

Point Leo
Surf Lifesaving Club Inc
Juniors Handbook

2011-2012
Season



WELCOME TO THE 2011-2012 SEASON

The Junior Surf Lifesaving Program (JSLP) or "Nippers" was developed to equip children with the skills and knowledge to recognise and enjoy a safe beach or aquatic environment. The program is activity - based and aims to provide a safe environment where children can have fun and meet new friends whilst developing a range of skills and accomplishing personal challenges.

Specifically the program:

- extends participants' knowledge and understanding of
 - safe beach and aquatic environments
 - survival skills in aquatic environments
- develops skills in:
 - Negotiating open water environments by wading, swimming, body surfing and board paddling.
 - the competition disciplines of Surf Lifesaving called 'surf sports'
 - injury prevention to self and others
 - rehearsal of safety related judgements
 - basic first-aid, rescue and resuscitation

Point Leo SLSC is a friendly, family club. We hope that all members adopt the Point Leo Spirit and remember that our Nippers should have FUN!!

Key People:

Junior Coordinator: Julia O'Shaughnessy

Age Managers Coordinator: Dianne Summers

Activity Leaders Coordinator: TBA

Activity Leaders Assistant: Duncan Fraser Smith

Competition Team Manager: TBA

Water Safety Coordinator: David Buntine

Social Coordinator: Penelope Ward Ambler

Junior Preliminary Skills Assessment

The Preliminary Skills Assessment takes place during the first wade/ swim session of the Nipper Program. All Nippers are required to demonstrate competency in a wade or swim and float. The wade / swim length varies according to the age group (25m swim for u8s, to 150m swim for u14s). This assessment ensures that the Nippers are safe to participate in the water activities provided for their age group. Nippers who are unable to demonstrate the required preliminary skills need increased supervision and support from qualified club lifesavers during water activities.

Junior Run-Swim Run Proficiency Award ('S'-badge)

Nippers wishing to compete in Surf Sports Competitions/ Carnivals are required to have completed the S-badge for their age group. This takes the form of a run-swim-run demonstration that is assessed by the Age Manager in conjunction Dianne Summers. Nippers are only permitted by LSV to compete in water events once their S-badge has been awarded. There will be more than one opportunity for Nippers to obtain their S-badge during the JSLP / Competition Training programs, with the first one scheduled before the Cosy Corner Carnival on the 6th January 2012.

Junior Life Saving Awards

The Junior Life Saving Awards are a compulsory part of the Nipper program and provide education and skill development on the following areas:

- Personal safety
- Sun safety
- Surf conditions and hazards
- Signs and signals
- Negotiating surf conditions
- Overview of general anatomy/the body
- Correct management and handling of casualties
- Assessment of emergency situations (DRACB)
- Resuscitation techniques
- Calling for Help

Nippers wishing to compete at the State Championships in March must have completed the relevant Life Saving Award prior to the carnival entry.

Surf Rescue Certificate

The Surf Rescue Certificate is offered to the 13 & 14 age groups and is **compulsory to be eligible to compete at carnivals**. Cost is approx \$115 including mask and manual. Course is run over 2 days including the exam.

A candidate

- Must be a minimum age of 13 years old on the date of examination
- Must complete a 100m run, 100m swim, 100m run within 5 minutes
- Must have completed a 200m swim in 5 minutes or less, in a swimming pool or over a measured open water course before any training starts in the surf

Units to be covered

- Safety and Wellbeing
- Surf Awareness and Skills
- Anatomy and Physiology
- Basic First Aid
- Basic Resuscitation

- Communications
- Rescue Techniques
- Patrols

Dates for this course will be advertised in club emails and on our website.

The Junior Surf Lifesaving Program (JSLP)

