

# Woonona Surf Life Saving Club



## Junior Activities Handbook

2014/15 Edition

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## Welcome to Woonona

Woonona Surf Life Saving Club is happy to welcome members new and old each season. We look forward to a long summer of educating nippers, training lifesavers, competing across the country, enjoying social events, and of course, patrolling our beach. We hope this handbook provides juniors' parents with everything you need to know about nippers. If you require further information, please feel free to ask a member of the Junior Activities Committee or an Age Manager, or visit the club website.

## A Glimpse of Our History

From three members in 1920 to over 120 patrolling members and 180 Nippers in 2012, we have grown as part of Australia's largest volunteer organisation. Derived from the military in our early days, Woonona SLSC is proud of our achievement of "no lives lost" whilst on patrol. Women joined the surf club through the Women's Auxiliary in 1954 and today represent Woonona as seasoned athletes and inspiring leaders. We look to our history as an admiring example of strong tradition and a surviving ethos of outstanding community service and "no lives lost" while patrolling Woonona Beach. The 2012/13 season marked our 100 year anniversary. For our hard work this season Woonona SLSC was awarded Illawarra Patrolling Club of the Year and Illawarra Club of the Year at the Illawarra Branch Awards of Excellence, as well as NSW Club of the Year at the NSW Surf Life Saving Awards of Excellence.

## Our members

We are a family orientated club that offers services that reach far beyond our sandy shores. Members have opportunities to undertake nationally recognised training courses, represent the club in competition, utilise surf craft and gym equipment, enjoy a colourful social calendar, connect with the community by way of fundraising and patrolling on the beach, and be part of a team that provides a crucial service to our local community.

Woonona SLSC is particularly proud of our "Woonona Stingrays" and "Woonona Squids" who are made up of our nipper and rookie members. Both groups are strongly supported by the senior club, and the youth members make excellent role models for our juniors on nipper days and as cadet lifesavers. The rookie program targets our 13-17 year old members and is specifically designed for them to experience the highlights of the junior and senior club through involvement at nippers as water safety, commitment to patrol, opportunities to compete as seniors, and invitations to all social events. Our objective at nippers is to educate our children to be competent and safe in the beach/surf environment and expose them to the opportunities that await as youth and eventually senior members of the club. The program requires many helpers and we ask parents to participate in the running of nippers. Parents are an invaluable resource; if you can offer assistance please speak to the Director of Junior Activities or an Age Manager.

## Nippers

### Registration and Fees

Nipper parents are required to join the club as an Associate member and assist where possible with the management and training of the children. By joining the club parents are covered by insurance against accidents on the beach, at carnivals and sanctioned surf club activities, and are warmly invited to club functions.

Please note that Associate membership does not provide insurance for the use of surf club equipment including the gym facilities. Members are strongly encouraged to utilise our equipment, but are required to hold a proficient Bronze Medallion.

Membership fees are set by the Woonona SLSC Management Committee each year. To ensure that all members remain covered by insurance, these are due and payable by 30<sup>th</sup> September each year. Fees unpaid beyond 30 November will void insurance coverage for the member. Any unregistered children will not be allowed to participate in activities.

Please note: the club are always looking for more members; if you have considered completing your Bronze Medallion and volunteering at the club please speak to any of the Executive Committee or the Registrar about joining!

### Sunday Meets

The Woonona Stingrays meet for ten nipper days on a fortnightly basis over summer, with a break during the Christmas/New Year holidays. The current calendar can be found on the website and is advertised in the newsletter.

All nippers are required to marshal at 9.00am in the surf club hall. Here Age Managers mark the role, hand out any information sheets to parents and ensure that all children are wearing a nipper cap and fluorescent rash vest. All nippers must be wearing a nipper cap and fluorescent rash vest at all times during nippers. During marshalling the Director of Junior Activities will give a brief talk about surf conditions, the day's activities, surf club news and upcoming events. During this time the water safety team and Age Managers also attend a management and safety briefing hosted by the Water Safety Supervisor.

Nipper activities commence at 9.30am sharp. It will take each age group approximately 90 minutes to complete all of their activities. Parents are required to be present on the beach at all times. On each Sunday there will be a fundraiser BBQ in the surf club courtyard for nipper families to enjoy.

