

# Port Elliot Surf Life Saving Club



## Junior Division 2008-2009



## WELCOME TO THE 2008-2009 SURF LIFE SAVING SEASON

The Junior Division of the Port Elliot Surf Life Saving Club would like to extend a warm welcome to all new members and their families. We would also like to welcome existing members to a new season of surf life saving.

Our Junior Division (Nippers and Cadets), emphasises the provision of enjoyable activities which encourage children to develop beach and water skills as well as an understanding of beach safety.



We are **not** swimming trainers – unfortunately, we do not have enough leaders for intensive coaching. Swimming training/stroke correction is better suited to still water conditions. We teach water confidence, but it is up to parents to organise basic swimming skills for their children **before** they are registered for Nippers.

We aim to have Juniors who are safe and confident in the water, who enjoy the sea, and who feel encouraged to become our future lifesavers.

The Junior Division is organised and run by volunteers - parents and senior/cadet club members. New parents are encouraged to become involved and to enjoy the company of other parents whilst helping their own children. We are sure that the PESLSC will benefit from your efforts as a member or parent. We trust that you will have a great deal of fun and learn much about Surf life saving along the way - that is the way many of us have become involved in the first place.

Should you wish to complete your Bronze Medallion or Surf Rescue Certificate, or if you would like to help out in any way, please contact one of the Junior Managers or the Secretary.

**JR MANAGERS:** Natalie Gilbert  
**JR SECRETARY:** Marty Smee

## REGISTRATION

- **Fees:** Registration fees must be paid before any child can participate in any Nippers' activities. This covers a fee to SLSA, insurance, awards, equipment age-group caps, and a regular newsletter. Consider a 'Family Membership' - it is great value, and the whole family can use the facilities.

## SUN-SAFE

- **Hats/Caps:** Sun-safe hats must be worn. (Broad-brimmed hats may be purchased from the Club.)
- **Club Shirts/Rash Vests:** These can be purchased from the Club, or a plain yellow shirt/rash vest may be worn. For sun protection, all shirts/vests should have long sleeves.
- **Club Bathers:** Available through the club, but not essential unless competing in carnivals.
- **Wetsuits:** Children may wear a wetsuit for water activities – in fact it is advisable
- **All Nippers need to have sunscreen applied preferably 30 minutes before the session.** This is the responsibility of the parents.

## SATURDAY NIPPERS

CARNIVAL TRAINING: 11.00am – 12.00pm  
SESSION TIMES: 1.30 – 3.00pm  
ADDITIONAL TRAINING: Thursday nights at 5 pm.

Other activities which occur during the Nippers season are

- Club Junior Championship day
- Club swim at 4pm – a fun swim open to Nippers and parents
- Xmas pageants
- Presentation Day
- Brighton SLSC visit
- Xmas party special day

Each Nippers' session will usually include general announcements and information, roll call, and life saving skills such as resuscitation, sun safety, first aid, surf awareness, swimming practice, body surfing, board activities and award training.

## PARENTS (and children) PLEASE NOTE:

- Please introduce yourself to your child's leader and **deliver & pick-up** your child from his/her leader.
- **No responsibility** is taken for children outside of session times.
- **Parents are required to remain in the area during Nippers' sessions in case of emergencies.**
- Leaders' duty-of-care is ONLY from 1.30 – 3pm during Nippers' sessions and from 11.30am – 1.00pm for those participating in Carnival Training.
- Safety is paramount. Children will be withdrawn from the beach if they jeopardise the safety of themselves or others. This includes bad behaviour. Nippers leaders are not school teachers!
- Any child with asthma who requires a 2<sup>nd</sup> treatment during a Nippers' session will be unable to participate in any more activities for the remainder of that session.
- You may use the toilets and changing facilities provided in the club rooms.
- Club property, including boards, must only be used under the supervision of a **Bronze** holder. Not only is the equipment expensive to replace or repair if damaged, but the club may be held responsible should there be a mishap.
- All children **must** wear age-group caps, sun-safe hats, and long-sleeved, yellow shirts on the beach **at all times** to help leaders identify the children for whom they are responsible. The "No hat, no play" policy applies!

