

# OCEAN BEACH SLSC EST 1922



## JUNIOR ACTIVITIES HANDBOOK 2023 / 2024 SEASON

Ocean Beach SLSC  
Juniors



@oceanbeachslsc



**“Nippers is here for everyone. It is for you to enjoy yourself, have fun, make new Friends and learn how to be a future lifesaver”**

# WELCOME

I would like to take this opportunity to welcome everyone, both new and those returning from last year, along with their families to the new season of Ocean Beach Nippers. On behalf of the Management Committee, Age Managers and the Ocean Beach Life Saving Club community I hope that this year you all participate and enjoy what this great club has to offer. There is something for everyone and we hope you have an enjoyable season.

We are committed to ensuring that all the children get the most out of their time on the beach, have fun, make new friends, increase their educational knowledge, develop their competitive skills and most importantly, learn the fundamentals to become a future lifesaver. As with all sports the changes are part of our everyday life but our club has withstood challenges in the past, and we will again this year. We are the number ONE club on the central coast, and will continue to keep that position.

To achieve this, we need the support of everyone, the parents; the families; the coaches; the children. All the committee members, age managers, and our coaches volunteer their own time. Like any voluntary organisation, Ocean Beach Nippers relies heavily on the active involvement of parents. As is often the case year after year a lot of the work is left to the same few individuals who devote their time tirelessly to keep the junior activities program functioning. Many hands make light work and it would be tremendous assistance if you could assist and or support the club in one of the numerous roles essential for the on-going operation of club. This can be through many ways. Assisting on the beach on Sundays or at carnivals, helping on a BBQ or selling raffle tickets, gaining an SLSA award or even just attending a Sunday function at the surf club. Every little piece that you do will add to all the other small pieces to help build ONE big piece.

The vision of the club is to provide a safe, friendly and welcoming environment where both Nippers and Parents can interact and enjoy the benefits of a healthy outdoor activity. The clubhouse and facilities are there for all members to use.

I now invite you to read this book which provides useful information about Nippers and our Club. Your child's age manager or any member of the management committee will be happy to help you should you require further information. Their contact details are available within this book. I hope you all enjoy your season with Ocean Beach SLSC and I look forward to meeting and working with all of you.

Greg Argall  
Director Junior Activities

# CLUB CONTACTS

## MANAGEMENT COMMITTEE

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## AGE MANAGERS

Under 14	Kira Egan 0402 341 319	Nicole Sturla 0450 510 170	Nicole Majsak 0412 739 330
Under 13	Nigel Fitzgibbon 0431 297 441		
Under 12	Amanda Lawer 0478 055 609		
Under 11	David Fitzpatrick 0429 699 759		
Under 10	Chris Holmes 0415 635 663		
Under 9	Aaron Camp 0431 714 204		
Under 8	Clint Higson 0431 530 493		
Under 7	Lauren Lawer 0478 055 609		
Under 6	TBA		

## KEY PERSONNEL

Rookie Co-Ordinator	Jason Lawer 0458 055 205
Water Safety Co-ordinator	Jasmine Rybie 0415 889 894
Seagull Nipper	Simone Rider

## CLUB CONTACT

Phone	4344 2800
Club PO Box	PO Box 156, Woy Woy, NSW 2256
Club Address	176 The Esplanade Umina, NSW 2257
Club Office	Belinda Thompson (Mon 9-3, Tue 9-3, Wed 9-3, Fri 9-12)

# HISTORY OF OUR CLUB

Following their return from active service in the Great War, a group of Woy Woy residents who commuted by steam train from Sydney, decided that due to its popularity, it was necessary to have a surf club operational at Ocean Beach. While the club had been operating informally for a couple of years, on Sunday 29 January 1922, a meeting was convened at Wal Dawson's residence to "officially" establish Ocean Beach Woy Woy Surf Life Saving Club.

In October 1921, amenities blocks were erected at Trafalgar and Sydney Avenues. In 1956, the required block of land was allocated but it wasn't until 1961 that the first clubhouse was built. In 1968 with much support from Rotary the club was able to complete the 30-foot extension applied for in 1962-63.

On January 23, 1966, a meeting was convened to form a Juvenile (or Nipper) club. The women in the club then formed the Ocean Beach Mermaids for all the girls. The two bodies joined together and became the Junior Activities. Many a fine competitor and club member has come through the ranks of the Nippers and Nipperettes or what are now known as Junior Activities.

On a competitive level, there have been many Branch Titles, State, Australian and World Titles coming back to the Ocean Beach Surf Club. Any visitor to the clubhouse can see these and other members who have been successful. Their pictures adorn the walls of the upstairs part of the clubhouse.

From a community service perspective, Ocean Beach SLSC boasts 99 years of no lives lost between the flags. Ocean Beach SLSC is celebrating 100 years in November 2022 and we look forward to all of the celebrations.

