



**Port Noarlunga
Surf Life Saving Club**

Junior Handbook

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Our Aims

Port Noarlunga Surf Lifesaving Club aims to encourage all children to achieve, do their best, and develop to their full potential, whilst having fun. We want to foster their development through the Junior program and prepare them to be patrolling members of the club with a strong desire to continue on to be active, Senior Club Members.

Parental Involvement & Membership

Parents are invited and encouraged to share the experiences of Junior Activities with their children, especially with the younger age groups. Involvement within other aspects of the Club is also welcomed. This may include the gaining of awards to assist in providing water cover, coaching specific disciplines, officiating and administration along with participating in social and fundraising activities. You are definitely welcome at Port Noarlunga!

Parent membership is encouraged and is vital for the operational success of the club. There are many ways you can assist in both the juniors and/or the club in general.

- **Setting up the beach** before training. You can be of great help by arriving 30 minutes early to offer assistance.
- **Assist in the “sign on” and “sign off” on Sundays.**
- **Washing off boards** or helping to **pack up beach equipment** at the end of training.
- **Assist the Age Manager** during training
- Assist with **Fundraising** activities.
- Volunteer to help with the **BBQ**.
- Gain your **Surf Rescue Certificate** or **Bronze Medallion** to become a Water Safety Officer
- **Become an Official.** Clubs are required to supply Officials at all carnivals. Short training courses are provided by Surf Lifesaving SA.

Membership Fees 2011/2012

TADPOLES (Ages 5-7 years): \$75

This membership also includes one free **SENIOR NON-ACTIVE** membership, use of showers and change rooms, equipment as provided on the beach at training including expert instruction and trophy (or similar) at presentation night. Includes club drink bottle.

JUNIORS (Ages 8 -13 years): \$90

This membership also includes one free **SENIOR NON-ACTIVE** membership, use of showers and change rooms, training for SLSA Awards (subject to age requirements), use of equipment as provided on the beach at training including expert coaching, Junior State Titles entry fees and trophy (or similar) at presentation night. Includes club drink bottle.

STUDENTS (Age 14 - 18years): \$90

Benefits: Use of showers, change rooms and use of surf craft (subject to age and proficiency level), car park permit for those with a drivers licence, training for SLSA Awards and in use of surf craft by expert instructors/coaches, State Titles Entry Fees and excludes Aust Titles entry fee.

SENIOR NON-ACTIVE: \$60

For: Members over 18 who **DO NOT** wish to patrol or compete Benefits: Use of showers, change rooms, car parking permit, training for SLSA Awards such as Resuscitation by expert instructors, Club Member rates at the bar.

SENIOR ACTIVE NON- COMPETITOR: \$100

For: Members over 18 who wish to patrol but **DO NOT** wish to compete Benefits: Use of showers, change rooms, use of surf craft (subject to proficiency level), car parking permit, training for SLSA Awards and in use of surf craft by expert instructors/coaches, Club Member rates at the bar.

SENIOR ACTIVE COMPETITOR: \$130

For: Members over 18 who wish to patrol **and** to compete. Benefits include use of showers, change rooms and use of surf craft (subject to proficiency level), car parking permit, training for SLSA Awards and in use of craft by expert Instructors/coaches, State Titles and Masters Entry Fees. (Excludes Australian Titles Entry Fees), Club Member rates at the bar.

COMPETITION FEE: \$30

For: Life Members and those who decide at a later date that they wish to compete in State titles and Masters (does not include Aussies).

****NOTE** Fees are capped at \$300 per family - includes 2 adults and children under 18.**

GYM ACCESS FEE: \$50 (no student discounts)

For: Any Senior member category, other than Senior non active, including Life member, wanting to use gym. (only active proficient members may have gym access - as per SLSSA guidelines). Students aged 16-18. Access to gymnasium and usage of equipment. - Students aged 16 are required to have adult supervision at all times (17 and older no supervision required).

Guest memberships - dual club membership to pay senior non active plus \$50 gym membership

Junior membership and numbers within Age Groups may be restricted at the discretion of the Junior Committee in order to maintain a healthy, manageable and safe level of participation.