- The Nippers program is organised in age groups according to their age as of September 30th 2011. A Nipper who is aged 8 on September 30th will be grouped in the under 9s. The JSLP Program runs over 2 time sessions for each program day.
 - **CUBS** (Under 7s, 8s, 9s, and 10s) sessions operate from **8.30am to 10.30am**. Each age group will have 2 **surf education** rotations over the course of the program that will run from **10.30 to 11.30am**.
 - **LIONS** (Under 11s, 12s, 13s, and 14s) sessions operate from **10.15 to 12.30pm**.
- A briefing is held every morning in the clubhouse before beach warm-up activities commence. This is important for parents and Nippers as key information is provided and 'Nipper of the Day' awards are handed out for each age group from the previous session.
- **The JSL Program consists of 9 sessions, commencing on Tuesday December 27th 2011. A program calendar is attached at end of the Handbook**
- **Juniors must wear the club orange cap in all sessions.** New members can purchase caps for \$10 from the Uniform shop prior to the commencement of the first session on 27/12/2011. Any other uniform requirements can be purchased during uniform shop opening times prior to the season commencing as advertised in club emails, at the conclusion of the first nipper session or on any other session days.
- Each age group will have an Age Group Manager and Assistant who will work with the group at each activity station throughout the program. These are the first people to go to if you have any queries about the program or need to inform someone of information related to your child's wellbeing. A roll is taken at the start and end of each session by the Age Group Manager.
- Juniors are not permitted to leave the beach during the session unless accompanied by a parent/guardian and after notifying the Age Group Manager.
- Parents must notify Age Group Managers if they are removing their child from the group before the scheduled finish time.

- It is the responsibility of parents to ensure Nippers are Sun Smart and well hydrated while on the beach. It is strongly advisable that Nippers wear a wetsuit to protect against cold conditions for water activities.
- Nippers are encouraged to carry their own backpack at all sessions with goggles, towel, wetsuit, sunscreen, water and snacks.
- A sausage sizzle is held at the end of each session. This is a great time to socialise and meet other members of the club. Proceeds of the BBQ are used to fund new equipment for the Nipper Program.
- **Parents are expected to assist the running of the program.** If you have not volunteered for any of the numerous parent/helper roles that are required to run the Nipper program you may be rostered on to help with BBQ, beach set up, water safety (bronze holders only), or competition official duties. Each family will be expected to provide assistance in one area of the program.

The Competition Training Program

Competition training continues after the Junior Surf Lifesaving Program, every Sunday from 10.30am to 12.30pm for all age groups, until the Victorian Surf Lifesaving Championships.

The 2011 Victorian Junior & Senior Surf Life Saving Championships will be held at Lorne on Saturday 3rd and 4th March 2012.

The competition training program is **open to all** junior members wanting to further their lifesaving skills and who have a competitive spirit. The key to the program's success is commitment, and all junior competitors are expected to attend all the Sunday training sessions and compete in the nominated junior carnivals.

Carnivals are about fun and participation not simply the placing. Most Carnivals have individual and Team events so there is an opportunity to compete as a team.

There is a cost for carnival entry that is to be paid by November 20th 2011. This fee includes entry to Cosy Corner, Ocean Grove/South Melbourne, Point Leo Regionals, Bancoora and State Titles at Lorne. The dates are listed in the attached calendar. Carnival entry fees can be found on the fee schedule on the Point Leo SLSC website.

Parents Code

At Point Leo SLSC, we pride ourselves on having a fair and competitive spirit in an environment of positive encouragement and inclusion. Our foremost priority is to teach children the skills of Surf Lifesaving. Through our JSLP and Competition Program we endeavour to engender in our nippers a sense of belonging and worth. We stress that parents should also adopt this attitude and be supportive of their Nippers. Please:

- Do not make an unwilling child participate in the activity
- Children should be involved in sport for their enjoyment, not yours
- Encourage children to play by the rules
- Encourage the effort as being as important as the result
- Work towards improving skills and sportsmanship
- Do not yell at or abuse a child for making a mistake
- Recognise and encourage good play or efforts
- Do not publicly question an official's decision
- Recognise the efforts of volunteers

We encourage Parents to assist their Nippers in setting achievable goals. If their Nipper is feeling any apprehension or has any concerns, please talk to your Age Manager or come and see Julia or Di for guidance.

Parental Involvement and Support ... we need you!

The Juniors Program relies solely on volunteers. Point Leo SLSC has enjoyed great support from parents in the past and we know that this will continue. Already we have had parents put up their hand for the upcoming season but we still need more help. Please come forward, you don't need any particular skills just enthusiasm and a willing to help. There will be opportunities to participate in a Bronze course for parents, complete an Age Managers Award and attend a Surf Coach Training Course. Details will be posted on the club website and communicated at Nipper briefings as they become available. Please note that LSV has decided that all parents joining the club must have a Working with Children Check. This is a simple process and free for volunteers. Forms can be collected from any Post Office.

Approximately 80 people are required to run the program.

