](mailto:nippers@uminaslsc.org.au).

Visit our Website for more information at [www.uminaslsc.org.au](http://www.uminaslsc.org.au)



## **INTRODUCTION**

On behalf of the Junior Activities Coordinator, Age Managers and Umina Surf Life Saving Club we would like to welcome all our nippers and parents/caregivers.

This information booklet will provide useful information about Nippers and our Club.  
If you require further information the Age Managers or any Committee Member will be happy to help.

The Nipper program is about learning surf awareness and safety through the Surf Life Saving Education Program (Surf Ed). Nippers are also able to participate in board paddling, surfing, swimming, running, wading and other fun activities and games. We will teach them surf skills and educate them about the beach environment. We do not teach children how to swim and we would encourage regular swim training through a local club or pool.

On certain days instruction will be given on surf awareness, surf safety and surf skills.  
Children are required to have participated in the 'Surf Ed' Program for their age group before the end of December. Whilst 'Surf Ed' is compulsory, competition is not. No child is forced to compete in any event which they are not trained, not capable of doing, or if the surf conditions are inappropriate.  
Overall, the emphasis in Nippers is to have **FUN**.

As a parent or guardian you are required to be at the beach at all times during Sunday activities. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on Umina Beach is the responsibility of the parent or guardian. Nippers is NOT a child minding program.

### **All Nipper Age groups meet at 8.45am for a 9am start.**

All Age groups (U6 to U14) meet at 8.45, beach side of the Club House, under the age group allocated flag for roll call and any Club news before moving onto the beach at 9.00am.

Activities usually last until about 10.30am, depending on conditions.

Nippers is always on rain, hail or shine.  
Activities are amended for bad weather days or your Age Manager/Secretary will send notification of any changes.

Children should arrive ready to start activities, with their Umina skull cap on and sun protection / sun screen applied.

### **It is compulsory to wear the Umina skull cap whilst participating in Nippers.**

**It is also compulsory for any U8-U14 nipper taking part in any water based training activity to wear a pink hi-visibility rash vest at all times whilst in the water.**

### **No pink rash vest = no participation.**

Under the guidance of their Age Managers, children then take part in fun on the beach and in the water. Participation is not mandatory, by encouragement children are supported to participate to their potential and to improve their confidence.

On Carnival days (competition for U8-U14s) we meet at the beach hosting the Carnival.  
During the season we usually participate in 5 Carnival days (3 local Club Carnivals, 1 Branch and 1 State Titles). There will also be at least 1 Club Championships Day.  
As always, we require **lots** of parental help in areas such as recording, starting; judging and water safety.  
Please see your Age Manager and get involved and enjoy the Club atmosphere! However, we strongly suggest you join the Club as a General Member if you intend helping, to be covered by Member insurance protection.

## **UNDER 6 and 7s .**

Umina SLSC will register under 6 and 7s; however, we cannot accept anyone until they have turned five. Public Liability Insurance reasons also mean that unregistered children cannot participate.  
Children in these age groups do not compete at Competition Carnivals and are predominately involved in fun oriented beach activities with elements of surf and safety awareness.

### **CAPS & RASHIES**

U6-U7s must wear a red or yellow Club cap and matching sun safe rash shirt (depending on your age group). This is included in the cost of membership. You are required to write their name, using a black marker, on the outside of their caps for easy identification. This is a safety issue and allows immediate recognition of our most inexperienced members. Club coloured costumes are not necessary for this group.



## ATTENDANCE

An attendance sheet per age group will be marked each week by the Age Manager or Age Secretary. U8-U14 members who achieve 100% attendance receive recognition at the end of season Junior Club presentation.

To qualify for this award you must attend all Nipper days, Local Carnivals and Club organised events.

It is your responsibility to ensure your child's name is recorded on the day.  
If your child is late to attend, see your Age Secretary to have their name marked.

## PRELIMINARY ASSESSMENTS of PROFICIENCY

### **PRELIMINARY AND COMPETITION SKILLS EVALUATION:**

You must complete the preliminary skills evaluation below to participate in Nippers for the 2015/2016 season. To compete in carnival's you must complete both the preliminary and competition skills evaluation list below.