Where special circumstances exist, the Junior Coordinator, Junior Registrar or the Board of Management may exercise discretionary judgement in approving membership and participation in junior activities.

Surf Life Saving SA Junior Awards Summary

Each year junior members are required to complete several competencies as part of their surf lifesaving experience. These requirements vary depending on the age group.

Age groups are determined by **age on the 30th September** each year (i.e. if you are 9 on the 30th September, you are in the under 10 age group).

Age Group	Preliminary Skills Assessment	Competition Evaluation: Ocean Timed Swim	Surf Ed
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 minute survivals float.	Not Applicable	Surf Aware 1
Under 9	25 metre swim, (any stroke). 1 minute survivals float.	150m ocean swim within 12minutes	Surf Aware 2

Age Group	Preliminary Skills Assessment	Competition Evaluation: Ocean Timed Swim	Surf Ed
Under 10	25 metre swim, (freestyle). One and half minute's survival float.	150m ocean swim within 11 minutes	Surf Safe 1
Under 11	50 metre swim, (freestyle). 2 minutes survivals float.	288m ocean swim within 12 minutes	Surf Safe 2
Under 12	100 metre swim, (freestyle). 2 minutes survivals float.	288m ocean swim within 10 minutes	Surf Smart 1
Under 13	150 metre swim, (freestyle). 3 minutes survivals float.	288m ocean swim within 8 minutes	Surf Smart 2
Under 14	200 metre swim, (freestyle, in less than 5 minutes). 3 minutes survivals float.	288m ocean swim within 8 minutes	Surf Rescue Certificate
Notes:	Preliminary evaluation is to be undertaken prior to commencing any junior water activity training or competition	Every child who wishes to compete in water events at recognised carnivals must complete this assessment.	Every child must complete the relevant age Surf Education Award each year prior to entry in State Titles.

JUNIOR PRELIMINARY SKILLS ASSESSMENT

Many activities that will be completed by children as part of junior activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Preliminary Skills Assessment for each age group.

Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. It includes a swim and a float which is progressively increased by age group.

Ocean Timed Swim

Following the successful demonstration of the preliminary skills assessment, this competition skills evaluation **MUST** be achieved before any junior can participate in water events at carnivals (*not including wade events*). This includes swim, board and related team events such as the board or swim leg of Cameron relay, board relay and/or swim teams.

PLEASE NOTE: THE PRELIMINARY ASSESSMENT SWIM IS A PREREQUISITE TO THE COMPETITION SKILLS EVALUATION (OCEAN TIMED SWIM) AND THESE ARE **TWO SEPARATE SWIMS**. ONE SWIM CANNOT BE USED TO QUALIFY A CHILD FOR THE OTHER REQUIREMENT.

All Clubs and Age Managers have a heightened duty of care in an interclub Carnival environment to ensure that their junior members are safe and can confidently and competently complete the Carnival competition course and distance. These distances may change on carnival days depending on surf conditions but Age Managers must be aware of the duty of care to those competitors under their control and be confident that they will be able to complete the course set by the Officials on the day.

This means that:

- ***ONLY juniors who have achieved their competition skills evaluation for their relevant Age Group are to be entered into water events at Carnivals AND***
- ***Clubs, Age Managers and Parents should also take into consideration the conditions, the course and the physical and emotional state of their juniors on the day of the Carnival and only enter those they consider to be confident, competent and in a fit state to complete the course in a safe and timely manner.***

Surf Education Awards

The Junior Development Program pathways knowledge and skills learning outcomes through lessons that are tailored to each of the age groups; ensuring the content is relevant, in line with lifesaving and surf sports most up to date training standards and most of all exciting! The program is based on participatory evaluation and not assessed on competence; this means your child must only be actively involved in each of the lessons to be eligible for the award. We believe this is the best way to introduce juniors to surf life saving where fun takes priority over being 'tested'.

