

Glenelg Surf Life Saving Club

# Members Handbook

Junior and Senior Information



2010



























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

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

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

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

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

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

- **Surf Smart 2 (Under 13)**

The last of the junior development awards, Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about what the SLSA Member Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and how they will impact on surf life saving. Surf Safety is wrapped up into the 10 Surf Safety Tips, Communication focuses on the importance of communicating with beach users, Patrols identifies other professional emergency services and participants will experience performing a tube rescue. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. The focus of surf sports skills is on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, ironman/iron woman and cameron relay.

- **Surf Rescue Certificate (Under 14)**

When participants progress from the junior development awards and/or reach the age of 13 they are eligible to study for and gain their Surf Rescue Certificate. This extends their knowledge and skills developed to date to be ultimately qualified to participate in surf lifesaving patrols. Participants will usually continue to be involved in the nipper program during this year continuing to increase their surf sports skills whilst enjoying the camaraderie and friendships they have developed throughout nippers. This provides them with the pathway to move into the senior ranks in the current and/or following season.

## Swimming Policy

Swimming is obviously a big part of Surf Life Saving, however Surf Life Saving is not a “learn to swim” program. Unfortunately, we do not have the resources to provide swimming instruction for those children who are unable to swim. Minimum survival skills will be required to be displayed before aquatic activities are undertaken.

**Swimming training for all members** and non- members is available Monday evenings at Westminster School and Thursday evenings at Immanuel School between 7 – 8 pm, cost of \$6.00 (members), \$8.00 (non-members). This is endurance and conditioning training, not swimming lessons. *Parents are encouraged to obtain qualified swimming tuition for their children to ensure these minimum standards are met.*

***Junior Squads will be run at Westminster Pool Monday Nights 6-7pm for kids aged between 8 – 14 these sessions are for teaching correction and not learn to swim. Cost \$5.00***

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

## Insurance

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

## Safety

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

SLIP SLOP SLAP!

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

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

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

Junior participants should enjoy their involvement through quality teaching and coaching. To ensure this, parents, coaches and Age Group Leaders will be encouraged to complete Level 1 Coaching Course.

## Hot Weather Policy

Please watch the Friday evening forecast on television.

Saturday Training: If the forecast temperature is 38c or higher, no junior activities will be held.

Carnivals: For high temperatures, a modified carnival may be run (8am start with no beach events). The decision to modify or cancel is up to the discretion of the carnival referee on the day.

## Inclement Weather Policy

Inclement weather shall be deemed as low temperatures, high winds, and high seas. The junior activities training program will be modified depending on the conditions (in adopting our duty of care), may be cancelled. The decision to cancel junior activities will be the responsibility of the Junior Chairman and/or the on duty Patrol Captain.

## Saturday's Program and Training Requirements

START TIME 1.30pm

FINISH TIME 4.00pm

*Under 7's 1.30pm to 3.15pm (If numbers permit this age group may be split into 2 groups)*

All juniors must "sign on" with Age Group Leaders before going onto the beach and "sign off" at the end of training in order to account for all children on the beach.

The Glenelg SLSC is not a child minding service and parents are expected to be present or have an appointed guardian. Parents must advise the Age Group Leader if they are unable to be present.

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

*In the case of Under 7's (tiny tots) it is a requirement that a parent or guardian be present on the beach at all times with their child.*

## Uniform and Clothing

The following items are required each week:

- Bathers (preferably Club Bathers)
- Rash Vest
- Protective Hat
- Competition Hat (not required for Under 7's)
- Sun block
- Towel (named)
- Water Bottle
- Long Sleeve Club Tee (optional)
- Goggles (optional)

Club Bathers, rash vest, protective broadbrim hat, competition hat, long sleeve tees are all available upstairs at the club from 1.00pm every Saturday (during summer).

When children are at carnivals it is encourage that they wear club clothing.

**ALL BELONGINGS AND CLOTHING ARE TO BE LABELLED**

Under 7's will be provided with an age group hat, all other age groups require to wear club competition cap with their age group number sewn on the front. Numbers are supplied by GSLSC.

These minimum requirements must be met.

## Supervision – Age Group Leaders

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

### **ALL AGE GROUP LEADERS MUST**

- Be registered member of the Glenelg SLSC
- Attend and complete Age Group Leaders and Nipper Safe Course (must be over 18 years old for Nipper Safe Course)
- Have a current Police Clearance Certificate (PD267) as sighted and recorded by SLSSA.

There are normally two (2) Age Group Leaders allocated to an age group. These responsibilities may be interchangeable with other interested parents who are also encouraged to participate and assist Age Group Leaders with their responsibilities. For further information please speak to a Junior Committee member.

All aquatic activities will be conducted under the supervision of one (1) bronze holder or qualified cadet per five (5) junior members. These may include members from Senior Patrol of the day, but the priority of patrol members is to keep the beach safe and they are only there to assist if available.

Water cover personnel shall wear specified orange caps and must sign on for this period.

## Members who need to complete Police Clearance Certificate:

Any member 16yrs and above who will have involvement with club members Under 18yrs (Coaches, Age Group Leaders, Management, Junior Committee etc). Any members involved at a State Level i.e. Officials, Assessors.

Please collect the forms from GSLSC, they will be located behind the bar, or from local Police Station or it can be downloaded from [www.surfrescue.com.au](http://www.surfrescue.com.au) or [www.police.sa.gov.au](http://www.police.sa.gov.au)

Complete the following sections:

- Personal Information
- Request (Reason for Request – Volunteer, Type of Request – VC)
- Consent (**DO NOT SIGN**. Signature is to be witnessed by Police Officer at Station)
- Despatch Options (Mail to other Person/Organisation)
- *Company Name: SURF LIFE SAVING SA Postal address: PO Box 108 Torrensville 5031*
- *Attention: General Manager Elaine Farmer*
- When all relevant information has been completed, the Club President – Shane Daw needs to sign the form and add the VOAN number before you take to the Police Station.
- Please take completed form to a Police Station with proof of ID to be stamped and signed, no FEE is charged.

The certificate will be posted to SLSSA within 5 – 15 working days

*If you already have a current Police Clearance Certificate (within last 3 years) this will need to be sighted by SLSSA and you are not required to apply for new one. This is a necessary to ensure SLSSA can endorse the member (photocopies are not accepted)*

Failure to complete this form will result in member not being able to participate/assist in Junior Activities.

## Junior Competition and Carnivals

Informal Competition is encouraged each week during Saturday training. All junior members will be encouraged to achieve, do their best, and develop to their full potential, while having fun.

Challenging competition is one element of this development process.

Formal Competition will also be encouraged for children in Under 9 – Under 14's through inter-club carnivals. All competitors must have achieved their "Yellow Patch" to compete in beach events and "Red Patch" for water events.

These proficiencies ensure that children are capable of completing the competition course in a reasonable time. Saturday training sessions are structured towards achieving these goals.

As part of the club's commitment towards developing their junior members, specialist coaches are being organised to help train and develop these members who compete in carnivals.

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

On Carnival days, nippers report to their Age Group Leaders in the Glenelg tent by 8.00am, events start at 9.00am. Children are to remain with their Age Group Leaders during the Carnival. Parental assistance is required in carrying towels, water, goggles, boards, sun block etc.

Club Championships is held during the season, participation at club champs is encouraged. It is a requirement that children complete all events to acquire points, failure to do so will result in child being ineligible for particular trophy. A point system is used for all competitors for each event. Under 7's do not compete in Club Championship.

## Diary Dates

DATE	EVENT	VENUE
<b>October</b>		
Sat 2 <sup>nd</sup>	Board & Ski Event No.1	Glenelg/Pat
<b>Sat 9<sup>th</sup></b>	<b>Club Working Bee Junior &amp; Senior</b>	<b>10.30am</b>
Fri 16 <sup>th</sup>	Parents Information Night & Pre-registrations	Glenelg SLSC 5.00 - 6.00pm
<b>Sat 16<sup>th</sup></b>	<b>Junior Training Starts 1.30pm</b>	<b>Glenelg SLSC 1.30 - 4.00pm</b>
Sat 16 <sup>th</sup>	Board & Ski Event No.2	Mid Coast 1.00pm
Sun 17 <sup>th</sup>	Short Board Riding Comp	Middleton
Tues 19 <sup>th</sup>	Level 1 Officials Course	Brighton & Semaphore 6.00pm
Thurs 21 <sup>st</sup>	Level 1 Coaching Course	Brighton 6.30pm
Sat 30 <sup>th</sup>	Surfboat Short Course Event Round 1	Port Augusta
<b>November</b>		
<b>Sat 13<sup>th</sup></b>	<b>Junior Training with Somerton Nippers - TBC</b>	<b>TBC</b>
Sat 13 <sup>th</sup>	Board & Ski Event No. 3	South Port 1.00pm
Sun 14 <sup>th</sup>	Surfboat Navy Series # 1 (ASRL Young Guns Qualifying)	South Port 9.00am
<b>Sun 21<sup>st</sup></b>	<b>Junior Carnival #1</b>	<b>TBA</b>
Sun 21 <sup>st</sup>	SA Ocean Paddling Series 2	Port Norlunga 2.00pm Start
<b>Sun 28<sup>th</sup></b>	<b>Senior Carnival #1 + ASRL Young Guns Rd 2</b>	<b>TBA</b>
<b>December</b>		
<b>Sun 5<sup>th</sup></b>	<b>Junior Carnival # 2</b>	<b>TBA</b>
Sun 5 <sup>th</sup>	Surfboat Navy Series #2 + ASRL Young Guns Final	Middleton 9.00am
<b>Sun 12<sup>th</sup></b>	<b>Senior Carnival # 2</b>	<b>TBA</b>
Sat 18 <sup>th</sup>	Board & Ski Event # 4	South Coast
<b>Sat 18<sup>th</sup></b>	<b>Junior Xmas Break-up Party (Bring plate of food)</b>	<b>Glenelg</b>
Sun 19 <sup>th</sup>	Surfboat Navy Series # 3	Middleton
Sat 25 <sup>th</sup>	Christmas Day /Presidents Drinks	Glenelg SLSC 10.00am – 12.00
<b>January</b>		
Sun 9 <sup>th</sup>	Surfboat Navy Series Final	Middleton 9.00am
<b>Sun 16<sup>th</sup></b>	<b>Senior Carnival #3</b>	<b>TBA</b>
Sun 23 <sup>rd</sup>	SA Ocean Paddling Series # 3	Victor Harbour 10.00am