Age Group	Preliminary Evaluation	Competition Evaluation	Surf Education
<b>Under 8</b>	<ul style="list-style-type: none"> <li>25 metre swim (any stroke)</li> <li>1 minute survival float</li> </ul>	Nil	Surf Awareness 1
<b>Under 9</b>	<ul style="list-style-type: none"> <li>25 metre swim (any stroke)</li> <li>1 minute survival float</li> </ul>	Minimum 150m open water swim (competition course as per competition manual)	Surf Awareness 2
<b>Under 10</b>	<ul style="list-style-type: none"> <li>25 metre swim (freestyle)</li> <li>1 and a half minute survival float</li> </ul>	Minimum 150m open water swim (competition course as per competition manual)	Surf Safety 1
<b>Under 11</b>	<ul style="list-style-type: none"> <li>50 metre swim (freestyle)</li> <li>2 minute survival float</li> </ul>	Minimum 288m open water swim (competition course as per competition manual)	Surf Safety 2
<b>Under 12</b>	<ul style="list-style-type: none"> <li>100 metre swim (freestyle)</li> <li>2 minute survival float</li> </ul>	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 1
<b>Under 13</b>	<ul style="list-style-type: none"> <li>150 metre swim (freestyle)</li> <li>3 minute survival float</li> </ul>	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 2
<b>Under 14</b>	<ul style="list-style-type: none"> <li>200 metre swim (freestyle, in less than 5 minutes)</li> <li>3 minute survival float</li> </ul>	Minimum 288m open water swim (competition course as per competition manual)	SRC
<b>Notes</b>	Preliminary evaluation is undertaken prior to commencing any junior activity training or competition	Competition Evaluation must be achieved before being eligible to compete. This is a proficiency requirement	Every child must complete the relevant age Surf Education Award each year

## NIPPER WATER ACTIVITIES

Nipper water activities is for all Registered Nippers from the Under 9's to Under 14's. It will consist of board paddling, swimming and running. We have training for all capabilities and will divide children into groups of similar abilities. Children should bring pink rashie, water bottle, swim cap and goggles if preferred (wetsuit if needed)

### **Board / Surf training (U9's – 13's) will be held Tuesdays and Fridays 5pm- 6pm.**

Meet at the club have names marked off, collect boards and group assigned caps to start on beach at 5pm. Message will be sent via SMS/ Facebook group if change of venue or bad weather. Children **MUST** be proficient before they can attend training. Please refer to junior evaluation proficiency

***The coach on the day reserves the right to refuse any participant joining training if they feel conditions, numbers, or ability will compromise safety of the individual or the group.***

Hi-Viz Pink Singlets - All sessions in the water require a pink singlet to be worn. No exceptions.

Water Safety - All water sessions require parental help with water safety. The water safety to Nipper ratio is 1:5 so much help is needed. If you have your Bronze Medallion please come down and offer your help. We would prefer to have more water safety than just the minimum ratios. The majority of our water Safety need to be on rescue boards but we also need some in the shallows with a rescue tube.



Unattended Children – Please don't leave your children unattended at any training session. The coaches are there to coach the entire group. We would like to avoid anyone's children holding up the squad if they need any extra assistance like toilet stops, accidental injury etc.  
If parents are not nearby or another adult who assumes responsibility for your child, kids will sit out of training.

Help is required to pack up and clean down club boards after training.

Any questions in relation to the above can be directed to Skye Marshal.

## **SURF EDUCATION**

Knowledge of Surf skills and Surf Life Saving is an integral part of the Junior Education program.

All Nippers (**U8s to U13s**) will be expected to complete a total of 10 Surf Education modules, designed by Surf Life Saving Australia, by mid December 2015 to receive their Surf Education Certificate.

U14s however are required to complete their Surf Rescue Certificate (SRC), which is compulsory for Branch or State Championships Carnival attendance. This will provide them the basics in Surf Rescue and Resuscitation in their first steps towards their Bronze medallion.

## **MEDICAL CONDITIONS**

Parents of any nipper who suffers from ASTHMA or other medical conditions must inform their child's age manager and/or secretary of any condition that may affect their child's participation in Nippers activities.

## **SUNSAFE**

Everybody is requested to adopt sun safe practices by supplying their children sufficient block out, hats, shirts etc. At Carnivals and on hot days remember to bring plenty of fluids.

## **HIGH VISIBILITY VESTS**

Central Coast Surf Life Saving have implemented the wearing of a High Visibility Vest for all Water Based Competition. Central Coast Surf Policy is **NO VEST NO COMPETITION**.