# NIPPER PROGRAM

There are over 52,000 junior surf lifesavers (nippers) in Australia. Nippers learn about surf awareness and safety through the Surf Life Saving Surf Education Program (Surf Ed). They are also able to participate in board paddling, surfing, swimming, running, wading and other fun activities and games.

Any child, boy or girl, may join Nippers once they have turned 5 years old. They do NOT have to be super competitors or super athletes! One of the best features of Nippers is seeing young children overcome their fear of the water. Children who are afraid of the water can develop through encouragement, education and training to be confident in the surf.

We do not teach children how to swim, however we will teach them surf skills and educate them about the beach environment. Given the activities are conducted in a marine environment; Nippers are encouraged to undertake regular swim training through a local club or pool.

Practicing these skills allow children to compete in Club, Regional and State Surf lifesaving carnivals representing their clubs. Ocean Beach Surf Life Saving Club offers a program of surf awareness, skills coaching and competition at various levels, similar to the events that Australia's Surf Life Savers participate in.

While competition is an element, the surf awareness and education aspect is a primary aim. Children are taught from a young age how to respect the surf read the surf and use the surf to their advantage. This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf lifesaving.

## **AGE GROUPS**

Children MUST be 5 years of age to be registered and permitted to participate in any Surf Lifesaving activity. The club is unable to accept membership of a child less than 5 years of age to comply with insurance requirements.

A child's age group for the season is their age as at midnight 30th September. This is also their competitive age if participating at interclub carnivals and State AGE Championships.

### **Age Group 2023/24 Season**

Under 6  
Under 7  
Under 8  
Under 9  
Under 10  
Under 11  
Under 12  
Under 13  
Under 14

### **Birthday**

Turns 6 after midnight 30th September  
Turns 7 after midnight 30th September  
Turns 8 after midnight 30th September  
Turns 9 after midnight 30th September  
Turns 10 after midnight 30th September  
Turns 11 after midnight 30th September  
Turns 12 after midnight 30th September  
Turns 13 after midnight 30th September  
Turns 14 after midnight 30th September

A child who turns 5 after midnight 30th September may participate in the Under 6 age group but only after they have had their 5th birthday and these children will remain in the Under 6's next season also.

# EDUCATION & PROFICIENCIES

## UNDER 6 and UNDER 7 ACTIVITIES

The key focus for 5 and 6 year old children is on play, participation and fun, with guidelines to support this focus to include:

- beach activities that emphasise games and group activities,
- water activities to be limited to shallow water near the water's edge,
- no competition for these age groups other than being involved in fun games.

<b>AGE GROUP</b>	<b>AGE</b>	<b>AWARD</b>	<b>REQUIREMENT</b>
Under 6	5	Surf Play 1	1) From a standing position in waist deep water perform a front glide and recover to a secure position. 2) Perform a back or front float holding a buoyant aid and recover to a secure position.

<b>AGE GROUP</b>	<b>AGE</b>	<b>AWARD</b>	<b>REQUIREMENT</b>
Under 7	6	Surf Play 2	1) From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. 2) Perform a back or front float for a few seconds and recover to a secure position

## UNDER 8 THROUGH TO UNDER 14

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 and Competition Skills Assessment for each age group.

**Preliminary Evaluation** - 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. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.

Note: It is not an assessment which if not completed competently precludes the child from becoming a member or continuing with junior surf education or training activities.

This evaluation can be completed a number of ways again this season. If you are a squad swimmer then you can have your instructor sign this off using the form available on the website; during an official training session at Ocean Beach, or at the first Sunday of Nippers 8<sup>th</sup> October 2023.

Throughout the year the children will also participate in the junior education development program which is designed to ensure children from the ages of 7 to 13 have fun at the beach while participating in lessons that will pathway them to becoming a lifesaver – what we like to call ‘Serious Fun’

The specifically designed program progressively introduces knowledge and skills through learning outcomes 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! Each age group has its own individual set of lessons – between 10 and 16 depending on the age group.

The table below outlines the award pathway for a junior member in surf lifesaving. The program pathways learning towards the Surf Rescue Certificate, which members can begin training towards from the age of 13.

Award - Every junior member should achieve the relevant Surf Education Award appropriate to their age group.

### **Minimum aquatic skill**

#### U6, U7 & U8

- Back or front float for minimum 5 seconds, recover to stand.
- Submerge to retrieve object from bottom of water with hands (e.g., dive ring).

#### U6

- Push and glide from wall (distance 1-2 meters) recover to stand.
- Wade through water (distance 5 meters) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.

#### U7

- Push and glide from wall, kick (distance 2-3 meters) recover to stand.
- Wade through water (distance 5 meters) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.

