



SURF LIFE SAVING
NEW SOUTH WALES

2018
2019

Cudgen Headland SLSC Junior Information Booklet

CUDGEN
S·L·S·C

Surf Club: 02 6674 1573

Bar/Function Room: 02 6674 5573

www.cudgenslsc.org.au

Marine Parade

Kingscliff NSW 2487

WELCOME

Thank you for joining us at Cudgen Headland Surf Lifesaving Club for the 2018 – 2019 season. Junior development within surf lifesaving is a valuable learning opportunity for our children and has its origins in the 1960s. Cudgen's JAC movement was founded during the Cudgen Headlands SLSC annual general meeting of the 1966-67 season when it was suggested that a nipper club be formed and Jack Julius was elected president on its formation on 30 Oct 1966.

Over time, the JAC Movement has grown and developed along with the changing surf lifesaving culture, changing community attitudes and the changing expectations of members. The one thing that has remained constant is the willingness of members to commit their time to the training and mentoring of our children.

At Cudgen Headland SLSC we have a dedicated team that will train and develop the children, ensuring they have a fun beach experience throughout the season. You are encouraged to assist us with the activities that make this sport and this club great. These activities provide your children with skills they can use throughout their lives. The following information booklet has been prepared to get you started. Do not hesitate to speak to anyone of the Committee members if you have any questions or feedback.

We encourage all interested persons to peruse the Cudgen SLSC website (www.cudgenslsc.org.au) Nippers sections for updated information on the following:

- Current serving Executive Committee members and Age Managers
- Calendar of events including activity days, carnivals and administrative meetings
- Policies
- General information on training and the history of Cudgen SLS Club.

Enjoy the season.

AGE GROUPS

Age groups are determined as at 30 September, age categories for 2017/2018 Season:

U14	Date of Birth falls between 1st Oct 2004 &	30th Sep 2005
U13	Date of Birth falls between 1st Oct 2005 &	30th Sep 2006
U12	Date of Birth falls between 1st Oct 2006 &	30th Sep 2007
U11	Date of Birth falls between 1st Oct 2007 &	30th Sep 2008
U10	Date of Birth falls between 1st Oct 2008 &	30th Sep 2009
U9	Date of Birth falls between 1st Oct 2009 &	30th Sep 2010
U8	Date of Birth falls between 1st Oct 2010 &	30th Sep 2011
U7	Date of Birth falls between 1st Oct 2011 &	30th Sep 2012
U6	Date of Birth falls between 1st Oct 2012 &	30th Sep 2013

FEES

U6s/U7s - \$100

U8s and up - \$150

Family of 2 or more children - \$350

PROFICIENCY

For safety and development reasons all children from U6's to U14's must successfully complete proficiency before competing in junior surf water activities. Preliminary Evaluation is undertaken prior to commencing any surf water activities, training or competition. It consists of a survival float, a timed pool swim and an open water swim.

	<u>Preliminary Evaluation</u> (Float)	<u>Preliminary Evaluation</u> (swim)	<u>Competition Evaluation</u> (Competition Eval)
U6	From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position		<u>Nil (no competition)</u>
U7	From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position		<u>Nil (no competition)</u>
U/8	1 min survival float	25m swim – any stroke	Nil (no water competition, except for wade which takes place in waist deep water)swim
U/9	1 min survival float	25m swim – any stroke	Minimum 150m open water swim
U/10	1.5 min survival	25m swim – freestyle	Minimum 150m open water swim
U/11	2 min survival float	50m swim – freestyle	Minimum 288m open water swim
U/12	2 min survival float	100m swim – freestyle	Minimum 288m open water swim
U/13	3 min survival float	150m swim – freestyle	Minimum 288m open water swim
U/14	3 min survival float	200m swim – freestyle (less than 5 minutes)	Minimum 288m open water swim
			NB: There is no time limit for the Open Water Swim.