### Age Groups

Nippers are divided into eight age groups – from Under 6's through to Under 13's. The age group is determined by the child's age at midnight on 30 September each year. For example, a child who turns 11 on 30 September will be in Under 12's. A child who turns 11 on 1 October will be in Under 11's. Children must have turned five years old prior to 30 September before they can participate in nipper's activities. Please speak to the Registrar should you need further clarification of the age groups.

Each age group has two Age Managers, who wear a specific coloured shirt to make them identifiable on the beach. To enable nippers to run smoothly each Sunday, please note the following:

- Marshalling will commence at 9am sharp.
- Children must wear a nipper cap and fluorescent rash vest from the time they are marshalled until their parent signs them out of nippers. An Age Manager will not let a child leave the beach without being signed out by a parent.
- Nippers are not permitted to be in the water prior to nippers with their caps on – the surf club takes no responsibility for your child prior to commencement of activities at 9.30am.
- It is recommended that children also wear sun cream and a rash vest during nippers. Children are also welcome to wear a hat under their skull cap during beach events and goggles during water events. We encourage parents to carry a bottle of water and a towel with them for their children to use between activities.
- Age Managers require assistance to run events; please help where possible.
- If you are qualified and proficient in a surf award such as the Surf Rescue Certificate or Bronze Medallion (or would like to become qualified), please see the Water Safety Supervisor or Director of Junior Activities about joining the water safety team.
- A parent must be present on the beach throughout nippers at all times. We are not a childcare service.
- Age Managers will have a list of emergency contact numbers on the beach for each child. Please ensure the emergency contact is reachable during nippers.

### **Wet weather**

Nippers will continue during wet weather. The Water Safety Supervisor and Director of Junior Activities will make a decision at 8.00am on the morning of nippers if activities need to be cancelled due to dangerous surf conditions and/or restricted access to Woonona ocean pool. In the event of dangerous surf conditions, all efforts are made to transfer ocean activities to the pool, and the morning will continue as per the schedule.

Cancellations will be communicated via text message at 8.00am. Please ensure the Registrar has your correct mobile number so it is entered correctly on the system!

## Activities

Nippers will participate in beach and water events, as well as receive a National Award that covers surf awareness, surf skills, first aid, and resuscitation. Children who wish to compete at the Branch and State Championships must have achieved their respective age Award prior to competing.

### *Beach events:*

- Beach sprints
- Sprint relay
- Beach flags
- All age relay (ages 7 to 13, one competitor from each age group relay)
- March past

### *Water events:*

- Swim race
- Swim teams (4 competitors in each team, points accumulated by placing)
- Wade race
- Wade relay
- Ironman/Ironwoman (swim, board paddle, and run)
- Board races
- Board relay
- Board rescue races (2 competitors per team, one swimmer "patient" and one board paddler "rescuer")
- Cameron relay (three competitors per team; one swimmer, one runner and one board paddler)

## Age Managers

Age Managers are volunteer parents of nipper children or members of the senior club who wish to help our junior club by volunteering their time and expertise. The main responsibilities of Age Managers are:

- Encourage the children of their age group to participate, enjoy, co-operate and compete in all activities of the club.
- Keep weekly records of each child's attendance and proficiency achievements.
- Instruct the children in their age group of the necessary requirements for the National Awards.
- Communicate to the Junior Competition Convenor which members of their age group would like to be entered into carnivals.
- Assist in the development of surf awareness and surf safety for the children in their age group.

- Keep children and parents informed of the requirements of the age group and of club activities, carnivals, and competition dates.
- Assist in organising parents to fulfil the age group's BBQ requirement when rostered on.

Age Managers should be the first point of contact for parents with any questions or concerns about any surf club matter. Please inform your Age Managers if your child has any medical condition that may restrict him or her in any way. Contact details for this season's Age Managers will be advertised at the first nippers meet.

Assistance with training and activities is strongly required. If there is a particular job you would like to assist in (water safety, age managing, junior committee, beach set up, BBQ), please talk to an Age Manager or the Director of Junior Activities about being assigned to the role. If you are unsure about how to help, please ask your Age Managers – there are always plenty of jobs to go around! All age groups will be rostered on for BBQ duty; please make yourself available when advised.

