



**NIPPER NEW MEMBER  
INFORMATION PACK 2020/2021**

## Welcome

Welcome to the 2020-2021 season at Mollymook Surf Life Saving Club and our Nippers Program. Our Handbook is intended to give families an overview of our Club and to inform you about how the Nipper Activities section of the Club operates.

The Handbook contains information that should help you to appreciate the importance of the Australian Surf Life Saving movement and its relevance to the Mollymook and surrounding communities. It will provide detail of the steps the Club takes to ensure the safety of your child, explain the way our Sunday training days are organized and provide an overview of the competitive section of Nippers.

The two main activities for our Nipper members are training days held on Sunday mornings, where our surf educational program is put into place and carnivals where they have the opportunity to place their surf skills into practice.

Carnivals are where all members are invited to participate and have fun.

Training Days offer the children the opportunity to learn important surf and beach skills in a fun and safe environment. They run on most Sunday morning's at 9.00am.

Our first skills day for the season will be held on Sunday 25<sup>th</sup> October.

## Junior Activities Committee

The responsibility for the management of our Junior Activities is the Junior Activities Committee (JAC) which is a subcommittee of Mollymook SLSC.

Junior Chairman

Tony Ireland

Junior Secretary

Steph Campbell

## Membership

Children who join Mollymook Surf Club can look forward to having fun, meeting friends and learning surf skills that will enable them to progress to competent Surf Life Savers.

Age groups range from a minimum age of 7 years (U/8) up to a maximum age of 13 years (U/14) on a seasonal basis. The age group for the season is determined as at midnight on the 30<sup>th</sup> September at the end of that season.

Listed below are the age groups members will be in for the 2020-21 season if they are born between the following dates.

1st October 2006 to 30th September 2007 U/14 (SRC)  
1st October 2007 to 30th September 2008 U/13 (Surf Smart Two)  
1st October 2008 to 30th September 2009 U/12 (Surf Smart One)  
1st October 2009 to 30th September 2010 U/11 (Surf Safe Two)  
1st October 2010 to 30th September 2011 U/10 (Surf Safe One)  
1st October 2011 to 30th September 2012 U/9 (Surf Aware Two)  
1st October 2012 to 30th September 2013 U/8 (Surf Aware One)

**There is also an informal, parent co-ordinated group known as “Sandgropers” running activities for 2 yrs - U/7 during the Sunday morning session. Details for which can be found on the Club’s Facebook page.**

### Sunday Training Days

Training Days are conducted most Sundays from October to February. They accommodate Nippers of all levels of skill and ability. We do encourage members to participate in the full program of activities on the day so as to develop their skills across all facets of Surf Lifesaving.

### COVID-19 Changes

Nippers can run with some changes to previous years:

- We will need a record of any parents attending using a contact tracing app the club has set up. Age managers will record attendance of the nippers.
- Parents are asked to practice physical distancing, it is not required that the nippers do. PPE is recommended if physical distancing is hard to maintain.
- If our season is shut down early, then refunds may apply. Refunds for Active Kids Vouchers are not available.
- There will not be a qualifying swim at the swimming pool. We will assess the nippers the first time they attend the beach.
- Coloured Caps will be issued to each nipper from the U8's,9's and 10's this year. They will be required to bring it each week or they will not be able to participate. If caps are lost a \$5 fee will be taken for a second cap to be issued.
- Shared equipment is to be washed down with soap and water at the end of a session. This will apply to club boards and flags.

## **Surf Education**

Mollymook runs an extensive surf education program for each age group. The Surf Life Saving Junior Activities Program has become one of the most successful children's development and sporting programs in Australia. It encourages children to learn new skills and promotes active involvement by parents, creating a learning environment from which both children and parents can benefit. The skills learnt may someday save their own, or someone else's life.

The age manager will assist the Coaches to instruct the children through the appropriate theory component of the training. It is here the children (based on age) learn surf safety skills, resuscitation, basic first aid and the concept of surf lifesaving. These awards must be achieved before any member can compete at Branch, Country or State Championships.