- Jetty jumping is not advisable and is prohibited during training and whilst children are wearing any club apparel.
- Parent help is essential for running an effective and efficient Junior Division. The main qualification required is a willingness to help! Please speak to any one of the leaders – it could be the best thing you ever do!
- Any adult involved in any way with a group of juniors will need to have a Police check done. This is done via form which the Club can provide. This also ensures that your children will be in a safe environment.



Previous Carnival Team medal winners - if you want a kid's perspective on the value of carnivals - speak to any of the 20 plus 'Carnival kids' !

## AGE GROUPS and AWARDS

Children **MUST** be 7 years of age to be registered and permitted to participate in any Surf Life Saving junior activities. A child's competitive age for the season is their age as at midnight 30<sup>th</sup> September.

*e.g. John turned 9 on the 28<sup>th</sup> August – John is therefore registered as an Under 10.  
Emma turned 9 on the 2<sup>nd</sup> October - Emma is therefore registered as an Under 9.*

The syllabus followed is the Surf Ed system as set out in the Surf Education Kit supplied by the Surf Life Saving Association.

All children are required to pass a preliminary evaluation before entering the water – this involves a survival float and a swim ranging from 25 metres for 7 year-olds up to 200 metres for 13 year-olds. (Children wishing to compete in carnivals must also complete some further requirements – see information on 'Patches.')

Successful completion of each level of Surf Ed entitles children to a certificate. The Resuscitation Certificate for 12 year-olds does require extra work, whilst the Surf Rescue Certificate for 13 – 100 year-olds involves considerable work (First Aid, signals, resuscitation, swimming, board rescues, radio work, beach and life saving knowledge). Those passing the latter certificate are then able to go on patrol under the supervision of a Bronze holder. They will be required to purchase a Surf Life Saving Manual (the "blue book") and to attend extended training sessions.

## CARNIVALS



Carnivals are big days out but are great fun for Nippers and us parents.

Over the last two years our Club experienced its best success at carnivals – we hope to continue this trend. For many of the Team it was their first year in Carnivals. Having started, most are continuing – which says we are doing the right thing.

Jeff Collins and his team will run coaching sessions for Nippers wishing to go to carnivals. Our Club's emphasis is on competing to the best of one's ability and not winning at all costs. We work on praise and encouragement, and do not tolerate 'ugly parent syndrome'.

**We need more 'Carnival Kids' – especially when it comes to teams carnivals.**

### WHO CAN COMPETE AT CARNIVALS?

Carnivals are NOT just for the more experienced or adept kids. There are Beach events and water events, so it caters for everyone (not just elite swimmers!)

To be eligible to compete in beach events (sprints, flags), children must be able to complete a run/swim/run course specific to their age level.

To compete at carnivals in water events, children need to have obtained their "Red Patch", indicating that they have successfully completed a specific swimming distance in the ocean within a time limit (distance & time vary for each age group).

We will help your child gain a patch.

If your child is interested in competing at any time this season, please talk to Jeff, Marty, Paul, Lori or Nat

### BENEFITS OF COMPETING IN CARNIVALS

- Personal growth – kids can improve their skills and gain more confidence
- Friendship – they become part of a team and get to mix with a great group of kids
- Healthy sport – Lifesaving can be a sport.
- Identity – the kids get to represent their Club and community. They develop pride in the Club, and the Club is proud of them.
- For Parents – we become a friendship group, learn new skills ourselves, and enjoy watching our kids compete and become friends with other great kids.

### CARNIVAL DAY

Most carnivals start at 9am and usually conclude by 3pm. This means an early start to a Sunday morning when we have to travel to other beaches – but it is only 5 times during the season, and you can buy a nourishing breakfast when you get there.

Each age-group level will have managers assigned to it, but many hands are needed at carnivals – to help put up and take down tents, transport gear, supervise children (each age group needs a person to be responsible for ensuring that they are marshalled for their events at the right time and place), to provide water cover and to assist as officials.

It is a requirement that parents accompany their kids to carnivals. We will always find a job to keep you busy and to make sure you enjoy the day as well.

**Carnival Coordinators :**  
Lori and Paul Buchanan