Age Managers will be wearing a coloured shirt to make them identifiable on the beach. The colour of the Age Managers will be:

Under 6 – Red

Under 7 – Pink

Under 8 – White

Under 9 – Green

Under 10 – Grey

Under 11 – Light Blue

Under 12 – Navy Blue

Under 13 – Cream

## **Water Safety**

Water Safety team members are trained and proficient members of the surf club who supervise our nippers during water events. The Water Safety Supervisor is the team leader. They assess surf conditions on a Sunday and in collaboration with the day's Patrol Captain and the Director of Junior Activities, select the safest swimming areas for nippers. They also conduct a risk assessment on each nipper day and decide if and when ocean events are to be moved to Woonona pool. If you have any concerns about your child's safety please speak to an Age Manager or the Water Safety Supervisor.

The Water Safety team is mostly made up of Rookie (youth) members. These youth volunteer extra time (and forfeit a Sunday sleep in!) to contribute to the Water Safety team. We are always looking for more parents to join the Water Safety team. We have already had a number of parents complete their Surf Rescue Certificate and Bronze Medallion and assist at nippers.

For the first time in 2013/14, Water Safety members will be assigned to a specific age group for the duration of the season. We are trialling this new system to encourage greater involvement of the Water Safety with the children, a stronger team spirit in each age group, as well as to give parents the opportunity to volunteer as Water Safety in their child's own age group.

## Uniforms

Nippers are required to wear the Woonona skull cap (Under 8's and above) or a lime green skull cap (Under 6's and 7's). Our youngest members wear green caps to ensure they are distinguishable from our proficient nippers. From the 2013/14 season onwards nippers also must wear a fluorescent rash vest for all water events, including the wade. Woonona caps, costumes, rash vests, jammers ("Skins" shorts) and other clothing items are available for order at registration and the first nippers meet. Children are encouraged to wear Woonona costumes but it is not compulsory at nippers. Children competing at carnivals are required to wear identical costumes. Nippers are welcome to wear wetsuits on colder nipper days if they wish (but are not compulsory).

## Club equipment

Woonona nippers are fortunate to have some of the best equipment available for our nippers, and we need to ensure that equipment is maintained in excellent condition so that it can last for some time. Boards are for use of proficient club members and juniors during nipper Sundays and scheduled training sessions. Following nippers, please ensure that boards are washed down and stored correctly in the board room. All boards must be returned to the board room following nippers. If you notice that a board has been damaged, please report it to an Age Manager immediately so the board can be repaired as soon as possible.

## Jobs on Sundays for the parents!

We need the most help in the following areas:

1. Water Safety (to assist in the water events at Nippers)
2. Junior Officials (to assist at carnivals)
3. Age Managers
4. Set up/pack up team (of equipment)
5. BBQ Assistant Coordinator

## Basic Nipper Rules to Remember

- Children are unable to participate on the beach or in the water unless they are a registered and financial member.
- Children must wear their club cap at all times on Sunday morning whilst participating in nipper activities. They must also wear a fluorescent rash vest during water activities. A competitor who finishes an event without their cap on their head and tied securely will be liable to disqualification.
- For insurance purposes, parents are unable to assist on the beach or in the water unless they are a registered and a financial member.
- No one is to enter the water when the beach is closed.
- An Inflatable Rescue Boat (IRB) must be operational before ocean activities can commence.
- Water Safety team members wear orange rash vests and are responsible for the safety of children participating in water events. Water Safety team members must be



appropriately qualified – proficient SRC or bronze holders in addition to being registered financial members.

- Patrol members wear red and yellow quartered caps and are responsible for people swimming in the patrolled area – these are the only areas in which public swimming is encouraged. Separate safe areas are designated for nipper activities.
- The Water Safety Supervisor instructs the Water Safety team but the Patrol Captain is the ultimate authority in relation to water activities on the day.
- Under 8 children and above will not be able to participate in water events without first completing the junior activities skills evaluation swim and being certified proficient.
- At the completion of nippers, children must obtain their parents' permission and remove their skull cap before re-entering the water. Please encourage them to swim only between the flags.