JUNIOR BEACH AND SURF ACTIVITIES

The majority of Nipper activity day are held on a Sunday morning however throughout the year we will hold some Saturday afternoon "Twilight" activity days. The following timeline covers a typical activity day:

Activity	Who	Time (Sunday activity days)	Time (Saturday twilight days)
Beach setup	Nipper parents	8:15 am	12:15 pm
Water setup, launch IRB, set buoys, water safety equipment)	Qualified water safety persons (and patrol members)	8:30 am	12:30 pm
Age Manager debrief	Age managers	8:45 am	12:45 pm
Nippers debrief	Nippers and parents	9:00 am	1:00 pm
Activities commence	Nippers	9:10 am	1:10 pm
Activities complete	All	11:30 am	4:00 pm

A briefing for both parents and children on the grassed area of the club house is held prior to

commencement of activities. The children then proceed down to the beach to have their attendance recorded. Children will then be directed towards their starting event for U8's-U14's this will typically involve beach sprint, flags, wade/surf swim, board paddle and iron person events, surf education and games. U/6's and U7's participate in modified activities. Parents are required to stay with their children's age group at all times unless they are assisting with other nipper related activities in which the age manager should be notified.

Attendance and participation is recorded for all U/6-U/14. This is done to encourage regular attendance and participation in all activities. Regular activities include the following:

WADE (U8's only) - Competitors run & dolphin dive through a line of parents in the water about waist deep helping them to develop skills for surf racing and water confidence.

SWIM & SWIM TEAM - Competitors sprint into water where they swim around a string line of set cans to the finishing line on the beach.

SPRINT - Soft sand running approx 50-70 metres.

FLAGS - Competitors lie on the sand facing the water, when a whistle is blown they spring to their feet, turn & sprint to obtain a flag at the other end of a 15 metre arena.

BOARD EVENTS- Competitors run with their boards from the start line, paddle around a triangle of cans (set in the water at varying lengths–dependent on age), to the finish line on the beach.

SURF EDUCATION

This is a very important component of the sport. All members are required to gain the Surf Education award appropriate for their age group during the season. Members must endeavour to complete the Surf Education criteria by the end of December each season under the guidance of their Age Manager to be able to compete at carnivals.

PARENT PARTICIPATION

Like any community sporting organisation Nippers is 100% dependant on volunteers. Whilst the Committee do the bulk of the work parents are required to help out from time to time. If you are not sure what to do or how you can help please don't hesitate to ask your Age Manager or one of the Committee Members.

We are always in need of water safety to allow us to conduct water events. If you are interested in becoming qualified as a water safety officer, please see your Age Manager and ask to be included in the next Surf Rescue Certificate (SRC) or Bronze Medallion (BM) course.

We encourage all parents to be an Associate Member of the Cudgen Headland SLSC. You can obtain a membership form from the club house. Persons who are not members of the club are not permitted to assist with any junior activities for insurance purposes.

Another way parents can assist the club is by becoming a Carnival Official. This entails helping to run and officiate at the carnivals. We have approximately 4-5 carnivals a year and our club needs to provide an "official to child ratio" of 1-20 competitors. It is very important for us to keep providing officials as families retire from nippers. Please talk to your Age Manager to obtain more details on what is required.

UNIFORMS

The club cap is compulsory and must be worn during weekend junior activities and at all carnivals. A fluoro rash vest (SLS approved in pink colour) is also compulsory during all water activities and during training sessions for safety reasons. Club swimwear is compulsory so we strongly encourage all nippers to wear club swimwear to create a better club environment. All U6 and U7's are provided with a long sleeve fluoro rashie as part of their registration fee and will also be provided with a highly visible club cap that is returned after each session. For all uniform enquiries please see the Uniform Officer.

Cudgen has a NO CAP, NO RASHIE, NO NIPPERS policy.

SUN SAFETY – BLOCK THE SUN, NOT THE FUN!

As a club we recognise the importance of sun care protection. Everyone must take personal responsibility by applying sunscreen before you come to the beach and reapplying regularly. Long sleeve Cudgen Headland SLSC shirt and broad rim hats are available for purchase from the Uniform Officer. All parents are encouraged to assist with setting up and storing the portable sun shades.

TRAINING

Board training sessions are available for all proficient members from **U/9 - U/14**. Members must be signed in and out by an adult who must be present throughout the training session. If this policy is not adhered to, or the correct ratio of children to water safety officers is not available, children will not be able to train. Board training sessions are typically held Wednesdays and Fridays from 4.30pm until 5.45pm. Ironperson training is typically held on Saturdays at 10:00am until 11:30am **and is for U11s and up**. For all training enquiries please see the Club Coach.