- Below is a summary of each of the surf education awards:
- **Surf Play 1 & 2 (Under 6 & Under 7).** Surf Play is the program designed for the most junior members. There is no award for Surf Play – the focus is on play, participation and fun. Activities and games will be the focus of the sessions with a number of simple beach safety and awareness lessons available such as: basic safety practices during activities, what makes up a beach environment, sunsmart guidelines, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting and beach flags.
- **Surf Aware 1 (Under 8)**
Surf Aware 1 is the first of the junior development awards. The focus is on understanding, identifying and demonstrating sunsmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. They learn to recognise whether they are, or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on; body-boarding, wading, dolphin-diving, beach sprint starts and beach flags starts.
- **Surf Aware 2 (Under 9)**
Surf Aware 2 builds on Surf Aware 1. Personal Safety Networks are introduced so participants are comfortable asking for help; Ecosurf talks about the impact surf lifesavers can have on the beach. Safety of self steps up a gear by introducing safety tips and the ability to identify hazardous surf conditions. As an U9, participants can begin to use a nipper board, so basic board positioning and paddling is introduced. Other surf sports skills focus on; body surfing, sand running technique and diving for a beach flag.

- **Surf Safe 1 (Under 10)**

The first of the Surf Safe awards Surf Safe 1 begins to get a little more specific in its lessons introducing a number of new topics. Participants will identify adults at the surf clubs they can ask to help them, in Ecosurf they focus on water conservation and in sun safety the spotlight is on the consequences of skin damage. Participants learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Resuscitation is introduced for the first time with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced for the first time as participants learn to use body boards to assist distressed swimmers and experience rescue tubes. Surf sports skills focus on; entering and negotiating the surf on a board and beach relay baton changes.

- **Surf Safe 2 (Under 11)**

Surf Safe 2 takes a significant step up in the level of content. As U11's they have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Participants are encouraged to persist when needing help and Ecosurf gets into energy conservation. There is a strong focus on recognising 'at risk' people and recognising and managing patients suffering from a range of basic first aid cases. As a 10 year old participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate. There is also a strong section on communication both interpersonal and through beach signage. There is a significant percentage of surf sports skills which focus on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprint starts and ironman/iron woman and cameron relay transitions.

- **Surf Smart 1 (Under 12)**

Surf Smart 1 continues similar to Surf Safe 2. Participants begin to learn about their rights and responsibilities as a member of SLISA, the Ecosurf lesson looks at how weather impacts on the beach environment. Personal health & wellbeing and sun safety is focused on skin cancer and staying fit and healthy respectively. The role of patrols is first introduced to this award as is the managing rips and using them to assist in rescues. As an 11 year old, participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. Some more signals are introduced that compliment the first set previously learnt. Previous board skills come into play as participants learn how to

conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set and includes; rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies.

- **Surf Smart 2 (Under 13)** The last of the junior development awards, Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about what the SLSA Member Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and how they will impact on surf life saving. Surf Safety is wrapped up into the 10 Surf Safety Tips, Communication focuses on the importance of communicating with beach users, Patrols identifies other professional emergency services and participants will experience performing a tube rescue. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. The focus of surf sports skills is on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, ironman/iron woman and cameron relay.
- **Surf Rescue Certificate (Under 14)** When participants progress from the junior development awards and/or reach the age of 13 they are eligible to study for and gain their Surf Rescue Certificate. This extends their knowledge and skills developed to date to be ultimately qualified to participate in surf lifesaving patrols. Participants will usually continue to be involved in the nipper program during this year continuing to increase their surf sports skills whilst enjoying the camaraderie and friendships they have developed throughout nippers. This provides them with the pathway to move into the senior ranks in the current and/or following season.

Swimming Policy

Swimming is obviously a big part of Surf Lifesaving; however, ***Surf Lifesaving is 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 (as outlined in the “patches/awards summary”) will be required to be displayed before aquatic activities are undertaken.

Swimming Training for all members is available on Tuesday evenings at Noarlunga Leisure Centre. See the club website for training times. This is endurance and conditioning training, **not swimming lessons.** *Parents are encouraged to obtain qualified swimming tuition for their children to ensure these minimum standards are met.* An entry fee will be required to be paid at the pool each session.

We do recognise that swimming in the sea is a new experience for many children and that even competent pool swimmers can find this challenging at first. The role of the Surf Lifesaving Club and the Age Managers is to encourage children and to help develop their confidence and skills swimming in the sea as well as provide surf education.