#### U8

- Swim on front any stroke (distance 20 meters) followed by swim underwater (distance 3-5 meters).
- Swim on front through water any stroke 20 meters, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

#### U9,10

- Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.
- Submerge to retrieve object from bottom of water with hands (e.g., dive ring).

#### U9

- Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 meters.
- Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 meters, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

#### U10

- Swim on front through water any stroke for 25 meters followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 meters.

- Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 meters, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

#### U11

- Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.
- Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g., dive ring).
- Swim on front through water any stroke for 50 meters followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 meters.
- Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 meters, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

#### U12, U13 & U14(SRC)

- Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.

#### U12 & U13

- Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g., dive ring).
- Swim on front through water any stroke for 100 meters followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 meters.
- Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 meters, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

#### U14 (SRC)

- Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from bottom of water with hands (e.g., dive ring).
- Swim on front through water any stroke for 100 meters followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 meters.
- Swim on front through water using combination of breaststroke, sidestroke, freestyle for 200 meters, followed by tread water and/or sculling for minimum 3 minutes, followed by forward or backward roll/somersault underwater, recover to surface, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

Following the successful demonstration of the preliminary skills assessment, the competition skill 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.

**Competition Evaluation** - The competition evaluation must be achieved before any members are eligible to compete and will be completed in the first weeks of nippers and will involve an ocean swim, with the distance based on the age group of your child.

<b>AGE GROUP</b>	<b>AGE</b>	<b>COMPETITION EVALUATION</b>
Under 8	7	Nil (no water competition, except for wade which takes place in waist deep water)
Under 9	8	Minimum 150m open water swim (competition course as per competition manual)
Under 10	9	Minimum 150m open water swim (competition course as per competition manual)
Under 11	10	Minimum 288m open water swim (competition course as per competition manual)
Under 12	11	Minimum 288m open water swim (competition course as per competition manual)
Under 13	12	Minimum 288m open water swim (competition course as per competition manual)
Under 14	13	Minimum 288m open water swim (competition course as per competition manual)

**PLEASE NOTE:** The preliminary assessment swim (see above) is a prerequisite to (must be completed before) the competition skills evaluation (ocean swim). These are two separate swims, one swim cannot be used to qualify a child for the other requirement.

## SUNDAY NIPPERS

### INFORMATION FOR EVERYONE

- All recording of names will be done on the beach. Please report to your Age Manager who will be at your age marker flag. It is important to have your name recorded as it counts towards attendance records as well as for insurance purposes.
- All children will need to ensure that their name is recorded each session on the beach, including the name and contact details for the parent/carer that is with them.
- We ask that parents/carers assist us by maintain social distancing whilst on the beach.
- The club will be undertaking all precautions including the cleaning and disinfecting of all equipment as per the guidelines set by NSW Surf Life Saving.
- Any announcements which need to be made will be done through your Age Manager, newsletter, flyer, website and social media pages. These announcements contain important information regarding activities as well as upcoming events so please keep yourself informed.
- Nippers are rarely cancelled due to inclement weather. If in doubt, please check the Ocean Beach Juniors Facebook page, website or contact your age manager.

To ensure everyone is recorded the start times will be staggered for the age groups again this year. We ask that you try and be on time to ensure we can meet the requirements. If your child is late, please make sure that you see their age manager to have names recorded.

### **Reporting times are as follows:**

0830	Under 14, Under 13, Under 12
0845	Under 11, Under 10, Under 9
0900	Under 8, Under 7, Under 6
1030	Seagulls (when advised that season has started)

### **UNDER 6 AND UNDER 7 NIPPERS**

During this time surf lifesaving activities and education will be conducted by the children's Age Managers, coaches, mentors etc. The aim is to teach surf education whilst in their appropriate age groups and a non-competitive environment. We see this as training for our future patrolling members and surf safe kids!

#### What To Bring:

Please ensure your child has the following:

- Blue/Green cap
- Blue/Green rash vest
- Adequate sun protection applied, ie, sunscreen & hat
- Towel, goggles and water bottle

#### Where on the Beach?

The 6 and 7's are located to the RIGHT of the tower. This will be totally dependent on beach conditions.

#### Caps and Rash Shirt:

- Under 6 and Under 7 members wear coloured rash vest and caps to nipper training.
- This season Under 6s will wear a green cap and rash vest and Under 7s a blue cap and rash vest. These colours assist in identifying these age groups easily and, for safety reasons, much be worn during all training.
- You will use this cap and rash vest for 2 seasons/until Under 8s. Please ensure your child's name is clearly written on the cap.
- Once your training session is completed, please ensure the cap is removed if you are staying on the beach.

#### Finish Time:

Approximately 10-1030am

#### Carnival Days:

This age group does not compete in Carnivals. On Carnival days the activities continue at Ocean Beach.

#### Parent Helpers:

Are always encouraged and greatly appreciated. Please speak to your Age Manager if you are able to offer assistance where you feel comfortable. There are several SRC and Bronze courses held throughout the season allowing you to assist as water safety for your child's age group.