Umina Surf Life Saving Club Policy is:-

Vest is to be worn in;

- All Water Based Competition
- All Water Based Training Sessions
- All Water Based Nipper Events

Umina Surf Life Saving Club will provide one vest to competitors in the Under 8 age group and any new member competing for Umina Surf Life Saving Club.

The vests previously provided by Umina SLSC (Freemason Logo) must remain in use until further notice.

If a second vest is required this can be purchased from the Uniform Department.

See the current Competition/Training, High Visibility Vest Policy Number U5.11 located on our website under Policies.

## **SUNDAY BEACH SETUP**

Each Age Group will be rostered a day to set up the beach on Sundays. This means getting to the beach at 8.00 - 8.30am and assisting with setting up and removal of flags, start/finish lines, boards etc. Note you will not be required to go out in the water to set up the swim/board buoys (cans). This should mean about two mornings for each Age Group.

## **CLUB BOARDS**

Due to safety and insurance issues U6s and U7s are not permitted on Club boards. This is a NSW Surf Life Saving ruling.

U8s will have some initial orientation under strict supervision in close proximity to the shore line.



The U9s & U10s compete and train on foam boards only, they progress to fibreglass boards in the U11s, then the Malibu Boards (MALs) in the U14s.

The Club has a number of boards and the children may use these, under supervision, for official training sessions and competition. Boards must be washed and returned to the board storage area immediately at the end of the Nippers session.

Children are not permitted to kneel or stand on the boards (it damages the board and possibly the child) nor are they to take them home unless they are competing in a sanctioned competition and approval is given by the Board Captain, Steve Murphy.

**Club boards are not to be used outside of nippers or allocated training sessions.**

We realise that accidents occur and any damage should be immediately reported to your Age Manager or the Board Captain who can arrange repairs.

### **CLUB CHAMPIONSHIP DAYS**

The Club Championship Days are to recognise our most consistent performers in each age group and to prepare our Nippers in a competition environment. Umina SLSC has two Club Championship Days over the season (this is subject to change). Points are awarded to the top six placegetters on the day. The events are conducted under competition rules and a Club cap and an appropriate costume must be worn.

The point score winners are calculated on their best performance out of the held day/s of competition. The day with the lowest score will be eliminated from the total. The least successful Championship day will be dropped for each Nipper NOT their worst event.

***Please note Club Championship Day competitors must also achieve a 70% attendance record over the year and "reasonably attempt" the point score swim event to be eligible for points.***

The winners are recognised at our end of season presentation.

### **SURF RESCUE CERTIFICATE (SRC) – this is the first step toward their bronze medallion**

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.

### **ROOKIE LIFESAVER PROGRAM – UNDER 13 & 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, Deb Scahill who will be overseeing all "Rookie" activities and requirements.

Rookies will be allocated to a patrol team and will work through their "rookie passport" with their patrol buddy.

### **CARNIVALS**

At local carnival's we compete against the other Central Coast Surf Clubs.

Carnival entry fees are approximately \$16.50. Payments must be received prior to carnival date.

All Carnival participants must be registered two weeks prior to competing.

Please inform your Age Manager / Age Secretary of your intention to compete.

If entry fees are not paid prior to a Carnival you will be ineligible to compete.

Your Age Manager is not responsible for collecting the money or registering you.

The Competition Officers Jan & Phil Harding will take carnival entries and payments on Nippers mornings prior to the carnival.

No payment will result in no entry. Late entries incur an extra fee.

Everyone is encouraged to compete on an individual basis; however, the strongest competitors are generally selected for team events.



An important selection criterion for team events is that the member must be available for training, Carnivals and special events. Depending on restrictions we may field multiple teams in some events. See the current Team Selection Policy Number U5.5 located on our website under Policies.

Gold, Silver and Bronze medals are awarded to the first three place getters in the Central Coast Carnivals. In team events, only the team members will receive a medal if the team is placed in the top three.

The logistics of Surf Carnivals generally means it will be difficult for someone in a Beach Team to also compete in a Water Team, although everyone is encouraged to compete in as many events as possible.

To compete at Carnivals the competitors must wear a Club cap.

It is recommended, but not a Surf Life Saving Australia requirement, that Nippers consider the purchase of Club costumes for uniformity and Team competition at Carnivals.