Safety

	Slip, Slop, Slap & Wrap
	On and off (each nipper is asked to sign on and off)
	Never swim alone and always between the flags
	Manners are always welcomed
	Tell someone if you have to leave the area
	Enjoy yourselves
	Respect each other and the equipment
	Zero stands from nothing left on the beach at the end of the day

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

In all aquatic activities, one (1) bronze holder or qualified cadet shall maintain water cover for no more than five (5) junior members.

Medical conditions and any special requirements for a junior participant must be brought to the attention of the Junior Activities Coordinator prior to the undertaking of activities.

Junior activities will be undertaken in an environment that will be made as safe as possible. This includes facilities and equipment.

Junior participants should enjoy their involvement through quality teaching and coaching. To ensure this, parents, coaches and instructors will be encouraged to attend an information session annually (you will attain Level 0 Accreditation with the Australian Coaching Council). Junior Activities Coordinator should aim to attain Level 1 minimum.

Insurance

All members who sign the SLSA membership form, pay the Club's designated fees and are proficient in their age/category requirements, are insured under Surf Life Saving South Australia's policy. This includes participation in Club training and competing at sanctioned SLSSA events. For further details please speak with a member of the Port Noarlunga SLSC Management Committee or contact SLSSA on 8354 6900.

Saturdays Program & Training Requirements

Starting Time ***2.00pm***

Finishing Time ***4.00pm***

The Club is not a child minding service and parents are expected to be present or have an appointed guardian, in case of injury, etc. Parents must advise the Junior Activities Coordinator, Age Managers or a designated guardian if they are unable to be present.

The Juniors will be responsible for the carrying down and return, including washing and packing away, of all boards to be used on the day.

Additional Competition Squad Training

Competition Squad training will be available for those Juniors who participate at carnivals. These trainings would concentrate on specific event training, e.g. boards, ocean swim, flags.

Friday Evenings 6 onwards.

Uniform and Clothing

The following items are required each week:

Bathers	Goggles (optional)
Rash vest or protective top	Towel
Protective Hat	Water Bottled (filled only with water)
Sun block	

If your child is competing in carnivals, a Port Noarlunga Cap will be required to be purchased.

Club rash vests, bathers and wide brim hats are available for purchase. **All clothing and belongings are to be labelled.**

Port Noarlunga Under 6 and Under 7 Programs

Responsibilities of Parents

A parent is required to be in attendance throughout the duration of the program.

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

The Under 6 or 7 nippers will be required to sign on at the Sign On desk in the Club shed prior to going to the beach.

The Age Manager will mark a roll call during the warm up to ensure that the parent/caregiver is in attendance. The idea is to promote "Family Involvement" within surf life saving and to increase "Duty of Care". Where a parent is a repeat offender of either not participating or disappearing after sign-on, they will be counselled by the Junior Activities Coordinator.

Qualifications of Age Managers:

Managers (minimum of 4 per group):

- Current registered members of the club.
- Completed the SAPOL police check (police certificate).
- Be a minimum 18 years of age.
- Hold a current Bronze Medallion (desirable).
- Have completed Age Managers Course

Assistants/Parents/Caregivers:

- Current registered members of the club.
- Completed the SAPOL police check (police certificate).
- Be a minimum 16 years of age.

Requirements to participate in the Under 6 & 7's Program.

A child must fulfill the following requirements before they can be accepted into the Port Noarlunga Under 6 or 7's program.

- Complete enrolment and health form prior to participating.
- MUST be a minimum of 5 years of age as at 30th September to participate in the Under 6 program.
- A parent/guardian must remain on the beach and assist the Age Managers when requested and as required.
- MUST have as a minimum at least one parent as a current registered active member (as defined in the Club's Constitution).

Maximum number of Participants in the Program:

- The maximum number of participants shall be at the discretion of the Junior Activities Coordinator, the Junior Registrar and the Board of Management.
- A ratio of 5/1 Under 6's and Under 7's to qualified managers and assistants must be maintained at all times.
- A ratio of 1/1 Under 6's and Under 7's to qualified managers and assistants shall be maintained for any water activities noting these should be shallow water activities only where the 5/1 ratio should be suitable.
- Under 6 and Under 7 Age managers have a heightened duty of care and supervisory ratios could be increased when conducting any activity in or around the water noting this should be shallow water activity only.
- Junior Membership and numbers within age groups may be restricted at the discretion of the Junior Committee in order that age groups may be able to maintain a healthy, manageable and safe level of participation. Where special circumstances exist, the Junior Activities Coordinator, Junior Registrar or the Board of Management may exercise discretionary judgment in approving membership and participation in junior activities.