## Junior Activities Skills Evaluation

To maintain safety and lifesaving standards, Surf Life Saving Australia has set a standard of proficiency that a nipper must achieve prior to involvement in any water activity, training or competition. Every junior member is required to participate in the appropriate age group preliminary evaluation, as outlined below.

Pool swims will be held prior to the first nippers day. Pool proficiency dates will be advertised at registration. The open water proficiency will be held on a Sunday prior to the first carnival. Children unsuccessful at their first attempt are encouraged to try again at a later date, but we remind parents that the surf club is not able to teach children how to swim – we aim to increase competency in the surf. Please discuss any issues with an Age Manager or the Director of Junior Activities.

	<b>Preliminary Evaluation</b>	<b>Competition Evaluation</b>
Under 6 Surf Play 1	Incorporated into week 1 Nippers: (Front glide and recover / float with aid and recover)	Nil (no competition)
Under 7 Surf Play 2	Incorporated into week 1 Nippers: (Front glide and three metre kick and recover / float without aid and recover)	Nil (no competition)
Under 8 Surf Aware 1	25m swim (any stroke) 1 minute survival float	Nil (no water competition, except wade)
Under 9 Surf Aware 2	25m swim (any stroke) 1 minute survival float	Minimum 150m open water swim
Under 10 Surf Safe 1	25m swim (freestyle) 1 ½ minute survival float	Minimum 150m open water swim
Under 11 Surf Safe 2	50m swim (freestyle) 2 minute survival float	Minimum 288m open water swim
Under 12 Surf Smart 1	100m swim (freestyle) 2 minute survival float	Minimum 288m open water swim
Under 13 Surf Smart 2	150m swim (freestyle) 3 minute survival float	Minimum 288m open water swim

\*Note: Under 14 competitors who do not complete their SRC certificate are required to complete a Junior Competition Skills Evaluation. Please speak to the Director of Junior Activities with any questions about proficiency.

\*Note 2: The open water swim must be achieved before members are eligible to compete in carnivals, including members who only wish to compete in beach events.

## Age Championships/Point Score

Each season we hold the Nippers Point Score Championship. Five of the ten nipper Sundays are “point scores”, where children compete in their nipper events. We stress that at a club level point scores are designed to encourage friendly competition, and the key objective is to have fun. Events for the Age Championship are beach sprint, beach flags, swim race and board race for Under 9’s-13s, and for Under 8’s beach sprint, beach flags and surf wade. Additional events such as Iron Man may be included at the Age Manager’s discretion.

Points are allocated as follows:

First place = 1 point

Second place = 2 points

Third place = 3 points

Fourth place = 4 points

Fifth place = 5 points

Etc.

Ninth and above = 9 points

The winner is deemed to be the competitor with the least amount of points. If a child does not complete an event, they will be allocated 12 points.

Awards are given to first, second, and third place getters (boys and girls) for their accumulated scores over the season. Under 6 and 7 nippers do not participate in Age Championships. All Nippers receive a participation certificate at the end of the season.

## Awards

Awards presented at Junior Presentation include:

- 100% Attendance – for each nipper who attends all ten nipper days. If a carnival is scheduled on the same day as a nipper meet, attendance of the carnival will count towards 100% attendance.
- Age Champions (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) (see above)
- Encouragement Award (boy and girl in each age group)
- Male Stingray Athlete of the Year
- Female Stingray Athlete of the Year
- Woonona SLSC Stingray of the Year
- National Awards for surf education programs the nippers have completed

## Competition and Training

Whilst all children are encouraged to improve their surf skills through regular competition, no child is forced or pressured to do something they are not comfortable with. Our first and foremost aim is for the children to have fun at nippers and enjoy coming to the beach each fortnight.

Coaching in both water and beach events is available to all nippers who wish to improve their skills. We have the services of beach and water coaches to enhance our basic skills and to improve our competitive performance for those who are competing in carnivals and championships. Training times will be notified throughout the season.

Carnivals are held on several weekends through the season, starting with the Sydney Water Series in October and finishing with the Branch and State Championships in February/March. All Nippers who are eligible to compete (i.e. completed their surf education and practical proficiency) are encouraged to represent Woonona!