An array of Club costumes and accessories are available for purchase fortnightly on Sundays from our Uniform Officer - Contact Julie Blair - 0422691327. (Times will be advertised on our website – [www.uminaslsc.org.au](http://www.uminaslsc.org.au)).

It is a Branch requirement for all Carnivals that each Club provide at least:

- 1 Official for Beach adjudication (over 16 years) per 8 Beach competitors (local carnivals)
- 1 Official for Water Safety (over 16 years) per 6-10 Water competitors

Each age group will be required to nominate parents to assist at the Carnival as either a Beach Official or Water Safety.

If the nominated Officials/Water Safety does not turn up on the day the Club **WILL NOT** be permitted to compete. Duties include marshalling, start/finish line judging, recording, crowd control etc.

To become a Beach Official you are required to attend an online course and then do a prerequisite number of hours officiating at local Carnivals. We will be asking all members who are able, to consider completing the course. Please ask your Age Manager / Age Secretary when the next Level One 'Officials Courses' is scheduled or check the website calendar for dates.

## **ON THE DAY OF THE CARNIVAL**

At the majority of carnival's it is the competitor's responsibility to transport the board they intend to use to the carnival. The boards can be collected from Umina SLSC prior to the event by arrangement with the Board Captain. The board you take to the carnival is your responsibility until it is returned to the surf club. Your Age Manager/Secretary shall advise the competitors of collection arrangements.

Competitors must arrive no later than 30 minutes prior to the start of marshalling for the first event on the program, check with your age manager/secretary for information. Nippers should be well rested (i.e, an early night prior to the carnival). Club swimwear is preferred and club skull cap must be worn.

On arrival, the competitor should register (registration tables near surf club and usually requires a stamp on your arm), then check-in with your age manager/secretary.

During the Carnival, Nippers should stay around the Umina SLSC tents in their area and keep in contact with the Age Manager/Secretary.

When an event is called, the Age Manager/Secretary will advise the relevant Nippers and arrange for them to proceed to the Marshalling Area. Please note that Age Managers have the right to substitute team members if an athlete is not within the Competition Area when their event is marshalled.

During the day, Nippers should have plenty of fluids, high energy food, keep in the shade and reapply sun-block regularly.

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

Parents are requested to see the Age Manager/Secretary before leaving the Carnival.

All carnival competitors usually gather back at the surf club for 'Sips' to enjoy a meal together, hear carnival results and receive any medals.



## **ADDITIONAL TRAINING**

Training is mainly aimed at those who intend competing at Carnivals.

<b>Swim Endurance:</b>	<b>Thursday 6-7pm (U8 &amp; U9's only)</b> Held at the Peninsula Leisure Centre <i>Please note that Umina Surf Club does not provide swim coaching. It is the parent's responsibility to arrange private swimming lessons.</i>
<b>Board Training:</b>	<b>Tuesday &amp; Friday 5-6pm</b> Surf swimming skills will be incorporated with the Board coaching.
<b>Ironman Sessions:</b>	<b>Monday 5pm-6pm.</b> Specific to Nippers who compete at Ironman Carnivals
<b>Beach Training:</b>	<b>Monday from 5.30pm</b> All Age groups are invited
<b>March Past Coaching:</b>	<b>Sunday from 7.30am</b>
<b>R&amp;R:</b>	Day to be confirmed

## **MISCELLANEOUS**

### **NEWS AND INFORMATION**

The Club makes every endeavour to keep you informed of what is happening. Sources of this information are Club newsletters, the Club Website, the blackboard outside the Clubhouse, PA announcements before Nippers on Sunday morning and your Age Manager. Umina SLSC use Surf Guard to text and email important information. It is imperative that our record of member email addresses and mobile telephone numbers are kept up to date.

### **SIPS**

Every Sunday at 5.00pm the Club has "Sips".

This comprises of social drinks (all types) and simple meals at reasonable prices. It is a good opportunity to meet other Club members. Usually the teams will come back to the Club for Sips after Carnival days where any medals will be presented and to review the day's events. Each Age Group is rostered on one or two Sunday nights for Kitchen duty at SIPS. Volunteers are also called upon to assist with special events such as Christmas, home Carnivals etc.

### **ASSISTANCE**

The Club is a voluntary organisation and as such leans heavily on members to pitch in and help. If everyone participates the work is spread out and individual commitment will not be much.