Bronze Medallion for Parents

Each year we offer the Surf Life Saving Bronze Medallion course to parents. This is a great opportunity for you to improve your fitness and develop your understanding of surf and lifesaving skills. You never know when you might need them! The program also ensures that we have a group of parents who are qualified to run water activities each year; however we never seem to have enough. The time commitment to complete the course is approx 40 to 50 hours and costs approx \$135 including mask and manual.

A candidate

- Must be a minimum of 15 years of age on the date of examination
- Must complete a 200m run, 200m swim, 200m run within 8 minutes
- Must have completed a 400m swim in 9 minutes or less in a swimming pool or measured open water course before training starts in the surf
- Must be a financial member of the club

Units to be covered

- Safety and Wellbeing

- Surf Awareness and Skills
- Anatomy and Physiology
- First Aid
- Resuscitation (CPR)
- Communications
- Rescue Techniques
- Carries and Supports
- Patrol

Please contact Andrew Gibson on gibsonaj@bigpond.net.au for further information.

2011/2012 Season Program

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| Tuesday 27/12/2011 Venue: Point Leo | JSLP Nipper Session Cubs: 8.30am-10.30am Lions: 10.15am-12.30pm |
| Thursday 29/12/2011 Venue: Point Leo | JSLP Nipper Session Cubs: 8.30am-10.30am Lions: 10.15am-12.30pm |
| Sunday 01/01/2012 Venue: Point Leo | JSLP Nipper Session Cubs: 3.00pm-6.00pm Lions: 3.00pm-6.00pm |
| Tuesday 03/01/2012 Venue: Point Leo | JSLP Nipper Session Cubs: 8.30am-10.30am Lions: 10.15am-12.30pm |
| Thursday 05/01/2012 Venue: Point Leo | JSLP Nipper Session Cubs: 8.30am-10.30am Lions: 10.15am-12.30pm |
| Friday 06/01/2012 Venue: Cosy Corner | COSY CORNER (TORQUAY) #2 CARNIVAL (Competitors only) |
| Sunday 08/01/2012 Venue: Point Leo | JSLP Nipper Session Cubs: 8.30am-10.30am Lions: 10.15am-12.30pm |
| Tuesday 10/01/2012 Venue: Point Leo | JSLP Nipper Session Cubs: 8.30am-10.30am Lions: 10.15am-12.30pm |
| Friday 13/01/2012 Venue: Point Leo | <u>Junior Disco & Family Night Point Leo Clubhouse 5.30pm till 9.00pm</u> |

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| <p>Sunday 15/01/2012 Venue: Point Leo</p> <p>Sunday 15/01/2012 Venue: Ocean Grove</p> | <p>JSLP Nipper Session Cubs: 8.30am-10.30am Lions: 10.15am-12.30pm</p> <p>OCEAN GROVE SENIOR CARNIVAL (U/13 AND U/14 Competitors Only)</p> |
| <p>Saturday 21/01/2012 Venue: South Melbourne SLSC</p> | <p>SOUTH MELBOURNE JUNIOR #3 CARNIVAL (U/8 to U/12 Competitors Only)</p> |
| <p>Sunday 29/01/2012 Venue: Point Leo</p> | <p>JSLP Program Nipper Final Session 8.50am-12.30pm COMPETITION DAY</p> |
| <p>Sunday 05/02/2012 Venue: Point Leo</p> | <p>PENINSULA REGIONAL JUNIOR CARNIVAL POINT LEO SLSC State Qualifying Carnival (Competitors Only)</p> |
| <p>Sunday 12/02/2012 Venue: Point Leo</p> | <p>State Title Competition Training 10.30am - 12.30pm (Competitors Only)</p> |
| <p>Sunday 19/02/2012 Venue: Bancoora</p> | <p>BANCOORA JUNIOR #4 CARNIVAL (Competitors Only)</p> |
| <p>Sunday 26/02/2012 Venue: Point Leo</p> | <p>State Title Competition Training 10.30am - 12.30pm (Competitors Only)</p> |
| <p>Saturday 03/03/2012</p> | <p>VICTORIAN JUNIOR CHAMPIONSHIPS LORNE (Competitors Only)</p> |
| <p>Sunday 04/03/2012</p> | <p>VICTORIAN JUNIOR CHAMPIONSHIPS LORNE (Competitors Only)</p> |

The above schedule may change as the season approaches. Please check on the website regularly.