## **UNDER 8 THROUGH TO UNDER 14 NIPPERS**

### **What To Bring:**

Please ensure your child has the following:

- Ocean Beach club competition cap
- Pink hi-vis rash vest (no rash vest = no activities)
- Adequate sun protection applied, ie, sunscreen & hat
- Towel, goggles and water bottle
- U9-U15 board wax (if required)

### **Where on the Beach?:**

The U8-U14s will move around, depending on the activity they are currently engaged in. Please look out for each age group flag.

### **Club Competition Caps and Hi-Vis Rash Vest:**

- Each child will be required to wear a club competition cap during Sunday nipper training, point score and at carnivals.
- No cap = no participation.
- Additional or replacement caps can be purchased through the club clothing store and on registration days. Please ensure your child's name is clearly written on the cap.
- Once your training session is completed, please ensure that the cap is removed if you are staying on the beach.
- Pink hi-vis rash vest (no rash vest = no activities)

### **Finish Time:**

We aim to finish before 11am. Please advise your age manager when you are leaving the group.

### **Carnival Days:**

Nipper activities will continue on a Sunday for those age groups not competing. Special dispensation for attendance will be made if a child needs to attend a carnival with a sibling instead of attending Ocean Beach.

### **Beach set up & pack up**

This is done from 7.30am each Sunday. If you can assist please report to the gear shed where a task will be allocated. It isn't hard and the more assistance we get the easier the task becomes for everyone. Please don't leave it to the same people each week. Pack up will be completed by all age groups as they leave their area. As all equipment needs to be cleaned and sanitized, we need help in completing this work.

# COMPETITION TRAINING & COACHING

Normally Sunday Nippers is focused on developing skills in Surf Lifesaving and other important motor skills. These sessions are generally not intended as fitness training days (although they will help). Training for fitness and skill development is provided to Ocean Beach nippers by Club Members (voluntary) and by various coaches as follows;

## **Water Training**

Coach                      Matt Smithers & Shane Oakes  
Ages                         U9 through to U14  
Day & Time                To be advised

## **Beach Training**

Ages                         U8 through to U14  
Day & Time                To be advised

## **R & R Training**

Coach                      Peter Lambeth & Ben Smith  
Ages                         U10 through to U14  
Day & Time                To be advised

*The time and venue of all training sessions may be subject to change due to conditions. Notifications of changes will be posted on the Ocean Beach SLSC Juniors Facebook page.*

The objective of all training sessions is to create a fun training environment that will help to improve the confidence and skill levels of all Nippers and allow them to perform to the best of their ability. For beginners the objective is to improve their basic surf skills to the point where they can feel confident in the surf whilst enjoying themselves at the same time.

Children are not taught to swim at Nippers. We strongly recommend that children attend regular swimming lessons until at least squad level. Pool swimming is essential to develop the strength, fitness and confidence that nippers require to negotiate surf conditions. Surf swim training focuses on negotiating waves, rips and sweep and using them to the swimmers advantage. Children who swim regularly prove to be the most capable in the surf and ultimately gain the most from participating in a nippers program.

# CARNIVALS

It is a possibility as like last season the carnivals may be split according to age groups. More information will be passed as soon as we know.

The Branch Championships have not been scheduled as yet. The NSW State Age Championships are listed as February 2024, however this is subject to change.

When there are changes made Branch will pass on the competition changes to the clubs. We are all hoping that those changes will see the re-introduction of age groups and events but until that time we need to abide by the rules and regulations.

This year to compete at a carnival, you must ensure that you advise your Age Manager with as much notice as possible and at least one week prior to the carnival. Entries are to be submitted by completing a paper entry form and giving this to your age manager. Payment can be made by cash, direct funds transfer or EFT. When issued a live heat wrist band you must take this to each carnival as you will not be able to compete if not worn.

Details regarding carnival entries will be communicated via sms/email/Facebook.

Other Carnivals and events are also held in which Ocean Beach Nippers may compete in. All the carnivals are listed in the nipper calendar.

At all carnivals the Ocean Beach Club Cap must be worn as well as your pink **Newcastle Permanent** hi-vis rash vest for water events. RACES AND EVENTS (can include)

- Under 8:  
Individual Sprint, Beach Flags, Wade Race, Sprint Relay & Wade relay (When allowed entry)
- Under 9 & Under 10:  
Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim Teams, Board relay.
- Under 11 through to Under 14:  
Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim teams, Board Relay, Board Rescue & Iron Man.
  
- Surf Board riding for all competitors aged 12 years to 14 years at some carnivals.
- Club Competition (Team) Events for Carnivals can include:
  - Cameron Relay
  - Brace Relay
  - March Past
  - R & R.
  - All Age Sprint Relay
  - All Age Board Relay.