Registration and Records

Parents are required to complete the Under 6 and Under 7 Enrolment Form on Registration Day. Details of approved applicants are to be entered on SurfGuard.

A Health Information Form is to be completed by a parent for each Under 6 or Under 7 applicant. The Health Information Form is to be kept in both the clubs records and a copy in the Age Managers Folder for easy reference.

Completed Medical Information Forms **must** be kept with the Age Managers/Assistants at all times.

Activities

- Whilst Under 6's & 7's will be involved in fun activities, they may be introduced to activities including life saving equipment such as foam boards, IRB's and rescue tubes.
- Children involved in Under 6 & Under 7 activities can participate in shallow water activities only.
- Under no circumstances are these children to participate in inter-Club carnivals or other such forms of formal competition outside the Club.
- Under 6 & 7 shall wear a fluorescent coloured cap at all times throughout the duration of the program.
- Throughout the season the emphasis should allow the Under 6's & 7's the opportunities to have fun and experience and a small taste of surf life saving.

Junior Activities Extreme Weather Policy

Hot Weather Policy:

Please watch the Friday evening forecast on Channel 7 news.

Saturday Training: No junior activities will be held if the forecast temperature is 39°C or higher.

Carnivals: For high temperatures, a modified carnival may be run (8am start with no beach events). The decision to modify or cancel a carnival is up to 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 activities training program will be modified and depending on the conditions (in adopting our duty of care), may be cancelled. The decision to cancel junior activities will be the responsibility of the Junior Activities Coordinator and/or the on duty Patrol Captain.

Supervision - Age Managers

All age groups will be allocated "Age Managers" who are parents or interested members, who have volunteered to manage the age group. They are responsible for the coordination of activities on Sunday afternoons along with overseeing event entries and activities at Sunday Carnivals.

All club Age Managers must:

- Be Current registered members of the club.
- Have a current National Police Clearance certificate
- Be a minimum 18 years of age.
- Hold a current Bronze Medallion (desirable).
- Have completed the Age Managers Course

There are normally four (4) Age Managers allocated to an age group. These responsibilities may be interchangeable with other interested parents who are also encouraged to participate and assist the Age Managers with their responsibilities. For further information please speak with the Junior Coordinator.

All aquatic activities will be conducted under the supervision of one (1) bronze holder or qualified cadet per five (5) junior members. These will not include members from the Senior Patrol of the day. Water cover personnel shall wear the specified orange cap and must sign on for this period.

Competition & Carnivals

Informal competition is encouraged each week during Saturday training. All Junior members will be encouraged to achieve, do their best, and develop to their full potential, whilst having fun. Challenging competition is one element of this development process.

Formal competition will also be encouraged for children in Under 9-14 through inter-club carnivals. All competitors must have achieved their "Ocean Timed Swim" for water events. These proficiencies ensure that children are capable of completing the competition course in a reasonable time. Sunday training sessions are structured towards achieving these goals. As part of the club's commitment towards developing their junior members, *specialist coaches* are being organised to help train and develop those members who compete at carnivals.

Carnivals are a great way for nippers to practice their skills in a friendly atmosphere. Children are encouraged to improve their personal bests. Carnival attendance is not compulsory and **Under 6, Under 7 and Under 8's do not compete at Carnivals.**

On Carnival days, junior competitors report to their Age Managers in the Port Noarlunga tent by 8:00am. Events start from 9:00am. Children are to remain with their Age Managers during the Carnival as the Age Managers are responsible for the children during events. Parental assistance in carrying towels, water bottles, goggles, boards, sunblock, etc is necessary and invaluable.

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

State Championships are held in late February or early March each year, at the end of the season. Junior competitors must attend at least 3 Carnivals (two carnivals plus the Junior Qualifying Carnival) during the season to be eligible to compete at Junior States Titles. Discretionary judgement may be exercised by the Junior Activity Coordinator in special circumstances. All children are encouraged to compete at the State Championships.