### **Age Group Managers**

U/8's	Simone Brayne
U/9's	Simon Davies
U/10's	Jackie Gallagher & Gavin Johnston
U/11's	Leonie Hicks
U/12's	Stephanie Campbell
U/13's	Stacey Hurley
U/14's	Fiona Butson

Upon successful completion of the relevant program an appropriate SLSA Surf Education Certificate is awarded.

Surf Education is a program designed to improve children's knowledge and skills in a number of areas relating to surf awareness and safety. Year by year the children will be introduced to simple concepts such as recognising patrolled areas through to the more advanced resuscitation and lifesaving skills. After completion children will be awarded a certificate. The modules learnt by each age group are as follows

### **U8 Surf Aware One**

Focus is on understanding, identifying and demonstrating sun smart guidelines and dangers that relate to themselves. The beach environment and communities surf lifesavers operate in along with surf sports skills with a focus on; an introduction to using a nipper board, body surfing techniques, wading, porpoising-diving, beach sprint starts and beach flags.

### **U9 Surf Aware Two**

Personal Safety Networks are introduced so participants are comfortable asking for help; impact of surf lifesavers on the beach, introduction to safety tips and the ability to identify hazardous surf conditions, begin to use a nipper board, basic board positioning and paddling, body surfing, sand running technique and diving for a beach flag.

### **U10 Surf Safe One**

Identify surf club officials, water conservation, sun safety consequences of skin damage, learn about rips, recognising unsafe behaviours and relating these areas to preventative actions, introduction to resuscitation and CPR on a manikin, introduction to rescue techniques using body boards to assist distressed swimmers and experience rescue tubes, surf sports skills focusing on; entering and negotiating the surf on a board and beach relay baton changes.

### **U11 Surf Safe Two**

Participants are encouraged to persist when needing help, energy conservation, recognising 'at risk' people and recognising and managing patients suffering from a range of basic first aid cases, how to perform CPR working towards a Resuscitation Certificate, interpersonal and beach signage communication, surf sports skills focusing on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprint starts and ironman/ ironwoman and cameron relay transitions.

### **U12 Surf Smart One**

Learn about rights and responsibilities as a member of SLSA, how weather impacts the beach environment, on skin cancer and staying fit and healthy, the role of patrols, managing rips and using them to assist in rescues, work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate), more signals, board rescue, rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies.

### **U13 Surf Smart Two**

SLSA Member Safety and Wellbeing Policy, global warming and climate change impact on surf life saving, 10 surf safety tips, communicating with beach users, professional emergency services, tube rescue, Basic Emergency Care Certificate (as well as a Resuscitation Certificate), complete basic first aid and resuscitation, 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/ ironwoman and cameron relay.

### **U14 Surf Life Saving Cert (SRC) \***

The Under 14 age group is perhaps the most important age group for juniors. It is the last year of structured junior activities and the first where the junior member

can start to participate in regular surf lifesaving activities – patrols, open carnivals, etc. A number of skills and knowledge lessons are provided through the structured junior development program that pathway towards the Surf Rescue Certificate (SRC). The SRC is the introductory award for patrolling surf lifesavers and allows the recipient to take part in beach patrols. A member must be 13 years of age to sit the assessment for this award. Completion of this award is a minimum requirement for participation in surf sports competition as an Under 15 (and in some instances as an Under 14).

Most Under 14 members will complete this award as part of their regular junior activities.

(\* Assessment of SRC can only be completed by an approved Assessor)

All members are required to gain their respective Surf Education award for their age group every season prior to 31 December.

### **How Sunday Mornings Work**

All Nippers meet at 8.45am at the front of the Club. Every age group has an Age Manager; the Age Manager is responsible for the education, training and organisation of the group. All children are asked to report to their respective age managers to have their name recorded. Children will then go to their allotted skills development group.

Children should be wearing their swimming costumes, Hi Vis Vest, cap and sunscreen. Remember slip, slop, slap and wrap. Whilst the children are involved in Nippers they are required to wear their coloured cap as per the age groups and hi Vis Vests, it is important that the cap and vest is worn as it enables them to be identified on the beach and in the water by their age managers.

Mollymook Black & White Competition Caps are to be worn at all carnivals. If they feel more comfortable children may wear board shorts, rash shirts, t-shirts or wet suits during Club Days with their Hi Vis vest over the top. For safety reasons no jewellery is to be worn.