CARNIVALS

There are a number of carnivals each year that our club participates in. Every member is encouraged to represent the club at these carnivals. Age Managers will ask members several weeks before each carnival whether they intend competing at the carnival, so teams and entries can be finalised. Please, if your child indicates they are attending ensure they turn up as non-attendance may mean other children will be without a team. Alternatively ring the Age Manager and let them know if you cannot attend.

Withdrawal/Failure to compete: If the Club pays an entry fee and the competitor does not compete, the competitor will be requested to reimburse the Club the cost of any entry fees paid.

We must also supply water safety and carnival officials to enable our children to compete at these carnivals. Please see your Age Manager in regards to becoming qualified in these areas.

CUDGEN CLASSIC

The Cudgen Classic is our major fundraising event. It consists of an individual iron person and a teams event for competitors U10 to Opens. The Cudgen Classic was established in 1997 and is traditionally held on the last Saturday in October. Competitors from clubs south to Coffs Harbour and north to the Sunshine Coast attend. See the Cudgen Classic Coordinator to find out ways you can assist.

WATER SAFETY REQUIREMENTS

Adequate water safety must be provided before any junior surf water activities can be conducted. This relates to both scheduled weekend junior activities and training sessions.

A beach safety assessment must be completed before any water activities take place and must have met the following requirements:

- ◆ A fully operational patrol must be on the beach (NOT REQD FOR TRAINING).
- ◆ The Patrol Captain has the authority to cease all water activities, if in his/her opinion the conditions are deemed to be unsafe.
- ◆ The Patrol Captain in conjunction with the Junior Activities Program Coordinator must ensure sufficient numbers of water safety officers are available.
- ◆ Only qualified personnel i.e. registered members with a minimum qualification of Surf Rescue Certificate (SRC) are eligible to act as water safety officers for junior surf water activities.
- ◆ Clubs must ensure all water safety officers are proficient in the SRC or are bronze medallion holders.

- ◆ The orange lycra 'water safety' rash-shirts or yellow 'surf rescue' rash-shirt must be worn by qualified water safety personnel during all junior surf water activities, training and carnivals.

Water Safety Personnel Ratios

The minimum ratio of water safety officers for junior surf water activities are:

- ◆ One water safety officer per 5 participants in the water at one time.
- ◆ Approximately 50% of these water safety officers shall be on a rescue craft (IRB, Board).
- ◆ All in-water safety officers not on rescue craft shall have a rescue tube.
- ◆ Dependent on conditions, an IRB may be deployed in the water when there are 20 or more participants

MEMBER SAFETY

All NSW SLS members and employees (over 18 years) require a WWCC if undertaking a child-related role.

Some of the Roles within our club are:-

- Junior Activity Chairperson
- Age Managers and assistants
- Water safety personnel for Nippers
- Sports Coaches for under 18 squads and teams

Exemptions for WWCC are:-

- Children under 18
- Administrative, clerical and maintenance workers not involved with children for extended periods
- Volunteering by a parent or close relative with a team in which the child participates

How to apply for a WWCC

- 1) Apply for a WWCC on-line at www.kidguardian.nsw.gov.au/check
- 2) Take this form to the Motor Registry for a clearance (no charge for volunteers). You will receive an email with your WWCC number.
- 3) Provide a copy to the clubs Member Protection Officer who will record your Registration Number and expiry date on SurfGuard. This clearance will last for 5 years.

Evidence that this check has been completed must be submitted to the Cudgen Headland SLS prior to the commencement of the season. It is an offence under the Child Protection (Offenders Registration) Act 2000 for a person convicted of a serious sex offence to apply for club positions.

GRIEVANCE PROCEDURE

Cudgen Headland SLS recognises you can't do a good job or be fully productive, if you feel other members or officers or anyone else is treating you unfairly, discriminating against you or harassing you. The SLSA Regulations also provides guidance on the judiciary and disciplinary procedures. The key principals of this policy include, confidentiality, impartiality, free of unfair repercussions or victimisation, sorted out at the local level, if possible, sensitivity and timely resolution.