An Entry Fee is payable by the club for each competitor registered for the Junior State Championships. The fee is announced by SLSSA in January. Currently the fee is;

Entry Fee	\$15.00
Late Entry Fee:	\$45.00

This fee is payable by the competitor to the Club when nominating for their events at Junior State Titles.

Junior Activities Calendar Dates: 2011/2012

	October, 2011	
Sat 29 th	Training Starts	2pm – 4pm
	November, 2011	
Sat 5 th	Club Training Day	2pm – 4pm
Sat 12 th	Club Training Day - POINTS DAY	2pm – 4pm
Sat 19 st	Club Training Day	2pm – 4pm
Sun 20 th	1 st Junior Carnival	TBA
Sat 26 th	Christies Beach Pageant – Club Float	8.30 -
Sat 26 th	Club Training Day	2pm – 4pm
	December, 2011	
Sat 3 rd	Club Training Day	2pm – 4pm
Sun 4 th	2 nd Junior Carnival	TBA
Sat 10 th	Club Training Day	2pm – 4pm
Sun 11 th	Junior Xmas Breakup at Greenhills, Victor Harbor	10am – 5pm
	January, 2012	
Sat 7 th	Resume Club Training	2pm – 4pm
Sat 14 th	Club Training Day	2pm – 4pm
Sun 15 th	3 rd Junior Carnival	TBA
Sat 21 st	Club Training Day	2pm – 4pm
Thur 26 th	Nipperthon	TBC
Sat 28 th	Club Training Day	2pm – 4pm
	February, 2012	
Sat 4 th	Club Training Day - POINTS DAY	2pm – 4pm
Sat 11 th	Club Training Day	2pm – 4pm
Sat 18 th	Club Training Day	2pm – 4pm
Sun 19 th	4 th Junior Carnival	TBA

Sat 25 th	Junior Club Championships - POINTS DAY	2pm – 4pm
	March, 2012	
Sat 3 rd	Qualifying For State Titles	TBA
Sat 10 th	Club Training Day	2pm – 4pm
Sat 17 th	Junior State Championships	TBA
Sun 18 th	Junior State Championships	TBA
Sat 24 th	Club Training Day	2pm – 4pm
	April, 2012	
Sat 1st	Junior Presentation Day	At the Club

Club Reporting Officers

Each Club has members trained as Club Reporting Officers (CRO) for the **Nipper Safe** program. These are the people that are not only trained to recognise behaviours, but have the resources and the knowledge to assist others through any reporting process (be it victim or witness).

Port Noarlunga SLSC Club Reporting Officers are;

Sean O’Sullivan

Kylie Parker

Amelia Humphrys

Andrew Freeman

Any registered member of SLSSA can be trained up as a CRO. Training courses takes place annually, in the month of October. You simply need to register your interest with SLSSA and you will be contacted when the dates have been set.

Nipper Safe

Nipper Safe is a Member Protection Strategy developed by collaboration between the South Australia Police and Surf Life Saving SA, 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.

The program is an innovation that is about educating members to recognise certain behaviours. Education is the key to reducing the risks paedophiles present to children in our community and within our organisation.

- If we can begin to understand the various traits of paedophiles, then we have taken the first step to placing barriers in front of them and as a consequence of that we can start to have an impact on their activities.
- The adults within our organisation are armed with the information to enable them to make educated decisions about recognising certain behaviours.
- The program tells people what a paedophile is because very few know that it is a medical condition.
- It ventures into the type of children usually targeted by a paedophile and their differing modus operandi.
- It takes a look at the effects on victims and the reasons why they are reluctant to report the abuse.
- It talks about why people who actually see these indicators sometimes do not report what they have seen.

And it offers simple ways in which parents, coaches, instructors and others can protect themselves from false allegations.

Competitors Code of Conduct

- Play by the rules.
- Never argue with an official. If you disagree, have your Age Manager approach the official after the competition.

- Control your temper. Verbal abuse of officials and sledging other competitors, deliberately distracting or provoking an opponent is not acceptable or permitted behaviour in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good performances whether they are made by your club or another surf club.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your Age Manager, coach, team-mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Do not interfere with the progress and/or conduct of competition.
- Disputes at inter-club carnival competitions are to be dealt with in accordance with the procedures set out in the SLSA Surf Sports Manual 33rd Edition.