## CARNIVAL PROGRAM

This will be available prior to each carnival (and will be available to print from the Ocean Beach Surf Club Juniors Facebook page) and whilst the carnival organisers aim to run as per the timetable, occasionally, event orders are changed so it is important to listen to the marshalling announcements and check with your age manager.

## PARTICIPATION

Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, however for the majority of children, participation can be an enjoyable and rewarding experience. We encourage all Nippers to represent our Club. We also take pride in our teams and enter as many teams as possible to represent OBSLSC

## CARNIVAL OFFICIALS AND WATER SAFETY

- There is a requirement that the club supply a minimum of 1 Carnival Official per 9 competitors at a junior carnival, plus water safety officials.
- If in the event there are insufficient officials, Ocean Beach SLSC may be withdrawn from the Carnival and/or fined.
- [Parents or siblings of Nippers competing at Carnivals \(U8 – U14\) are expected to assist with Water Safety \(must hold SRC or Bronze Medallion\) or Officiating. Each age group will be required to supply an official and water safety. Please liaise with your age manager on obtaining the necessary qualifications to fulfil these roles. Official course can be completed online and final sign off at your first carnival.](#)
- Courses to become an Official are available online through the member's portal and will be reimbursed by the club once having officiated at two events

## CARNIVAL DAYS

- Competitors must arrive no later than 30 minutes prior to the start of marshalling for the first event on the program.
- Nippers should be well rested (i.e., an early night prior to the carnival).
- Club cap must be worn at all times during competition and pink hi-vis singlets are compulsory for all water events.
- If you are taking a club board for use at a carnival, it is your responsibility to arrange this beforehand with your age manager, arrange transport for it to the carnival and finally return it to the clubhouse in good, clean condition.
- On arrival, the competitor should register (usually requires a stamp on your arm), then check-in with the Age Manager.
- During the Carnival, Nippers should stay around the OBSLSC tents in their area and keep in contact with the Age Manager. When an event is called, the Age Manager will advise the relevant Nippers and arrange for them to proceed to the Marshalling Area.
- 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 further direction is advised by the carnival officials.
- It is important to keep in mind our code of conduct and fair play code whilst at carnivals. Remember it is never ok to argue with, degrade or speak unkindly to anyone at a carnival including your own child, a competitor or carnival official. If you feel that a decision, which has been made, is not correct, there is a process which needs to be followed. Please speak to your Age Manager or Team Manager about the situation.
- At the conclusion of a carnival, parents are requested to assist packing up tents and equipment; return boards to OBSLSC or the OBSLSC trailer; and ensure the area is left clean.
- Everyone is asked to come back to the club following a carnival so we can pass on to the wider members of the club the outcomes of the carnival. We will present medals to those that placed in events and provide a wrap up for the day. The senior members do this for their carnivals and it would be pleasing to see the junior parents and their children do this as well. All family and friends are welcome

## POINT SCORE DAY

There will be only the one Point Score Day allocated as per last year. Notice will be provided as soon as it can be determined. Point score day is for intra club competition, for children in Under 8's through to Under 14's. These point score days are subject to the rules of the SLSA Competition Manual. A competition cap and pink hi-vis rash singlet must be worn.

Children will compete in the following events.

- Under 8            Sprint, Flags and Wade
- Under 9            Sprint, Flags, Surf and Board
- Under 10          Sprint, Flags, Surf and Board
- Under 11          Sprint, Flags, Surf, Board and Iron person
- Under 12          Sprint, Flags, Surf, Board and Iron person
- Under 13          Sprint, Flags, Surf, Board and Iron person
- Under 14          Sprint, Flags, Surf, Board and Iron person

To be eligible to compete for points in events, a competitor must be:

1. Financial Member
2. Participated and completed Surf Education Program by 31 December 2020
3. Have a minimum of 70% attendance
4. Completed competition evaluation requirements

# ATTENDANCE

To be eligible for Point Score Trophies, Achievement Awards, Long Service Awards, or any other awards presented at the JAC Presentation Day 70% attendance is required. This does not include Surf Education Awards which are awarded through successfully completing the surf education modules.

# ROOKIE LIFESAVERS

This Program is for U/13-14 members and introduces them to the patrolling environment. Rookies are buddied up in patrols and start the learning process of becoming fully fledged patrol members. This age group also takes on a role of being a leader by assisting the younger members of the club.

Central Coast Branch and NSW Surf Life Saving conduct different programs and events throughout the season that these age groups are encouraged to apply and attend.

A rookie challenge is usually held each year where a team is selected from these age groups and compete against all other Central Coast clubs across a wide variety of events including swims, beach runs and theory papers.

# SEAGULL NIPPERS

Seagull Nippers is a modified nipper program that provides a supportive environment to enable participation & inclusion for individuals with additional needs into surf lifesaving.