### **A guideline of equipment to be brought on Sundays**

- Mum and/or Dad, Grandparents, Guardians, needed by your child and the Age Manager for assistance during the session: for support and encouragement of all the children
- Sunscreen, zinc, block out, please apply prior to the Juniors starting
- Sun safe apparel – a hat/brimmed cap, rash shirt
- A positive attitude
- Drink bottle
- Swimmers and Towel

- Goggles, swim cap and Wetsuit (optional)
- Board, wax and ding tape
- Hi vis vest and cap

## Parent Support

Age Managers, Coaches and the Committee Members provide a voluntary service to our Club. They provide their time and expertise to assist in educating your children in the aquatic environment. Similarly, Nipper parents are required to assist throughout the season. Please volunteer– don't wait to be asked.

Some examples of such assistance are:

- It is compulsory that Junior Parents/guardians be at the Club at all times. In respect of the U8s & U9s, the Parents/guardians MUST be on the beach with their child
- Get your appropriate SLSA Awards (Bronze Medallion) along with a working with children check, to assist with water safety
- Families can assist Age Managers with set up/pull down of activity areas, washing and storage of equipment/boards
- Assistance is always encouraged and eagerly sought. Please ask questions and offer your help in whatever area you feel comfortable. We cannot succeed without your involvement and our experience is that children whose parents are actively involved as helpers, tend to learn at a faster rate.

## Training

Mollymook is fortunate to have coaches that support members who compete regularly within the local Branch, at Country, New South Wales State Age and in addition, developing non-competitors to be confident within the surf. Our coaches have developed a well-rounded weekly skills development and fitness program. Best of all, access to our coaching is provided with your membership.

Juniors who wish to develop their skills and fitness levels are invited to do so under the guidance of the Club Coaching Team, who provide their valuable services on a voluntary basis. Further information on coaching sessions can be obtained during Sunday Nipper Sessions

## Swim, Board and Iron person

Other than our Sunday Training days, additional aquatic training is held during the week.

Wednesday Mornings 6:00am – 7:00am – Swim & Board Training – All ages.  
Meeting at the Surf Club at 5:45am

Additional training may be held throughout the season, keep a look out through our emails or web page. There may be instances where training is either cancelled or transferred to another venue, on arrival please check with the coordinator.

### **March Past/ R & R Training and Sprint training**

March past and R&R are traditional aspects of Surf Life Saving, all children are encouraged to participate in the march past team and compete in R&R at local carnivals.

Training times will be advised on the club website or social media platforms.

### **Nipper Activities Water Safety**

Our Club is responsible for Nipper water safety. The Patrol Captain in consultation with the Nipper committee shall decide if the surf is safe for Water activities and if so the safest area. The Ratio for water safety is: One lifesaver/water safety person per five Nippers in the water. Parents with a current Bronze medallion and working with children check are asked to assist children in the water.

### **Club Uniforms**

Club costumes, uniforms, competition caps and various other items can be purchased from the club at reasonable prices. It is important that all members are in swim uniform when competing.

### **Carnivals**

Mollymook supports the encouragement of children to have fun, participate safely at the beach and, most importantly, to develop skills and confidence in surf lifesaving and sport through the spirit of fair play.

Competition is regulated by Surf Life Saving Australia across a wide range of ages, commencing with the Under 8 Age Group and covering Members to sixty years of age and over. Carnivals enable members to practice their skills and to keep fit.

Following is a brief overview of the specific events that can be contested by a



## Nipper at a Surf Life Saving Carnival –

### **Water Events:**

**Wading Race:** U8s only - Competitors run through knee to waist high surf, and may wade, dive and/or swim their way around the water section of the course that includes three (3) water safety persons as markers, then return to shore and finish between the flags

**Wade Relay:** U8s only – Competitors are divided into teams of 4 members. Each member is numbered 1 to 4 and as he/she completes the course they are to tag the next numbered competitor, until all have completed the course

**Swim Race:** U9 up - Competitors commence from the start line on the beach, enter water, swim around the buoys (commonly termed 'cans'), return to shore and finish between the flags

**Swim Teams:** U9 up – Competitors are divided into teams of 4 members. All competitors swim the same course (together as a group) as the Swim Race. Upon completing the course each swimmer is given a place number. The team of 4 with the lowest score is the winner.