### **VOLUNTEERS**

Sunday Nippers and Carnivals take up a lot of time and effort. Age managers require as much help as possible. If people are willing to take on jobs such as recorders, marshals, starters, water safety, judges, etc. the day runs much more smoothly. Please offer your assistance. It is not difficult and most find it an enjoyable experience.

### **CLOTHING**

Club costumes, caps and clothing are available for purchase from the Club House fortnightly on Sundays, prior to commencement of activities or before afternoon SIPS (times will be advertised on our website). Contact Julie Blair - 0422691327.

Should you have any questions about the information included in this booklet or on any matter that involves the Junior Activities of Umina Surf Club – please contact your Age Manager.



## **MEMBER PROTECTION**

Umina has a TOTAL commitment to the SLSA Member Protection Policy.

The policy clearly outlines that all forms of abuse, verbal, physical, emotional are unacceptable and there can be severe penalties for any breach of the guidelines.

The policy covers all competitors, members, officials and spectators. If you have any questions or concerns please approach your Age Manager or any other Club Official immediately.

Everyone involved with the Club should be able to enjoy our facilities without fear of harassment of any type. The Member Protection Policy (Policy Number 6.05) is available to view on our website, please make yourself aware of its contents – [www.uminaslsc.org.au](http://www.uminaslsc.org.au).

SLSA has a duty of care to all those associated with the organisation and to the individuals and organisations to whom our Member Protection Policy applies. As a requirement of our Member Protection Policy, SLSA must enquire into the background of those who undertake any work, coaching or regular unsupervised contact with people under the age of 18 years.

Upon registration with the club a Member Protection Declaration must be completed and held securely on file by the club for a period of 3 years. Forms can be found on our website.

## **ENCOURAGEMENT / CONDUCT**

It is good to encourage the children to excel. However, this should be done in a positive manner. We must all remember they are children, not hardened athletes. Keep in mind we are all in this for the children and as much as we would like to see all of them realise their full potential, give them time and don't push too hard and destroy their confidence or enthusiasm.

At Carnival's all Clubs and their supporters are bound by strict codes of conduct and fair play - all of which are basic common sense. Abuse of officials or other competitors, bad language, violence and unsportsmanlike behaviour may result in a penalty to both the individual and Club.

Following please find a copy of the Fair Play Code of Conduct.

### **Parents Code**

- Do not make an unwilling child participate in a sport
- Children are involved in sport for their enjoyment, not yours
- Encourage children to play by the rules
- Encourage the effort being as important as the result
- Work towards improving skills and sportsmanship
- Do not yell or abuse a child for making a mistake. They are trying as hard as they can.
- Recognise and encourage good play or efforts
- Do not publicly question an official's decision
- Recognise efforts of volunteer coaches

### **Participants/Player's Code**

- Play to enjoy the sport
- Follow the rules
- Do not argue with referees' decisions. The Team Captain or Manager can ask necessary questions
- Control your temper and be a good sport
- Treat other players as you like to be treated
- Remember it is your aim to have fun and improve your ability
- Listen to your coach, team and mates

### **Spectators Code**

- Children play for fun not for your entertainment or satisfaction
- Do not use bad language or yell at the participants, coaches or officials
- Encourage and reward good performance by all participants
- Do not yell at participants making mistakes
- Do not encourage violence
- Do not criticise officials and their decisions





### **Managers Code**

- Make sure the opportunity for sports participation are available for all children
- Ask children's opinion on planning and evaluation of activities
- Ensure children's sport does not become spectator entertainment
- Ensure that the venues and equipment are of a suitable safety standard to allow safe participation
- Consider the children's age and ability when determining training and competition times and duration
- Encourage playing for the fun of it, not for the winning
- Distribute a Code of Ethics to spectators, parents and participants
- Always ensure adequate supervision by qualified people

### **Coaches Code**

- Do not demand too much of children. They have other interests as well
- Teach players that rules are for their safety and should not be broken
- Avoid encouraging and rewarding the talented players all the time. All children deserve equal encouragement
- Children play for fun. Don't take the fun out of it by yelling if they make a mistake
- Make sure the facilities are safe
- Do not make children over practice.
- Take age and maturity into account when designing training programmes
- Encourage respect for the opposition's ability and officials
- Follow advice from a doctor or physiotherapist in relation to injuries.
- Set a good example
- Keep up to date on all the latest coaching principles and methods.