The program provides vital water skills to those who may otherwise not have the opportunity. Each participant is supported to work toward their individual goals; whether that's putting face in the water, riding a board, learning when to go over or under a wave or for some, the ability to interact socially with others. While learning water safety skills is the main aim of our program, Seagull Nippers may also access inclusive surf lifesaving competition opportunities.

Dates and times will be advised soon so please refer to club website and Facebook pages for when enrolments will begin.

It is the intention of Ocean Beach to conduct this program this coming season but we will be governed by advice provided.

# WE NEED YOUR HELP

Please note that at least one parent/guardian/carer of each nipper must be a Parent Member or an Active Member of Ocean Beach SLSC.

It is our experience that the more YOU get involved, the more your child will enjoy nippers and the more rewarding it is for parents.

The Club operates entirely from volunteer help. There are many jobs, so you do not need to have had surf lifesaving experience! The Club values the contribution from parents – it makes our Club.

Parents will also leave the Club as their children finish Nippers and move to the Senior Club. The Junior Life Saving Club will therefore always be in need of fresh ideas, new office bearers and volunteers.

Positions and areas that parents and families can volunteer include:

- Age Managers
- Assistant Age Managers
- Setting up the beach at 7.45 a.m. each Sunday and putting equipment away
- Water Safety - Those parents and/or siblings providing water safety must hold a valid SRC or Bronze Medallion.
- Carnival Officials
- Setting up & pulling down equipment at Carnivals
- Carnival assistance
- Judging
- Fundraising
- Any other help and ideas.

## OPPORTUNITIES FOR PARENTS

During the season, there are opportunities available to parents and other interested members to obtain their Bronze Medallion, Surf Rescue Certificate (SRC), and First Aid Certificate etc.

Many parents completed their Bronze Medallion and in doing so enjoy the learning experience and getting a greater understanding of surf lifesaving.

Further information about the Bronze Medallion and other courses can be obtained from Age Managers, by contacting the office or emailing: [education@oceanbeachslsc.com](mailto:education@oceanbeachslsc.com)

The Club must meet the water safety requirements listed by SLSC. It is therefore essential that as many parents as possible obtain their Bronze Medallion or SRC and assist with water safety. If we do not have the required number of Water Safety Officers then an activity cannot be conducted.

A 'Carnival Officials' course is also available online through the members portal for parents or other interested members who would like to get involved at our Competition Carnivals that we will attend each season. This is the chance to get a ringside seat at the action! Please speak to your age manager or contact the office for course details.

At carnivals each club is required to provide a minimum number of water safety and carnival officials. Please volunteer to ensure the carnival is a success.

Again, a parent or guardian **MUST** be at the beach with your child at all times during junior activities

## SAFETY

Safety is our first priority in all activities conducted by the Ocean Beach Life Saving Club. Safety extends to safety on the beach, in the water and gives consideration to the protection of all children.

### **SAFETY IN THE WATER**

It is **COMPLUSORY** for any nipper (U8-U14) undertaking any water activities (at training or at nippers on Sunday) to wear a pink hi-visibility singlet. **No pink singlet = no participation. ABSOLUTELY NO EXCEPTIONS.**

Only proficient SLSA Surf Rescue Certificate and Bronze Medallion personnel are eligible to act in this capacity. Under no circumstances are non-surf lifesaver qualified personnel to assume the role of Water Safety Officers, etc. for Junior Aquatic Activities

The Patrol Captain and/or Club appointed Water Safety Supervisor (WSS) must decide if the surf conditions are safe enough for junior activities as he/she is responsible for all water safety and mitigate any risks as required (i.e. a risk assessment is conducted – forms are completed or the mobile app used where appropriate). The Patrol Captain/WSS in counsel with the Junior Activities Coordinator must decide on the safest area to be used. The Patrol Captain/WSS has the authority to cease Junior Aquatic Activities if in his/her opinion the conditions are deemed to be a HIGH RISK and unsafe at any time. Where a moderate risk is assessed the WSS may also modify the activity, course and/or water safety ratios.

The Patrol Captain/WSS/Junior Activities Coordinator has a responsibility to ensure no Junior Aquatic Activities take place without appropriate water safety. The Junior Activities Coordinator, in consultation with the Patrol Captain/WSS, is to arrange water safety personnel. If insufficient numbers, it is recommended activities be carried out in groups or heats to maintain minimum supervision ratios.

Water safety personnel for SLS junior activities water safety supervisors and personnel must be wearing a clearly identified uniform. The orange cap and orange rash shirt branded “Water Safety” on the front and back of the shirt for identification is most commonly used, however, the uniform may also be the standard Surf Rescue uniform (red and yellow cap and patrol top, rash shirt, wetsuit or stinger suit). ‘On duty’ patrolling members can only be used as water safety officers when the minimum patrol requirements have been met and at the discretion of the patrol captain and providing that their patrol duties are not compromised. Uniform for ‘on duty’ patrol members is the standard patrol uniform.