**Board:** U9 up – Competitors commence from the start line on the beach, enter water, paddle around specific buoys, exit water finish by crossing a judging line on his/her feet whilst holding the board. Ages U9 to U10 use foam Nipper boards, U11 to U13 fibreglass Nipper boards and U14s use fibreglass Malibu racing boards

**Board Relay:** U9 up – Competitors are divided into teams of 3 members each. Competitors wear uniformed tops numbered 1, 2 or 3. The event commences with paddler 1 starting, completing the course and tagging 2, who completes course and tags 3 who races to the finish line

**Ironperson Events:** U11 up – This event combines a beach run with a swim and a board leg

**Cameron Relay:** U9 up - Team consists of 4 competitors, being a swimmer, 2 sprinters and a board paddler

**Buchanan Relay:** U9 up- Team consists of a swimmer, board paddler, wade, and 4 sprinters

**Board Rescue:** U11 up - Teams comprise of a patient & a rescuer. The patient swims to an allotted buoy, touches the buoy with one hand & signals to the Rescuer, a board paddler, by raising the other arm in a vertical position. The

patient then retires to the seaward side of the buoy as the Rescuer paddles to the allotted buoy. Behind the buoy the patient climbs onto the board and both paddle back to shore, passing through the finish competition line with both in contact with the board.

### **Beach Events:**

**Beach Sprint:** U8 up – Competitors sprint against each other on a beach track of 70 metres

**Beach Relay:** U8 up - Team consists of 4 members who pass a baton to each other at end of sprint legs

**All Age Relay:** U8 up - Team consists of 7 members, male or female, with each from a different age group. Competitors run in order from youngest to oldest

**Beach Flags:** U8 up - Batons are positioned 15 metres away, in a line parallel to the start line and shall be approximately in the centre of the space between competitors. Competitors lie face down, with their toes on the start line, heels together, hands on top of each other with finger tips to wrist and the head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of sand or digging in of the feet is permitted. On the command "Heads Down" the competitors will stretch their chins forward and place the chin on their hands & await the start. At the starter's whistle the competitor shall get to his/her feet as quickly as possible and attempt to obtain a baton

**March Past:** March Past competition is a traditional event that provides a platform for discipline and surf club spirit. Teams competing in March Past consist of 12 members of any of the U12 to U14 Age Groups. March Past supports Surf Club spirit, friendship and the carrying of the flag raises pride in the club colours.

As you can see there is a broad cross section of events designed to develop the skills and fitness of our future Surf Life Savers. Please be mindful that competing at Carnivals is encouraged, but not compulsory.

There is an entry fee for carnivals, but we are very lucky that our club pays the fee for us.

Carnivals are fun and great for team building. There is a small cost in attending carnivals, called the competition levy. The competition levy covers local carnival registrations, country and state. The club subsidises this levy for our members, just remember to tell our registrars that you intend on competing this season.

Without the help of parents Carnivals would not be able to be held. The club is required to supply officials and water safety officers. Parents usually find this participation rewarding, and the children usually appreciate the demonstrated support from their parents. Mollymook club encourages parents to complete an official's course (on-Line and assessment) and officiate at Carnivals. Each club is required to supply 1 official per 10 competitors, as Age Managers are very busy on Carnival day we ask that parents of competitive Nippers sign up for the official's course.

Our water safety parents are in the water looking after the safety of all competitors, so it's up to the non-swimmers to help out on the beach. It really is easy and can be as simple as setting up at the start or finish line, marking names and/or giving places.

### **Carnival Preparation:**

#### **The night before pack:**

- Towels, competition cap, swimmers, silicon swim cap and goggles
- Warm clothing
- Sunscreen, hat, sunglasses
- Permanent texta – for identifying age group & team events
- Take off your jewellery
- Board, check that it is in good condition and that you have everything you need to maintain it, wax and ding tape.
- Ensure that you have adequate food and water for the day
- Check weather prediction for the day, adjust your preparation as necessary, wet weather clothing etc.
- Fold out chairs, or tent. The club provides a tent, volunteers are asked to assist to put it up and down and take it to the Junior trailer.