Competition against other clubs promotes sportsmanship, club loyalty and gives children the opportunity to mix with their peers. Emphasis is placed on participation and friendly competition rather than winning.

A few notes about carnivals:

- Nominations for events that the children are to compete in must be submitted at least one week prior to the carnival. Please speak to your Age Managers or the Junior Competition Convenor as soon as possible if your child wishes to compete.
- Woonona SLSC's policy regarding competition fees is that the club asks parents to pay the competition entry fee prior to the carnival. The club is then willing to reimburse competition fees for parents who demonstrate a commitment to the club by way of volunteering during the season. For example, a parent who is an Age Manager, a committee member, a consistent and reliable helper, or contributes to the fundraising and service aspect of Woonona SLSC is likely to have their child's competition fees fully reimbursed.
- All competitors and their parents must volunteer on the Woonona SLSC Doorknock Appeals Day. Members who do not participate are not able to compete for the club. There are many ways to volunteer on the day; details about the day are circulated in September/October.
- Competitors must wear the Woonona skull cap, and either Woonona swimming costumes, black, or black and white swimming costumes. Caps must be kept on at all times during races. Ocean competitors also must wear a fluorescent rash vest.
- Carnivals generally follow a standard format with a detailed event program being made available during the week prior to the carnival. If not, they will be available on the day. Program details may be altered up until the last minute to take weather and surf conditions into consideration.
- The Woonona Stingray competition team is managed by the Junior Competition Convenor. They are the Team Manager at carnivals, and the official contact for the club. If any parent or competitor wishes to make a protest or complaint during the carnival, the Team Manager must make the complaint/protest on your behalf.
- **IMPORTANT:** One parent of each competitor must attend a Junior Official's Course prior to the competition season. Each club is required to provide a quota of Officials

to assist in the running of the carnival. Woonona SLSC is asking all parents to complete the course so that the Officiating duties can be spread across as many people as possible.

- **IMPORTANT:** There will be a meeting for parents of competitors at each nipper Sunday prior to a carnival to discuss carnival entries, transportation of the club tent and boards, as well as delegate officiating duties. One parent of each competitor must attend each meeting. The meeting will run during nippers and hosted by the Junior Competition Convenor and/or Director of Junior Activities.

Carnival events include:

- Sprint
- Sprint Relay (four competitors per team)
- All Age Relay (seven competitors per team, one from each age group 7 – 13)
- Beach flags
- Surf Swim
- Surf Team Race
  - Junior Race = 2 x Under 8, 2 x Under 9 (4 competitors per team)
  - Senior Race = Under 10-Under13 – one competitor per age group (4 per team)
- Board race
- Board rescue (swimmer “patient” and board paddler “rescuer”)
- Board relay
- Cameron relay (three competitors: swimmer, runner, board paddler)
- Iron Man (swim, board paddle, run)
- Diamond Lady/Ironwoman (swim, board paddle, run)

## Woonona SLSC Social Calendar

The Woonona SLSC social calendar filled with events for young and old. On the last Sunday of each month the bar opens for “Sunday Sippers”. Patrols take turns manning the BBQ and the bar and members enjoy a lazy afternoon in the club (or the courtyard, weather permitting!) while the kids run amok outside. In the 2013/14 season the club have a number of fantastic events scheduled including a 12 hour personal training fitness challenge, a beer and beef night for the boys, a seashells high tea for the ladies, a patrol survivor challenge, and our Senior Presentation Night. We also held the first surf club open day to coincide with the season’s first patrol. The rookies have activities planned including sleepovers, bowling nights, and visits to Jamberoo Recreation Park.

## Fundraising and Sponsorship

The junior and senior components of Woonona SLSC have always banded together to raise funds for our club. We organise a number of events to help raise money for the replenishment of patrolling, training, nippers and competition equipment as well as the general costs of maintaining our club. We always need your support for our events; please help us sell raffle tickets or cook a Bunnings BBQ (whatever you can do!).

The club are also continually seeking out new sponsors. We are fortunate to have a number of local businesses assisting our club, and if you know any businesses or individuals who may like to sponsor the surf club (no matter how big or small the donation), please let the Director of Junior Activities know so the contact can be passed on to the Sponsorship Coordinator.