The recommended ratio for Water Safety is as outlined as:

- One (1) Water Safety Officer to five (5) participants.
- One (1) Water Safety Officer to ten (10) participants where Low-risk conditions are determined after a pre-activity risk assessment (i.e. flat water & confident evaluated participants / pool environment).
- Approximately 50% of these Water Safety Officers should be on a Rescue Craft
- It is also highly desirable that those Water Safety officers not on Rescue Craft wear swim fins and make use of rescue tubes or other flotation aids
- An IRB dedicated to junior activity water cover is also highly desirable and counts as two (2) Water Safety Officers. An RWC if used counts as one (1) unless they have a crew which counts as two (2).
- Where participants are qualified (SRC/Bronze) the ratio is one (1) Water Safety Officer to Ten (10).

## **MEMBER PROTECTION AND WORKING WITH CHILDREN**

Surf Life Saving Clubs (SLSC), as organisations that involve children, should have a strong interest in keeping children safe. As such Surf Life Saving New South Wales (SLSNSW) has developed a number of procedures and resources which complement the Surf Life Saving Australia (SLSA) Member Protection Policy.

It is important for SLSCs to understand that good child safe policies and practices are the best way to reduce potential environmental risks and keep kids safer in our organisation.

Ocean Beach has member protection officers that can be contacted for information, advice or when you have a concern. Please refer to the website for the current Member Protection Officers.

## **MEMBER PROTECTION AND INFORMATION OFFICER**

A Member Protection Information Officer (MPIO) is a vital role in all Surf Life Saving Clubs and is responsible for providing information about a person’s rights, responsibilities and options to an individual making a complaint or raising a concern. They can also provide information and advice to administrators and complaint handlers with regard to the SLSA Member Protection Policy. MPIOs should be impartial, meaning they do not mediate or investigate complaints.

The MPIO can play a key role in ensuring our Clubs are safe, fair and inclusive. MPIOs do this through ensuring club members and administrators know their rights and responsibilities and ensuring policies that focus on member protection are being implemented. Such policies may include but are not limited to the complaints policy and procedures, child protection policies, harassment and discrimination policies.

### **WORKING WITH CHILDREN CHECKS (WWCC)**

The WWCC is managed by the Office of the Children’s Guardian (OCG) and involves a national criminal history check and review of findings of workplace misconduct. The result of a WWCC is either a clearance to work with children for five years, or a bar against working with children. There is a legal responsibility for Ocean Beach SLSC to obtain the details of WWCC for members who are over the age of 18, and work with children under the age of 18. However, there are a number of exemptions under the legislation including children (under the age of 18); for more information visit the members section of the Surf Life Saving NSW website [www.surflifesaving.com.au/members](http://www.surflifesaving.com.au/members)

Generally, if you are a parent volunteering in a role for a group your child participates in, for example, Sunday nippers, you are not required to obtain a WWCC, however, if you volunteer outside the age group your child is in, you may be required to provide details of your WWCC.

Cleared applicants are subject to ongoing monitoring, and relevant new records may lead to the clearance being revoked.

Please contact the club directly should you require any further information regarding WWCC.

### **CODE OF CONDUCT & FAIR PLAY CODE**

Because fulfilling our mission depends on the united efforts of many, we believe in working together collaboratively, respecting each other's contribution and importance. The volunteers assisting at the club on the weekend (and sometimes during the week) are volunteering their time as well. Whilst we may not always agree on decisions made or actions taken, please remember that your fellow volunteers are doing their best for the club. If you have a great idea or suggestions on ways to make our club better – we would love to hear from you and have you join the team. Let’s make Ocean Beach the best beach!

### **CODE OF CONDUCT**

Ocean Beach SLSC endorses the following Code of Conduct for SLSA members. As an SLSA member you should meet the following requirements in regard to your conduct during any SLSA sanctioned activity.

- i. Respect the rights, dignity and worth of others.
- ii. Be fair, considerate and honest in all dealings with others.
- iii. Make a commitment to providing quality service.
- iv. Be aware of, and maintain an uncompromising adherence to, SLSA standards, rules, regulations and policies.

- v. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age;
- vi. Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving;
- vii. Abide by the relevant role specific codes of conduct outlines in Annexure 2 of SLSA's Policy 6.5 (Policy Statement member Safety and Wellbeing)

Ocean Beach SLSC expects all members, supporters, advisors and associates of SLSA to abide by a Code of Conduct which upholds the principles and values of the organisation and this Member Safety and Wellbeing Policy. Members should recognise that at all times they have a responsibility to a duty of care to all members of SLSA. Specifically:-

Members have the right:

- i. To be safe;
- ii. To be listened to;
- iii. To be respected;
- iv. To privacy;
- v. A protective environment;
- vi. To be referred to professional help if needed;
- vii. To be protected from abuse, discrimination or harassment by other members or outside sources.