Should you have a grievance we ask that you follow the following steps:

- STEP 1:** If you can, discuss the issue with the person or people involved. We have found that most issues can be sorted out by a simple explanation or apology.
- STEP 2:** If this does not satisfy you or you aren't sure how to handle the issue yourself, speak to the Grievance Officer. The Grievance Officer will assist you to see someone who can help.

STEP 3: If you need further assistance, the Grievance Officer will speak with an appropriate Committee Member on your behalf.

CUDGEN HEADLAND CLUB STRUCTURE

There are 5 entities which make up the Cudgen Headland SLSC and are overseen by a Club Board of nine representatives:

1. Junior Activities Committee (JAC)

The nippers, their parents and the Juniors Committee.

2. Surfsports

The Competitive members from 15 through to Seniors

3. Lifesaving

The patrolling members from U15 through to Seniors and the Seniors Committee.

4. Cudgen Coldies

The winter ocean swimming members and the Coldies Committee.

5. Club Limited

The bar, bistro and building.

HOW CAN YOU HELP ?

- ◆ Assist the Age Managers.
- ◆ Be prepared to get wet!
- ◆ Enrol to gain your Surf Rescue Certificate (SRC) or Bronze Medallion (BM).
- ◆ Consider doing the Carnival Officials Course.
- ◆ Help with the weekly BBQ.
- ◆ Assist by bringing boards and other equipment up from the beach at the conclusion of the weekly beach activities. Many hands make light work!
- ◆ Wash the equipment and help put it away.
- ◆ Attend the monthly Committee meeting and have a say in the running of the Club. Meetings dates are posted on the surf clubs website.
- ◆ Be prepared to volunteer your time when the Club is running the Cudgen Classic or hosting events.
- ◆ Become an Associate Member of the Club.
- ◆ Support the Club by utilising the bar and bistro.

FAIR PLAY CODES

Parent's Code

- ◆ Do not make an unwilling child participate in a sport.
- ◆ Children are involved in sport for their enjoyment, not yours.
- ◆ Encourage children to play by the rules.
- ◆ Encourage the effort being as important as the result.
- ◆ Work towards improving skills and sportsmanship.
- ◆ Do not yell or abuse a child for making a mistake. They are trying as hard as they can.
- ◆ Recognise and encourage good play or efforts.
- ◆ Do not publicly question an official's decision.
- ◆ Recognise the efforts of volunteer coaches and managers.

Age Manager / Coach's Code

- ◆ Make sure opportunities for participation are available for all children.
- ◆ Do not demand too much of children. They have other interests as well.
- ◆ Teach participants that the rules are for their safety and should not be broken.

- ◆ Avoid encouraging and rewarding the talented participants all the time. All the children deserve equal encouragement.
- ◆ Children play for fun. Don't take the fun out of sport by yelling if they make a mistake.
- ◆ Make sure all facilities are safe.
- ◆ Do not make young children over practice. Take age and maturity into account when designing training programs.
- ◆ Encourage respect for the opposition's ability and officials.
- ◆ Keep up to date with all the latest coaching principles and methods.

Participant's Code

- ◆ Play to enjoy the sport.
- ◆ Follow the rules.
- ◆ Do not argue with officials decisions. The Age Manager or Team Manager can ask necessary questions.
- ◆ Control your temper and be a good sport.
- ◆ Treat other participants as you like to be treated.
- ◆ Remember it is your aim to have fun and improve your ability.
- ◆ Listen to your coach, Age Manager and mates.

Official's Code

- ◆ Modify the events and rules to suit the ability of the participants.
- ◆ Do not over run the game and its enjoyment by over officiating.
- ◆ Always set a good example. Your behaviour must be exemplary as all participants are watching you.
- ◆ Praise the participants on good behaviour, sportsmanship and skill.
- ◆ Remain up to date on all current rules and information relating to officiating.

Spectator's Code

- ◆ Children play for fun not for your enjoyment or satisfaction.
- ◆ Do not use bad language or yell at the participants, coaches or officials.
- ◆ Encourage and reward good performance by all participants.
- ◆ Do not yell at participants for making mistakes.
- ◆ Do not criticise officials and their decisions.