#### **At the Carnival:**

Mark off your name with your age manager, you may be required to do this half an hour before the carnival starts.

- Mark your age on arm with water proof texta
- Warm up and down following coaches' instructions for checking the:
  - o Depth and conditions at the start
  - o Cross shore currents, the position of rips, banks and holes, The layout of the turning cans & flags on the beach, Landmarks eg buildings, tents, trees to aim for
  - o The best finishing area and the position of the finish line
- Be aware of timetable of events

- Avoid long periods in the sun, reapply sunscreen and wear appropriate clothing
- Keep warm and ready
- Watch lead up races to gauge changing conditions and best course
- Let your age manager know your location at all times
- Be responsible for your gear, keep your cap with you at all times, return club rash vests, leave craft in the area where you know where it is, remember to keep it safe and out of the way. Do not leave waxed surfaces exposed to the hot sun
- Keep up fluid and nutrition intake
- Be courteous and respectful to officials and other competitors
- Age Managers to be informed immediately if a Competitor withdraws from an event
- If Club equipment is used please treat with respect and ensure it is returned to the club trailer washed
- **COMPULSORY:** Have fun, support each other and be proud to be part of the Mollymook team

Competition caps must remain on the head and securely tied under the chin. This includes competing in all events, and up until the child's name is marked off by the official once crossing the line. No jewellery is to be worn. Rash vest may be worn. If competing in a team event, all vest must be identical.

Unless assisting as an official, Parents are not allowed into the competition area. The team manager is the only person allowed within this area and only they are to lodge protests regarding any infringement of the rules.

The carnival is under the control of the carnival referee. The referee can alter or even cancel a carnival program. Please be aware that there are a number of factors that can have an effect on the running of events. The numbers of competitors, surf conditions, even the weather can cause changes to timing and/or the order of events and may even cause the cancellation of some or all the remaining events in a carnival.

Carnival dates are listed on the calendar on the club web site or within the club house, there will be no junior activities on these days. All members will be encouraged to attend, especially for team events. A club tent is provided.

### **Race Training and Club Championships**

Throughout the season we will have a few Race Training days where we will practice racing the full distances on a Sunday morning. These days are to practice race technique. These are used as a point score day as well, where points are

allocated for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placing to go towards our end of season age champions.

Later in Summer we have a single race day which is the Club Championships. This is prior to the Branch Championships to get our nippers used to carnival conditions.

### End of Year Awards

At the completion of each season we hold a presentation day. Each Nipper receives their surf education award and Age managers hand out a selection of the following awards for their age group:

- **Male and Female over all Age Champions.** Points are collated over the season to determine each age champion. Attendance each Sunday is 1 point. On our point score days or race days 1<sup>st</sup> place in each water event = 7 points, 2<sup>nd</sup> in water = 6 points, 3<sup>rd</sup> in water= 5 points. 1<sup>st</sup> place in each sand event = 5 points, 2<sup>nd</sup> in sand = 4 points, 3<sup>rd</sup> in sand = 3 points. Competing in any event but not placing = 1 point.
- **Encouragement awards**
- **Most improved awards**
- **Whitford family award;** this is awarded to a nipper who shows great club Ethos, is encouraging and helpful.
- **Sportsmanship award**

#### **Club Awards:**

- **100% attendance**
- **Competitor of the year;** We recognise our competitors who have competed in 1 or more carnivals outside or Branch carnival and out of all those competitors, one who has achieved the highest results.
- **Nipper of the year;** This is an award for an U14 who has shown an outstanding commitment to our club and achievement within the club ie competed at carnivals and achieved their awards.

#### **-Junior Life Saver of the Year**

The Nipper committee conducts interviews with all U14 Nippers. They will all be advised of the questions required and a time this will take place. Each candidate is interviewed and assessed on their knowledge of SLS, their active involvement within their own surf club and extended community, their leadership skills, communication and presentation skills, and their plans for their own future role within Surf Lifesaving. 2 are selected, based on their interviews to represent Mollymook surf club at Branch level. They spend a day at branch with nominees from all south coast branch clubs where they are

interviewed again. At Branch carnival 2 Nippers are selected to represent our branch at state level.