Members are responsible for:

- i. Showing respect to other members;
- ii. Keeping themselves safe;
- iii. Complying with all other requirement of the member safety & wellbeing policy;
- iv. Making themselves aware of the policy and complying with the standards of conduct outlined in the member safety & wellbeing policy;
- v. Consenting to a national policy check if the individual holds or applied for a role that involves working with people under the age of 18 years;
- vi. Cooperating in providing a discrimination, child abuse and harassment free SLSA environment;
- vii. Understanding the possible consequences of breaching the member safety & wellbeing policy;

Risk Minimisation Measures

Do not engage, or allow others to engage, in any of the following:

- i. abusive initiation ceremonies
- ii. inappropriate undressing/dressing in front of youths
- iii. invading the privacy of youths while showering or toileting
- iv. photographing youths while undressing/dressing, showering or toileting
- v. sleeping in closed quarters with youths without a second adult representative (eg parent)
- vi. aggressive, physically distressing or sexually provocative activities
- vii. sexually suggestive comments about or to a youth

- viii. inappropriate or intrusive touching of a youth
- ix. joking about, ridiculing, rejecting, isolating, or belittling a youth member (or any other member)

While many of the above points may not be legally actionable, they are against the principles and value of SLSA and guarded against in the Code of Conduct.

Ocean Beach SLSC aims to foster teamwork and group cohesion between leaders allowing for the ability to point out inappropriate attitudes and behavior by members of the team. Ocean Beach SLSC does not tolerate abusive or inappropriate behavior. In the event that you witness, hear about, or are the victim of abuse you are bound by the Code of Conduct to report the incident to the Member Protection Officer immediately.

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

## **SOCIAL MEDIA**

The use of social media is an amazing way to engage with our members and provide updates on activities around the club or show off our achievements. We must all keep in mind that we leave a digital footprint whenever we hit that "post" button.

When using social media, and this can include, but not limited to Facebook, Instagram, twitter, YouTube, (etc) please be respectful of not only yourself, but your club and club mates. Posting of defamatory or insulting remarks relating to the club, club members or their families will not be tolerated.

Social Media should not be used to publicize any grievances you may have, nor is it to be used as a forum to display inappropriate images of any club members, especially those under 18 years of age.

Examples of good use of social media:

- information regarding carnivals and training dates/times
- posts congratulating your team members on an amazing achievement
- respecting other people's opinions regardless of your own opinion

Examples of inappropriate use of social media:

- Criticize club mates or their families, including but not limited to club officers and subcommittee officers
- Post personal opinions that may cause harm to others
- Display images that may be deemed inappropriate

For further information regarding the use of social media, please refer to Surf Lifesaving Australia Policy 6.20, social media which can be found by clicking on the following link: SLS Australia Social Media Policy.

## **PHOTOGRAPHY POLICY: SLSA**

SLSA recognises that with the increasing use of digital photo and video capture devices that it has a role and responsibility to ensure SLSA members understand their rights in relation to laws governing photography in public and private places and protecting our members, particularly children against the misuse of their imagery. It also recognises that there is a legitimate need for photography and that in many cases it is appropriate and with good intent however this must be balanced with the wellbeing of SLSA members.

This policy provides information and guidance in relation to the use of digital photos and videos, when and where it is appropriate and the actions that can be taken if at all concerned with any photography that might be deemed indecent, defamatory or without consent.

It also includes guidelines for SLSA members, photography and accreditation at surf sports events, protection of SLSA imagery, use of images of SLSA members for promotional purposes, copyright of photographic images, advice on displaying images of children and consent and release forms.

# GENERAL INFORMATION

## **SUNDAY CLUBHOUSE**

The upstairs of the clubhouse is open from 12pm every Sunday for everybody involved in the club, either as a full member, parent, grandparent, carer or friends of members. The kitchen is open serving delicious meals and the bar has a wide variety of refreshments available at reasonable prices. Come up and support the club whilst enjoying the best view around.

## **FUNDRAISING**

Throughout the year the club conducts fund raising activities and any help is appreciated. It may be a BBQ, wine appreciation night, sportsman lunch or selling tickets at our sponsor's venues. Please support these much needed fundraising events as they are to benefit your children.

## **CLUBHOUSE RULES**

- Proper footwear **MUST** be worn upstairs at all times
- No wet clothing, swimwear or wetsuits to be worn inside
- No alcohol will be served to persons under the age of 18 years
- The club has the right to refuse service of alcohol to intoxicated persons
- The upstairs area is for the enjoyment of everyone

**Remember,** Nippers are children and their enjoyment is our first priority. Good results are nice but sportsmanship takes precedence over winning. Unsportsmanlike behavior will not be tolerated. Enjoy your season and have FUN.