

**LENNOX HEAD
ALSTONVILLE**
SURF LIFE SAVING CLUB

YOUTH ACTIVITIES HANDBOOK

“NIPPERS”

2020-2021

www.lennoxsurfclub.com.au

Youth Activities “NIPPERS” Handbook

Welcome to the 2020-21 season and to the youth activities movement, commonly known as “Nippers”. The handbook contains information that will assist you to appreciate the importance of the Australian Surf Life Saving movement and its relevance to the Lennox Head community. It is updated annually and designed to give your family a basic overview of our Club and to inform you of the way that Lennox Head-Alstonville Surf Life Saving Club (LHASLSC) Nippers operates within the Surf Lifesaving movement. It will provide details of the steps the club takes to ensure the safety of your child, explain the way our Sunday beach days are organised and provide a general overview of the competitive segment of Nipper involvement.

To begin with we would like to take this opportunity to thank our outgoing committee for their hard work and generous contribution to LHASLC over the last 12 months. We would also like to welcome and introduce you to our current committee members for this season.

The Committee

President:

GEOFF HARRIS



Geoff joined Avalon Beach SLSC and gained his Bronze in 1963. Whilst there he was an active competitor as a surf boat rower and sweep. He was also involved in the development of the IRB. He served for many years on the Management Committee and was at various times Boat Captain and Treasurer. He is still a Long Service Member of Avalon.

He moved to Alstonville in 1990 and shortly thereafter joined Lennox Head Alstonville SLSC where he has held the following positions - Boat Captain, Assistant Age Manager, President, Branch Delegate and Public Officer.

Geoff is a Level One Official officiating at local, Country & State Carnivals and is also a level 1 coach. He is a Life Member of Lennox Head SLSC and has been awarded the 50 year Long Service Award from SLSA.

Secretary:

JOHN BEASLEY

John was appointed Secretary of the Club at the Annual General Meeting on 30th June, 2012 and has retained that position since then.

John joined the Entrance SLSC in December, 1953 and gained his Bronze on 13th February, 1954. He then gained his Instructors Certificate on 10th November, 1958 and his Examiners Certificate on 18th April, 1961. Listed below is a history of John's activities since joining Surf Life Saving.



Club History	<u>The Entrance</u>	1955-1960
	<u>Byron Bay</u>	1981-1985
	<u>Lennox Head-Alstonville SLSC</u>	2011-present

Branch History	1960-2003
State History	1962-1967
Australian History	1970-1981

Honour Awards	1973	Life Member SLS Central Coast Branch
	1975	Life Member The Entrance SLSC
	1979	Life Member SLS New South Wales
	1979	SLS 25Year Services Award
	1999	Life Member SLS Australia
	2000	Australia Medal
	2004	SLS 50Year Services Award
	2005	Life Member SLS Far North Coast Branch
	2008	Order of Australia Medal (OAM)
	2014	SLS 60 Year Services Award

Vice President/Level II Coach: LOU WILSON

Lou joined Wanda Surf Club as a cadet over 40 years ago. He later moved to Cronulla where he remained until transferring to Lennox Head in 1991, where he is still an active patrolling member of our Club. Since that time he has held most positions in the Club, including President, Vice President, Club Captain, Chief Instructor and Head Coach.



Lou started coaching in the mid-nineties in order to try to retain our younger members in the Club, as at that time Lennox had ceased participation in Surf Carnivals. Over several years Lennox Head became the strongest Club in Country NSW, producing an unprecedented 8 Australian Champions.

In 2011 Lou was awarded the prestigious National Medal in recognition of his long service to Surf Life Saving. Following on from this in 2012 he was elected a Life Member of our Club.

Lou is now a Professional Surf Sports Coach and continues to work closely with former Lennox Head athletes, including Tynyn Lyndon, our first Australian Champion. He travels with Tynyn as coach for the NutriGrain Series and the Australian and World Championships. Lou has also coached with the North Coast Academy of Sports.

Treasurer: BRETT VAN ZUYLEN

Growing up in Sydney, some distance from the beach meant that Brett's first involvement with Surf Life Saving was not until much later in life. Upon moving to the Northern Rivers in 2008, Nippers seemed like a good idea for the kids and so Brett's family joined LHASLSC for the 2009 season. His wife Danielle trained for her Bronze Medallion in 2010 and so the pressure was on for him to follow. After a lengthy training period over a mild winter, he was awarded his Bronze Medallion in 2013 and has been an active patrol member since.

Brett was appointed as Club Registrar in 2012 and was voted in as Treasurer in 2013.

Registrar: MICHELLE MAHON



Growing up in inland Australia meant that Michelle only got to the beach a handful of times during her childhood, but now that she lives near the coast and has family participating in surf sports and on patrol, she has developed a passion for the surf life saving movement. She looks forward to welcoming new and returning Nippers to our club, and to seeing all our Nippers grow and develop in confidence as they learn new skills on the beach and in the water.

Registrar:

JANE BOND

An ex-Melbournian, Jane was working in Sydney when a friend introduced her to Manly Surf Club and encouraged her to acquire her Bronze Medallion in 2001. Through Manly SLSC she also met her future husband Chris Bond, who had been involved with Surf Lifesaving for over 30 years (as a patrolling member and successful competitor). Jane went onto patrol Manly's busy beach for several years and got to know all about the surf carnival hype whilst watching Chris and Manly compete. Witnessing what a healthy lifestyle and lifelong mateship it provides, Jane was keen to introduce surf lifesaving to their children. In 2013, not long after moving to Northern NSW they registered their two hesitant young boys to Nippers. Through the inclusive, nurturing family of LHSLSC, their teenagers now compete at country, state and national carnivals – the training fostering great friendships, fitness and self-discipline, as well as instilling the surf skills to save lives. Jane renewed her Bronze Medallion with LHSLSC in 2018 and now assists with water safety at carnivals and enjoys a few laughs on her patrol. One day she may even have a crack at competing in Masters!