## **Junior Activities Committee**

The Junior Activities Committee and Woonona SLSC Management Committee meet on a monthly basis. Should you wish to attend a meeting to bring a matter to the attention of either Committee, you are most welcome. Meeting dates will be advertised at nippers and in the newsletter throughout the season.

## **Woonona Squids!**

The Woonona Squids are made up of the 13-17 year old members of Woonona SLSC. Young people often join a surf club to volunteer and/or to compete, but we offer so much more than that to our Squids!

## **Training and Completing an Award**

Initiation into the Woonona Squids begins with the achievement of the Surf Rescue Certificate. People aged 13 and above can achieve the Award, which involves 6-10 weeks of theory and practical training. To qualify for the course participants must complete a competency pool swim. Members learn about first aid, resuscitation, surf awareness and safety, patrolling duties, OH&S and rescue techniques. The course also involves practical sessions including board skills, tube and board rescues, and mock patrols. When students are ready they are assessed on their theory and practical skills.

## **The Squids in Action**

As an SRC holder, members are assigned to patrols. They have an obligation to their patrol and have an opportunity to learn from experienced lifesavers and be a crucial part of a team.

At Woonona the youth make up a large percentage of the nippers Water Safety Team. Ten Sunday sessions are run throughout the season where the nippers participate in beach and ocean activities. The Water Safety monitors water activities and the safety of nippers. Water Safety Team members wear orange vests and are organised into teams. Being a member of the Water Safety Team is a fantastic opportunity to exercise your lifesaving skills and have lots of fun with the nippers. The nippers absolutely adore the Water Safety; they love playing with the "big kids", and the "big kids" often get a good laugh out of the nippers too!

## **The Social Life**

Our youth members are about the most social bunch in the club! In addition to coming along to the club functions such as Sunday Sips, Christmas Party, Presentation Night and Movie Nights, the Squids have their own social calendar that includes the annual Rookie Sleepover, a trip to Jamberoo Recreation Park, pizza lunches, daytrips to visit the Bondi Lifeguards and plenty more!

## **Leadership**

Some of youth members have risen to take on significant roles in surf lifesaving. Some are Patrol Captains, Coaches, committee members, Age Managers and of course, the Youth Coordinator. Woonona SLSC is always looking for young leaders interested in extending their skills and making a greater contribution to the surf club. There are a number of Youth Leadership camps run by the Illawarra Branch and NSW Surf Life Saving that Woonona would like to send young leaders to. If you are interested in becoming a leader at the surf club, speak to a member of the Executive Committee or the Youth Coordinator.

## **Competition and Training**

Our young and fit Squids make for excellent competitors! Woonona has a "have a go" policy – we encourage all members to represent our club. Our beach, surf and surf craft coaches conduct regular training sessions, and the gym is available for all proficient Bronze holders.

Woonona is well represented across all disciplines; nippers, beach, surf (including surfing), surf boats and IRBs. Woonona provides equipment and pays for carnival entries for competitors – if you have passion and/or skill, we strongly encourage you to compete! For more information about competing for the club, talk to the Competition Convenor, one of the Coaches, or the Youth Coordinator.

## **Fundraising**

Woonona SLSC is not-for-profit and its members raise most of the clubs finances through fundraising. The youth like to contribute by holding FUN-draisers such as Krispy Kreme drives, Bunnings BBQs, the Woonona Duck Race, and by door knocking on Appeals Day. Fundraising is part of our service to the club and the community often open their hearts to our worthy cause.

## 2013/14 Contacts

Role	Name	Contact Number
President	Stacey Paddon	0407 710 221
Director of Administration	Helen Bow	0438 662 333
Director of Education	Phil Geary	0403 688 240
Director of Surf Sports	Eon Chapman	0414 964 783
Director of Surf Life Saving	Rachel Fenwick	0466 694 366
Director of Junior Activities	Anthony Arnold	0403 471 926
Youth Coordinator	Morgan Clarke	0401 484 769
Junior Competitor Convenor		
Registrar	Jocelyn Odewahn	0402 059 893