### Roles and Responsibilities of Parents and Children

Mollymook is a volunteer organisation, and everyone here gives their time to make Nippers as fun as possible while the children learn the skills required to be water safe. At Mollymook we have a code of conduct for our parents and children that everyone must abide by, please see: Code of Conduct. (see below)

### Annual Proficiency Assessments

Surf Life Saving Australia has set the following minimum standards of water proficiency that each child must achieve before they are eligible to participate in Club water activities, training or Competition.

To be eligible to compete, a junior member must have completed the Junior Activities Preliminary Skills Evaluation and the Junior Activities Competition Skills Evaluation.

Junior members must complete an open water swim which replicates the junior swim distances specified in the 33rd edition of the Surf Sports Manual.

To be eligible to compete at a championship event they also need to have achieved the appropriate surf education award for their age by 31 December. Any member who has not completed these requirements by the 31 December who seeks to compete must apply in writing to the State Director of Lifesaving clearly identifying reasons for not completing requirements by 31 December.

Our aim is to encourage all children to participate in all water activities on Skills Development days, where adequate water safety is always available.

Age group	Preliminary Evaluation	Competition Evaluation Open Water Swim	Skills Education
Under 8	25 metre swim (any stroke) 1 minute survival float	(no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	25 metre swim (any stroke) 1 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware Two

Under 10	50 metre swim (freestyle) 1.5 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe One
Under 11	50 metre swim (freestyle) 2 minute survival float	Minimum 200m open water swim (competition course as per competition manual)	Surf Safe Two
Under 12	100 metre swim (freestyle) 2 minute survival float	Minimum 200m open water swim (competition course as per competition manual)	Surf Smart One
Under 13	150 metre swim (freestyle) 3 minute survival float	Minimum 200m open water swim (competition course as per competition manual)	Surf Smart Two
Under 14	200 metre swim (freestyle in under 5 min). 3 minute survival float	Minimum 200m open water swim (competition course as per competition manual)	SRC *

\*As per the SLSA Junior Evaluations and Education National Guidelines 2018/2019

### Social Activities and Fundraising

Social activities are varied and will be advised in advance on the club website. Everyone is welcome to attend and refreshments are available at the club house. Parents are always welcome to assist in whatever way they can no matter how small- your help is appreciated.

As a not for profit community-based sporting club Mollymook SLSC relies greatly upon Member contributions and community support to remain financially viable. All Members are expected to contribute to the Club's fundraising activities by donating some time and/or expertise during the season. The Club will be proactive in raising its public profile over 2020/21, highlighting its community involvement and sporting achievements.

### Working with Children Checks

#### **Prohibited Employment Declaration Form**

The Child Protection (Prohibited Employment) Act 1998 and the Commission for Children and Young People Act 1998, require Surf Life Saving New South Wales (SLSNSW) to ask all members, and volunteers, working with children to sign the Prohibited Employment Declaration All SLSNSW members, and volunteers, over the age of 18 and those members under the age of 18 who work with children (eg: 16yr olds who help train the U/8, provide water safety for Juniors, etc) MUST sign the Prohibited Employment Declaration, It is an offence for a person to make a false disclosure regarding this.

## **Incident Reporting Process**

In the event any member feels they may have witnessed an incident that may have involved inappropriate behaviour towards a child are to contact one of the Members Protection Officers or a member of the Executive.

The incident details will be recorded and dealt with in a confidential manner, depending on the incident the details will be confined to the Executive and if required responsible authority.

## **Rules & Regulation relating to Mollymook SLSC**

The club is bound by the rules and regulations as set by Surf Life Saving Australia and NSW State Centre. The club's constitution sets out the objectives of the club, roles & responsibilities of members, functions of committees, financial reporting and so on. In addition, the committee develops policies and procedures not covered by SLSA relating to administration, finance, etc.

## **Photographs**

The club has a photographer that uses images within the web page or for promotional purposes. If you do not wish your child's image to be used please inform your age manager.