Parents Code of Conduct

- Remember that children participate in surf life saving for their enjoyment, not yours Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to participate according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing.
- Remember that children learn best by example. Appreciate good performances and skilful performances by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer Age Managers, coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

- Do not interfere with the progress and/or conduct of competition.

Coaches Code of Conduct

- Should be treated with respect and openness
- Have access to self improvement opportunities: and be matched with a level of coaching appropriate to their level of competence. Adhere to the Coach's Code of Ethics:
- Remember that young people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a young competitor for making a mistake or not coming first.
- Be reasonable in your demands on competitors time, energy and enthusiasm.
- Operate within the rules and spirit of surf life saving and teach your competitors to do the same.
- Ensure that the time competitors spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented competitors; the just-average need and deserve equal time.
- Ensure that equipment and facilities meet the safety standards and are appropriate to the age and ability of all competitors.
- Display control, respect and professionalism to all involved with surf life saving. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Show concern and caution toward sick and injured competitors. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- Treat each competitor as an individual. Respect the talent, development stage and goals of each competitor, and help each competitor reach their full potential.
- Don't interfere with the progress and/or conduct of competition unless called to do so by another official.
- Abide by the officials' decisions.

DUTY OF CARE

What is Duty of Care? It is a principle established in tort (civil) law. In short, 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 a team member by the authority responsible for the team (i.e. Surf Life Saving South Australia) and by the Officials.

The Duty of Care arises at all times that the Official/Team member relationship exists (e.g. training sessions, travelling, in camp, on tour, in accommodation), and when on tour, 24 hours a day.

The test currently used by Courts is that an Official must only refrain from injury-creating activities, but take such positive measures as in all the circumstances are 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 team member, 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 team members involved in an activity, and take steps to adequately supervise and minimise those risks.

Following the acceptance of a role as an Age Manager, Team Official or coach, 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.

Resources

Websites:

Port Noarlunga Surf Life Saving Club: www.pnslsc.com.au

Surf Life Saving SA: www.surfrescue.com.au.

Surf Life Saving Australia: www.slsa.asn.au

Other Clubs (South Australia): listed on the Surf Life Saving SA website.

Other States listed on the Surf Life Saving SA website

Other Clubs (Interstate): Detailed on the find a beach page of the Surf Life Saving Australia website.

Surftrade (Creata): link available on www.surfrescue.com.au

Contacts:

Surf Life Saving SA

Phone: (08) 8354 6900

Fax: (08) 8354 6999

Address: 219 Henley Beach Road Torrensville 5031

Post: PO Box 108 Torrensville 5031

Email: surflifesaving@surfrescue.com.au

Surf Life Saving Australia

Phone: (02) 9130 7370

Fax: (02) 9130 8312

Address: Level 1, 1 Notts Avenue, Bondi Beach NSW

Post: Locked Bag 2, Bondi Beach NSW 2026

Email: info@slsa.asn.au

Surftrade (Creata)

Phone: (02) 9847 4900

Fax: (02) 9847 4933

Email: eorders@creata.com

Other States/Branches/Clubs

SA Clubs: Available on the Surf Life Saving SA and/or Surf Life Saving Australia website.

Other: Available on the find a beach page of the Surf Life Saving Australia website.

Junior Committee & Contacts

Junior Activities Officer	Chairperson of Junior Committee Keith Neville 0409 123 286
Junior Secretary	Sue Lawrie 0426 246 828
Junior Chief Instructor	Richie Cunningham 0403 789 239
Age Managers	Additional Age Managers may be added to this list throughout the season.
Junior Development	Jono Humphreys 0449 887 334
▪ Tadpoles	Luke Jentz
▪ Under 9	Cherie Jentz
▪ Under 10	Brett Parker & Russ Thomas
▪ Under 11	Ritchie Cunningham
▪ Under 12	Alexis Schrama & Ian Rice
▪ Under 13 & 14	Jarrid Turner, Andrew Freeman, Amelia & Jono Humphreys

Notes: