

**Beachport Surf Life
Saving Club
Parent Handbook
2020/2021**





Contents

| | |
|--|----|
| <i>Welcome</i> | 3 |
| 1. Our Team..... | 3 |
| 2. Our Aim | 5 |
| 3. Our Mission..... | 5 |
| 4. Our Values..... | 5 |
| 5. Nipper and Youth | 5 |
| 6. What to bring (Nippers and Youth)..... | 6 |
| 7. Caps | 6 |
| 8. Age groups | 6 |
| 9. Important dates for the season..... | 7 |
| 10. The Nippers Program | 8 |
| 11. Youth Program | 10 |
| 12. Age Managers and Assistants..... | 11 |
| 13. Parent/Caregiver Involvement..... | 12 |
| 14. Water Safety | 13 |
| 15. Competition and Carnivals | 14 |
| 16. Member Protection – Nipper& Safety | 15 |
| 17. Child Safety Officers | 15 |
| 18. Code of Conduct | 16 |
| 19. Other Policies..... | 18 |
| 20. Further information..... | 18 |

Welcome

Welcome to the Beachport Surf Life Saving Club 2020/2021 Nippers and Youth Program.

Please read the following document to familiarise yourself with the club's policies and procedures which are all in line with Surf Life Saving SA.

For further information, please do not hesitate to contact one of our friendly Committee members or email us at beachportslssa@gmail.com.

We look forward to sharing a fun and successful season with you and your children.

1. Our Team

Below are the current BSLSC Committee Members, please feel free to approach any of us if you need assistance, as you can see we are a friendly bunch!



Club President

Peter Phillips



Vice President

Ben Treloar



Secretary

Lisy Stephan



Treasurer

Amanda Treloar



Club Captain

Cass Norton



Chief Instructor

Julie Moran



Nipper Coordinator

Meagan Whitehead



Youth Coordinators

Lola Makar & Jamie Gilmour



Sports Officer
Rebecca Hudson



IRB Captain
Pete Hill



Gear Steward
Shannon Moran



Sponsorship
Bec Thorn



Merchandise
Heidi Ellis



First Aid Officers
Rob and Anria Whitaker



Public Relations Officers
Peter Phillips and Liam Mills



Catering
Sam Uotila

Registrar
Rachel Fry



Member Protection
Carolyn Sutton



General Committee Member
Sue Varcoe



General Committee Member
Jenna Stratford

2. Our Aim

The Beachport Surf Life Saving Club is a unique water safety organisation that is inclusive of community needs through delivery of emergency service, training, education, and sport.

3. Our Mission

The club's mission is to save lives and build healthier and safer communities within the Limestone Coast.

The club's core values are at the heart of every decision made by the committee on behalf of all members.

4. Our Values

Respect for ourselves, our colleagues, our community.

Acknowledging that each one of us earned the right to be part of this club

Teamwork to support each other, our Limestone Coast community, and other clubs around Australia

Courage Moral and physical, to act in the best interests of our club and the community

Inclusiveness to include and encourage all demographics within our community to join and participate in our club

5. Nipper and Youth

The vision for our Nippers and Youth Programs is to provide a safe, friendly and welcoming environment where both Nippers, Youth and parents can learn about Surf Life Saving and to prepare our Nippers to eventually be patrolling members of our club.

The aims of the Nippers and Youth Program are to:

- Develop surf awareness
- Increase confidence and skills in beach related activities
- Offer training to those wanting to pursue competition or awards
- Instil and re-enforce sun smart philosophies
- Encourage enjoyable and healthy participation
- Progress members towards surf awards for relevant age groups
- Promote a positive non-threatening environment; and
- Meet new friends.



6. What to bring (Nippers and Youth)

- Bathers – due to limited space in the public toilets, please arrive wearing bathers
- Sunscreen - previously applied for best impact and caregiver's responsibility
- Hi-visibility Rashie is compulsory – available for purchase from the club \$15
- Coloured Cap - compulsory – available from your age manager
- Towel
- Water bottle
- Hat
- Optional Items
 - Goggles
 - Wetsuits
 - Club merchandise such as hoodies, caps, and beanies

7. Caps

All nippers must wear a coloured cap that identifies them with an age group. This assists Age Managers in identifying those nippers in their age group and assists you in locating an age group on the beach. If your child competes at carnivals, they will be required to wear the Beachport Surf Life Saving Club Cap.

8. Age groups

Children must be 5 years of age to be registered and permitted to participate in junior activities. A child's age group for the season is their age as at midnight on 30 September.

The Nipper Coordinator together with the Chief Instructor may decide to group Nippers by ability or group two age groups together depending on numbers.

For Surf Sports the competitive age if participating at interclub carnivals and events as well as junior state championships are as follows:

Under 6 | Turns 6 after midnight on 30 September

Under 7 | Turns 7 after midnight on 30 September

Under 8 | Turns 8 after midnight on 30 September

Under 9 | Turns 9 after midnight on 30 September

Under 10 | Turns 10 after midnight on 30 September

Under 11 | Turns 11 after midnight on 30 September

Under 12 | Turns 12 after midnight on 30 September

Under 13 | Turns 13 after midnight on 30 September

Under 14 | Turns 14 after midnight on 30 September

9. Important dates for the season



SURF LIFE SAVING
SOUTH AUSTRALIA



BEACHPORT SURF LIFE SAVING CLUB

2020-2021 SEASON - NIPPERS / YOUTH SESSIONS

| DATE | SESSIONS |
|---|---|
| Sunday 6 th December | Rotunda Front Beach Nippers 9.30am for 10am start, 11am finish. Youth 11am -12.30pm. |
| Sunday 13 th December | Surf Beach NO NIPPERS Youth 11am -12.30pm. |
| Sunday 20 th December | Surf Beach Nippers 9.30am for 10am start, 11am finish. Youth 11am -12.30pm. |
| | BREAK FOR CHRISTMAS |
| Sunday 3 rd January Sponsors Day 10am to 1pm. | Surf Beach Nippers 9.30am for 10am start, 11am finish. Youth 11am – 12.30pm. |
| Sunday 10 th January | Surf Beach NO NIPPERS SESSIONS DUE TO VACSWIM WEEK Youth 11am – 12.30pm. |
| Sunday 17 th January | Surf Beach Nippers 9.30am for 10am start, 11am finish. Youth 11am – 12.30pm to 12.30pm. |
| Sunday 24 th January TO BE CONFIRMED | Surf Beach Nippers 9.30am for 10am start, 11am finish. Youth 11am – 12.30pm. |
| Sunday 7 th February | Surf Beach Nippers 9.30am for 10am start, 11am finish. Youth 11am – 12.30pm. |
| Sunday 14 th February | Surf Beach Nippers 9.30am for 10am start, 11am finish. Youth 11am – 12.30pm. |
| Sunday 21 st February | Surf Beach NO NIPPERS Youth 11am – 12.30pm. |
| Sunday 28 th February TO BE CONFIRMED | Surf Beach Nippers 9.30am for 10am start, 11am finish. Youth 11am – 12.30pm. |

10. The Nippers Program

Surf Life Saving is an amazing activity for growing a child's confidence, knowledge, and skills in the beach environment. Not only will your child have fun and meet new friends, but they will also become part of an iconic organisation that has served the Australian community for over 100 years.

Nippers is made up of children aged 5 to 13. To join the nipper program your child needs to be 5 years of age at any time during the season. Age groups are determined by age on the 30th September each year (i.e. if your child is 5 on 30th September, he/she will be in the under 6 age group).

Nippers is a fun way for children aged 5 to 13 to enjoy the beach in a safe environment, but it also offers children an educational pathway through the Junior Development Program. This program is designed to ensure children have fun at the beach while participating in lessons that will pathway them to becoming a fully rounded participant in both lifesaving and sport - we like to call it 'Serious Fun'.

Skills and abilities

Being able to swim competently is an integral part of making children safe at the beach as well as allowing them to actively participate and enjoy surf lifesaving activities. The Nippers Program is not a "learn to swim" program. We strongly encourage you to enrol your children in "learn to swim" classes depending on their current ability.

We do recognise that swimming in the sea is a new experience for many children and that even competent pool swimmers can find this challenging at first. Our aim is to encourage children and to help develop their confidence and skills swimming in the sea as well as provide surf education.

Compulsory Skills Assessments

Many activities are conducted in the water. To ensure that all nippers have a suitable swimming ability to allow them to participate in these activities, Surf Life Saving Australia has developed a Junior Skills Evaluation for each age group.

Preliminary evaluation

Every nipper must participate in the Preliminary Skills Evaluation, conducted by us, prior to participating in any water activity training.

The Preliminary Skills Evaluation consists of a swim and a float which is progressively increased by age group and must be achieved before the nipper may undertake any deep water related activities (such as boards and swim). This will assist Age Group Managers to understand each child's level of confidence and capability, and plan for appropriate water cover. We usually conduct this assessment at the beginning of each season, subject to weather conditions. If your child misses this assessment, they will be assessed at a subsequent training session.

Nipper Development Program

The specially designed program progressively introduces knowledge and skills learning outcomes through lessons 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 program pathways learning towards the Surf Rescue Certificate which members can begin training towards from the age of 13.

Except for the Surf Rescue Certificate (SRC), the program is based on participatory evaluation and not assessed on competence.

In other words, Nippers need only be actively involved in the training to be eligible for an award. We believe this is the best way to introduce children to Surf Life Saving where fun takes priority over being 'tested'.

The SRC is the introductory award for patrolling members of the club. This is usually obtained as an U14 member and does require assessment which includes:

- Written or oral examination
- Performance of basic skills
- Simulation of rescue scenarios

SLSA Nipper Development Program – Award Pathway

| Age Group | Age | Award |
|-----------|-----|-------------------------|
| Under 6 | 5 | Surf Play 1 |
| Under 7 | 6 | Surf Play 2 |
| Under 8 | 7 | Surf Aware 1 |
| Under 9 | 8 | Surf Aware 2 |
| Under 10 | 9 | Surf Safe 1 |
| Under 11 | 10 | Surf Safe 2 |
| Under 12 | 11 | Surf Smart 1 |
| Under 13 | 12 | Surf Smart 2 |
| Under 14 | 13 | Surf Rescue Certificate |



11. Youth Program

The Beachport Surf Life Saving Club is excited to continue the successful Youth Development program; now in its sixth year.

The program is designed to facilitate Under 14 to 18 members in the transition from Nippers into Senior activities.

It combines:

- Completion of their Surf Rescue Certificate training (generally at under 14s or 15s level) This is conducted under the guidance of Youth coordinators and club instructors/assessors.
- Completion of their Bronze Medallion training (must be at least 15 years of age on the final assessment date.
- Social activities such as a possible Youth Camp.

The youth are encouraged to be role models for the younger age groups and take on leadership duties within the club such as being Age Managers. Youth members can also become Patrolling members of the club once qualified. Volunteering as a Life Saver is a wonderful way to give back to the community and a great way to stand out from the crowd when applying for jobs or scholarships.

[SACE with Surf Life Saving](#)

SACE recognises Vocational Education and Training (VET) qualifications; therefore, SLSSA members who are school students and Bronze Medallion holders may be eligible to gain credit towards the completion of SACE.

The SLSSA Certificate III in Public Safety (Aquatic Search and Rescue) PUA31312 is recognised on the SACE VET Recognition Register. SLSSA uses the award that students have gained through their SLSC to get credit towards their Cert III. Please speak to Chief Instructor Julie Moran for further details.



12. Age Managers and Assistants

An Age Manager takes responsibility for the care, safety, wellbeing, and development of junior surf lifesavers in their care. That responsibility involves facilitating the development of Surf Life Saving skills (movement skills, surf awareness, etc.) and personal skills (e.g.confidence, teamwork, leadership, etc).

Age Managers play a fundamental role in the delivery of a learning program that encourages and develops young surf lifesavers.

Depending on numbers, each age group will be allocated an Age Manager and Assistant. Surf Life Saving SA has many resources to assist Age Managers in their role.

Each Age Manager and Assistant will be provided with an Age Guide which details everything you need to know to assist your age group including lesson plans and how to deliver those lesson plans and Age Manager tips.

We need as many Age Managers and Assistants as possible so we can deliver the best possible Nipper program. Even if you cannot attend each week, please consider becoming an Age Manager or Assistant, you don't even need to get wet!

Mandatory requirements for Age Group Managers are:

- Registered with the Club for the current season and are financial members of the Club.
- Completed the SLSSA member protection procedure and are familiar with the process involved.
- Hold a current Working With Children Certificate.
- Complete the Age Group Managers course and accreditation process.
- Minimum 15 Years Old.

Age Manager Duty of Care

Age Managers and Assistants have a number of responsibilities to provide your Nippers with the utmost care such as:

- Providing a safe environment.
- Evaluating Nippers for injury and incapacity.
- Matching Nippers according to age, height, weight, maturity, skill level and experience.
- Warning Nippers, their parents and guardians of inherent risks associated with any activity.
- Closely supervising activities.
- Ensuring required records are accurate and kept on hand.



13. Parent/Caregiver Involvement

We highly encourage parent involvement in all aspects of club activity. Things that parents/Caregivers can do without asking include:

Become an Age Manager. Age Managers are the awesome volunteers who make it possible to run a program for your child. You will be trained up and be provided lessons developed by Surf Life Saving Australia. It goes without say – if we don't have Age Managers, we can't run the Nipper program.

The following are ways you can assist your child's age manager:

- **Standing on the shoreline.** Simply stand on the shoreline while your child's group is in the water and help keep count of all the participants
- **Become an Age Manager Assistant.** Many hands make light work. Help out at your child's group by being an assistant to the Age Manager
- **Set up or Pack up.** This can simply involve washing equipment, packing it away in the shipping containers
- **Get your Bronze Medallion.** What a way to inject yourself into your child's sport by obtaining your bronze medallion. With a bronze medallion, you can assist in the water with your kids, and if you want you can be part of our patrol teams
- **BBQ Brigade.** Ask the mighty Beachport BBQ'ers if you can assist in any way
- **Take your child to the toilet.** Only parents/caregivers are permitted to take their child to the toilet during our sessions. As a minimum be there for your child should they need to use the toilet.

The truth is our Nipper and Youth program cannot run without the help of parents. Our club is only as strong as the volunteers that support it.

Parents, as registered financial members, are covered by insurance during all club activities. All volunteers within the club also hold voting rights.

Parent members are invited to gain their Surf Rescue Certificate (SRC) or Bronze Medallion to become a Water Safety Officer, of which we need one for every 5 juniors. Water safety Officers must have a Surf Rescue Certificate and minimum age is 13 years.

Over the years more and more parents have stepped forward which is great. Do not be afraid to approach your Age Manager and ask how you can help. You would be surprised how gratefully it would be accepted.

Ask yourself - what other sport can you think of that your child participates in where you can fully integrate in? What a great opportunity to make memories together.



14. Water Safety

The minimum ratio for water cover for nippers is one qualified adult to 5 children. If a child has special needs, we will make sure we have a 1:1 ratio. An Inflatable Rescue Boat (IRB or “duck”) is also present during all water events and activities.

Nipper Water Safety Certificate

The Nipper Water Safety Certificate is a water safety and rescue award for the provision of water safety for SLS Nipper Activities. It enables parents to assist in the delivery of the Nipper water based activities. The course takes approx. 3 hours to complete and covers competencies such as Surf Awareness, Signals, 50m swim and aquatic rescue. If you are interested in undertaking this certificate please see one of our friendly committee members.

To ensure the children have as much time in the water as possible, we need as many qualified parents as possible to assist in the water to accompany the children during water activities. We cannot commence any race or activity unless there is the correct number of water safety officers.

To be a water safety officer you need to hold a Bronze Medallion or Surf Rescue Certificate.

This is a great way to become involved with your children and we appreciate any assistance.

We regularly run courses so please contact us if you are interested.

All water safety officers must wear an orange rashie or Surf Life Saving uniform during water activities and must sign the Water Cover Logbook on each occasion.

If you are not an Age Manager or Assistant, we ask that you come to the shoreline and watch your children’s age group while they are in the water.



15. Competition and Carnivals

As Beachport Surf Life Saving Club is a new club, we have been concentrating on establishing a strong foundation for our Nippers and Youth program with a fun-based education program with little completion. Five years on, some of our Nippers and Youth have shown talent for or expressed interest in competing. To facilitate this, we have established a new Sub-Committee dedicated to Surf Sports.

Competition does not suit all children as some prefer the fun-based program which we will still be our focus. We will also try to participate and host friendly Carnivals with our neighbouring clubs Robe SLSC and Portland SLSC. This will allow juniors to challenge their own personal skills and abilities, allowing them to be more confident in pursuing carnivals and other events if they wish to do so.

Junior Competition Skills Evaluation and Competition Eligibility

For the members interested in competing, from the age of 8 (Under 9) juniors can begin to compete at SLSSA Carnivals, Events and State Championships. There is no competition skills evaluation requirement for juniors to compete in non-water related events such as sprints, flags, relay, wades, wade relay and the running aspect of the Cameron relay.

To ensure that all juniors who wish to compete in swim and board related events have the ability, strength and fitness standard, they must be able to complete the junior activities competition skills evaluation for their age group which is a water proficiency assessment.

The competition skills evaluation is noted below.

| Age Group | Competition Skills Evaluation |
|-----------|-----------------------------------|
| Under 6 | Not applicable |
| Under 7 | Not applicable |
| Under 8 | Not applicable |
| Under 9 | 150m ocean swim within 12 minutes |
| Under 10 | 150m ocean swim within 12 minutes |
| Under 11 | 288m ocean swim within 11 minutes |
| Under 12 | 288m ocean swim within 10 minutes |
| Under 13 | 288m ocean swim within 8 minutes |
| Under 14 | 288m ocean swim within 8 minutes |

If your child is interested in the Surf Sports competition side of Surf Life Saving, please contact the Surf Sports Co-Ordinator; Bec Hudson. Even if you have little knowledge of Surf Sports but you would still like to assist with the program, Surf Life Saving SA has many training opportunities and training resources for parents, please contact Bec to find out more.

16. Member Protection – Nipper & Safety

Beachport Surf Life Saving Club is committed to the health, safety and wellbeing of all its members and is dedicated to providing a safe environment for those participating in Surf Life Saving activities and events. BSLSC wants Surf Life Saving to be fun, enjoyable and safe for all.

In delivering on this commitment to the health, safety and wellbeing of all their members, BSLSC takes seriously its positive obligation to educate and inform everyone involved in SLS of each person's responsibilities to:

- Protect children and young people, from all abuse and child abuse including grooming.
- Create and maintain a Member and child-safe culture and a culture of inclusion and safety that is understood, endorsed and put into action by all.

17. Child Safety Officers

All Surf Clubs are required to have two Child Safe Club Reporting Officers one female and one male.

Beachport Surf Life Saving Clubs Child Safe Club Reporting Officers are Carolyn Sutton and Peter Phillips.

Any member, including Nippers, who witnesses or are subjected to any incident which they feel is inappropriate or makes them feel uncomfortable in any way should discuss that matter with one of the Club Reporting Officers above.

Anyone, over 14 years of age, who assists with Nippers in any capacity, whether mandatory or voluntary, must apply for a Volunteer Working with Children Check.

This process is free of charge to volunteers via the DHS Screening Unit. All parents who assist with Nippers are also required to undertake the free online 'Safeguarding Children & Young People' training offered by SLISA.

Please see Carolyn or Peter regarding Volunteer Working with Children Check or any child safety concerns. These conversations will be strictly confidential.

Beachport Surf Life Saving Clubs Child Safe Reporting Officers



Carolyn Sutton is a Teacher with over 30 years' experience in Primary education. Carolyn developed a passion for the early years and became a kindy teacher. Currently Carolyn is working at Learning Together in Millicent which encourages families to become involved with their child's (0-5 years) learning through playgroups and other programs.

Carolyn is a founding member of BSLSC, mum to Liam and a passionate child safety advocate.

Peter Phillips is a Police Officer with 15 years' experience. Peter began his career in Adelaide moving to Beachport in 2013 where he was the Officer in Charge until 2016 when he moved to Mount Gambier and then onto Millicent Police where he currently works.

Peter is a founding member of BSLSC, dad to Alannah and Eloise and a passionate child safety advocate.

18. Code of Conduct

This policy aims to set out the minimum standards for anyone involved in sport. It should apply when playing, training or taking part in club-sanctioned activities.

- Act within the rules and spirit of your sport
- Promote fair play over winning at any cost
- Encourage and support opportunities for people to learn appropriate behaviours and skills
- Support opportunities for participation in all aspects of the sport
- Treat each person as an individual
- Show respect and courtesy to all involved with the sport
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion
- Respect the decisions of officials, coaches and administrators
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18
- Display appropriate and responsible behaviour in all interactions
- Display responsible behaviour in relation to alcohol and other drugs
- Act with integrity and objectivity and accept responsibility for your decisions and actions
- Ensure your decisions and actions contribute to a safe environment
- Ensure your decisions and actions contribute to a harassment-free environment
- Do not tolerate abusive, bullying or threatening behaviour

Athletes

- Give your best at all times
- Participate for your own enjoyment and benefit
- Play by the rules and show respect for other players, coaches and officials

Coaches

- Place the safety and welfare of the athletes above all else
- Help each person (athlete, official, etc.) to reach their potential. Respect the talent, developmental stage and goals of each person and encourage them with positive and constructive feedback
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young players
- Ensure that any physical contact with another person is appropriate to the situation and necessary for the person's skill development

Officials

- Place the safety and welfare of the athletes above all else
- Ensure all players are included and can participate, regardless of their race, gender, ability, cultural background, sexuality or religion
- Be consistent, impartial and objective when making decisions
- Address unsporting behaviour and promote respect for other players and officials

Administrators

- Ensure quality supervision and instruction for players
- Support coaches and officials to improve their skills and competencies
- Act honestly, in good faith and in the best interests of the sport as a whole
- Ensure that any information acquired, or advantage gained from the position is not used improperly
- Conduct club responsibilities with due care, competence and diligence

Parents

- Encourage your child to participate, do their best and have fun
- Focus on your child's effort and performance, rather than winning or losing
- Never ridicule or yell at a child for making a mistake or losing a competition
- Help out the coach or officials at training and games, where possible
- Model appropriate behaviour, including respect for other players and officials

Spectators

- Respect the effort and performances of players and officials
- Reject the use of harassment, bullying or violence in any form, whether by other spectators, coaches, officials or athletes

19. Other Policies

All other policies can be located through the following link:

<https://www.beachportslsc.com.au/club-information/#policies>

20. Further information

Please visit our website for club history, weather, newsletters, committee members and more at:

<https://www.beachportslsc.com.au/>