<b>Sun 30<sup>th</sup></b>	<b>Junior Carnival # 3</b>	<b>TBA</b>
<b>February</b>		
Thursday 3 <sup>rd</sup>	Champion Lifesaver State Champs - Theory	TBA
Friday 4 <sup>th</sup>	Proposed Twilight Masters Carnival – TBC	West Beach
Sat 5 <sup>th</sup>	Champion Lifesaver State Champs – Practical	TBA
Fri 4 <sup>th</sup> – Sun 6 <sup>th</sup>	ASRL Open Surfboat Championships	Wollongong NSW
Sun 6 <sup>th</sup>	Brighton Jetty Classic Long Swim + Masters Boats	Brighton SLSC
<b>Sat 12<sup>th</sup></b>	<b>Glenelg SLSC Junior Club Champs</b>	<b>1.00pm Start</b>
<b>Sun 13<sup>th</sup></b>	<b>Senior Carnival # 4</b>	<b>TBA</b>
<b>Sun 20<sup>th</sup></b>	<b>Junior Carnival # 4</b>	<b>TBA</b>
Sun 27 <sup>th</sup>	Coopers Classic Open Surfboat Event	TBA
<b>March</b>		
<b>Sat 5<sup>th</sup></b>	<b>Junior Qualifying Carnival</b>	<b>TBA</b>
<b>Sun 6<sup>th</sup></b>	<b>Senior Qualifying Carnival</b>	<b>TBA</b>
<b>Sat 12<sup>th</sup></b>	<b>Masters State Championships</b>	<b>TBA</b>
<b>Sun 13<sup>th</sup></b>	<b>Masters State Championships</b>	<b>TBA</b>
<b>Sat 19<sup>th</sup></b>	<b>Junior State Championships</b>	<b>TBA</b>
<b>Sun 20<sup>th</sup></b>	<b>Junior State Championships</b>	<b>TBA</b>
<b>Friday 25<sup>th</sup></b>	<b>Senior State Championships – Beach Events</b>	<b>Glenelg</b>
<b>Sat 26<sup>th</sup></b>	<b>Senior State Championships</b>	<b>TBA</b>
<b>Sun 27<sup>th</sup></b>	<b>Senior State Championships</b>	<b>TBA</b>
<b>April</b>		
<b>Sat 2<sup>nd</sup></b>	<b>Australian Championships - Masters</b>	<b>Kurrawa Beach QLD</b>
<b>Sun 3<sup>rd</sup></b>	<b>Australian Championships - Masters</b>	<b>Kurrawa Beach QLD</b>
<b>Tues 5<sup>th</sup></b>	<b>Australian Championships – Seniors Start</b>	<b>Kurrawa Beach QLD</b>
<b>Sun 10<sup>th</sup></b>	<b>Australian Championships – Seniors Finish</b>	<b>Kurrawa Beach QLD</b>

## Newsletters and Club Information:

Go to: [www.glenelgslsc.com.au](http://www.glenelgslsc.com.au)

Glenelg Surf Life Saving Club  
Foreshore Glenelg  
Po Box 39  
Glenelg S.A. 5045

### Resources

Surf Life Saving SA: [www.surfrescue.com.au](http://www.surfrescue.com.au)

Surf Life Saving Australia: [www.slsa.asn.au](http://www.slsa.asn.au)

Other clubs (South Australia) are listed on the Surf Life Saving SA website

### Contacts:

Surf Life Saving SA

Phone: (08) 8354 6900

Fax: (08) 8354 6999

Address: 219 Henley Beach Road, Torrensville 5031

Post: PO Box 108, Torrensville 5031

Email: [surflifesaving@surfrescue.com.au](mailto:surflifesaving@surfrescue.com.au)

Surf Life Saving Australia

Phone: (02) 9130 7370

Fax: (02) 9130 8312

Address: Level 1, 1 Notts Ave, Bondi Beach NSW 2026

Email: [info@slsa.asn.au](mailto:info@slsa.asn.au)

[www.beachsafe.org.au/](http://www.beachsafe.org.au/)