## **Parent Membership**

We would like to see at least one parent from each family join and assist with the running of nippers. We ask that parents do the free online age managers course after joining.

Helping our nippers in the water is an extremely rewarding thing to do. Parents wishing to help with water safety must have a minimum qualification of Bronze Medallion. There are typically 2 Bronze Medallion courses each season. Check the club's facebook page for details.

## **Be aware, be informed Club Communication System**

Find out what's going on around the club, the more you get involved the more you get out of the club and the more fun you and your children will have. Check out the web page [www.mollymooksurf.com.au](http://www.mollymooksurf.com.au) and keep up to date with the club's social media platforms (FaceBook and Instagram).



## **Further Information**

If you would like any further information, please see a committee member. Club Committee meetings are held at the club on a monthly basis. Please check your email and club website for dates and information. All are welcome.

On a final note the Committee and all member of Mollymook Surf Club extend a warm welcome to all new and current members. We look forward to another successful season.

## **Code of Conduct – extract from SLSA**

Surf Life Saving Australia (SLSA) has developed guidelines for the code of conduct for all personnel involved in surf lifesaving.

All members are obliged to conform to the guidelines which cover behaviour

### **Surf Life Saving Team Leader code of conduct**

An SLSA Team Leader (eg. Patrol Captain, ORB Skipper, etc.) will: i. agree to abide by the code of conduct. ii. be responsible for the overall safety and well-being of the members of the patrol iii. maintain a 'duty of care' towards team members, an accountability for the management of the team and a responsibility for the actions of the team members iv. have a sound knowledge of SLSA policies, responsibilities and lifesaving techniques, and ensure that the conduct of the patrol is in accordance with these policies and guidelines.

v. foster a collaborative approach to the management of the patrol. vi. treat the general public with respect and communicate with them in a professional manner vii. be a positive role model for surf lifesavers and SLSA.

### **Surf Life Saving Team Manager Code of Conduct**

An SLSA Team Manager will:

- i. agree to abide by the code of conduct.
- ii. be responsible for the overall safety and well-being of team members and officials when travelling with a team.
- iii. maintain a 'duty of care' towards team members and an accountability for the management of the team.
- iv. have a sound knowledge of SLSA policies, responsibilities and competition rules, and ensure that the conduct of the affairs of the team is in accordance with these policies and guidelines.
- v. foster a collaborative approach to the management of the team.
- vi. be a positive role model for surf lifesavers and SLSA.

### **Surf Life Saving Age Manager code of conduct**

An SLSA Age Manager (junior activities) will:

- i. agree to abide by the code of conduct.
- ii. be responsible for the overall safety and well-being of the group.
- iii. be responsible for the group's learning.
- iv. take time to plan and prepare the activities delivered to the group.
- v. foster a collaborative approach to the management of the group.
- vi. instil enjoyment and fun in what they do.
- vii. be a positive role model for surf lifesavers and SLSA.

### **Surf Life Saving Coach code of conduct**

A Coach will:

- i. agree to abide by the code of conduct.
- ii. be responsible for matters concerning the coaching, training and development of surf lifesavers.
- iii. provide positive feedback to participants.
- iv. treat all participants equally.
- v. maintain a 'duty of care' towards others and an accountability for matters relating to training and competition.
- vi. have a sound working knowledge of SLSA policies, rules and regulations and coaching techniques.
- vii. actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
- viii. ensure that any physical contact with others is;  
a) appropriate to the situation  
b) necessary for the persons skill development
- ix. provide a safe environment for training and competition.
- x. be a positive role model for surf lifesavers and SLSA.

### **Surf Life Saving Parent/Guardian code of conduct**

A Parent/Guardian of an SLSA member will

- i) remember that their child participates in surf lifesaving for their own enjoyment.
- ii) focus on their child's efforts and performance rather than winning and losing.
- iii) show appreciation for good performance by all participants.
- iv) never ridicule or yell at their child or other children for making a mistake.
- v) respect officials' decisions and teach their children to do likewise.
- vi) not physically or verbally abuse or harass anyone associated with the activities (eg. Coach, official, age manager, etc.).
- vii) be a positive role model for others.