Club Captain:

JUSTIN INGRAM

Justin joined surf lifesaving when he was 13 years old at Collaroy Surf Club, where he went on to complete his SLSC and start patrol. He followed in his Dad's footsteps and rowed surf boats and continued patrolling after transferring to South Narrabeen Surf Club.

With work commitments Justin moved to QLD and competed for Metropolitan Caloundra.



Justin joined Lennox Head in 2014 when his two young boys joined nippers in Under 6's and 7's. Here he continued patrol's, helped with Nippers and water safety. Justin loves the water and teaching the kids water safety is not only fun but an important life skill.

He has competed at Masters carnivals and has been instrumental in creating a Lennox Head surfboat crew.

This year Justin is committed to the role as Club Captain and is ready for a fantastic season ahead. He welcomes patroller suggestions and looks forward to coordinating patrols on our beach this summer.

Public Officer:

TIM BREEN



Tim has been involved in Surf Life Saving since completing his Life Saving Certificate and Bronze Medallion at Byron Bay in the 1980's. He has been involved at LHSLSC for the past ten years with Nippers and as a patrolling member. Tim is a long-term resident of the Northern Rivers and is involved in a number of not for profit and sporting committees throughout the area.

Chief Training Officer (CTO):

AMANDA BERRY



Amanda has been a member of our club since she was an under 8 Nipper herself in 1995. She has been a patrolling member since 2001 and is always keen to get the IRB out for a spin.

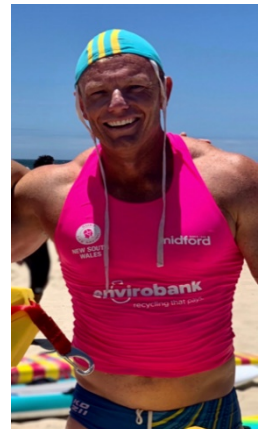
She has been involved with Surf Life Saving at Club, Branch, State and Nippers, to committees and given countless patrolling hours on our beach. Amanda also held a Gold Medallion between 2005 and 2010 and was part of the paid lifeguard services.

Amanda stepped up as Chief Training Officer last season to give support to those who wanted to further their education in Surf Life Saving. She holds many of the qualifications that our club offers training courses for, and is always willing to help those in the club who want to upskill and be involved. Amanda's always up for a chat so say hi if you see her around.

Youth Activities Officer (YAC):

BRENDON MATTHEWS

Brendon joined Batemans Bay SLSC in 1989 as a Nipper and received his bronze in 1996 and has been a patrolling member of Lennox Heads SLSC since 2017. Brendon attended the AIS in 1992 and has competed at a National Level in numerous sports ranging from Triathlon to Crossfit. He has a physical education degree and level 2 accreditation in swim coaching. He has been coaching since 1994 in numerous positions from water confidence through to senior squad. Brendon is excited and enthusiastic about his role as YAC and believes Nippers plays a valuable role in the development of all children involved in this great sport. He looks forward to continuing the great culture that has been established at Lennox SLSC and building on that in the future.



Surf Sports Co-ordinator:

SAM MILLER



Sam is a third generation Surf Lifesaver - her grandfather joined the Collaroy SLSC in 1930 and her own father is a Life Member of South Narrabeen and Avoca Beach SLSC'S as well as the Central Coast Branch. Sam herself joined the Nipperettes as a 4-year-old in 1977-78 at the Avoca Beach SLSC, where she was an active member until 2000. She gained her Resuscitation Certificate in 1983, her Surf Life Saving Cert in 1986 and her Bronze Medallion in 1987.

Sam joined the Lennox Head Surf Club in 2006 when her oldest child became a Nipper in the Under 6's. She then went on to be their age manager until taking on the YAC position. The last few years she has also worked with the Nippers as a board coach and has gained her Level 1 coaching cert.

Sam is extremely enthusiastic in her role as Surf Sports Coordinator - it is her passion and way of life. She says: "Surf Life Saving has so much to offer – mateship, water skills, volunteering and is the best sport in the world."

Who is the Australian Surf Lifesaver?

A surf lifesaver is a person who demonstrates the character, skill and service that epitomises the best of the Australian culture. Surf Lifesavers give their time as volunteers in the service of their communities. They are fit, skilled, team orientated and adaptable Australians.

The Australian Surf Lifesaver.....

1. Commits personal time and energy to maintain safe beaches around Australia
2. Develops and maintains a high level of skill through ongoing training
3. Provides leadership in maintaining and developing volunteerism as a valued characteristic within Australian society
4. Epitomises the strength and character of the Australian way of life

The surf lifesaver is an Australian icon, known worldwide for their bravery and tireless community service. Each person who wears the red and yellow cap is a recipient and guardian of that heritage.

Lennox Head-Alstonville SLSC History & Background

The LHASLSC was formed in December, 1973. The first official meeting of the club was held on 7th January, 1974, with nearly 100 members in attendance. The original cost of the club was \$49,320, which was made up of \$6,000 in funds from members and sponsors and \$43,320 from the Federal Government. The club was originally built on large concrete skids (still visible today) that would enable the building to be towed away by bulldozers should rising seas threaten.

The land the club is sited on is owned by the NSW Department of Lands with Ballina Shire Council effectively acting as “trustees” of the building. The junior club amalgamated with the seniors during the 2002-2003 season.

Youth Membership

Youth Membership at LHASLSC is open to children from 5 to 13 years of age. A child’s age group for the season is determined as at midnight on 30th September at the commencement of that season.

Listed below are the Age Groups that members will be in for this season based on their date of birth:

1 st October 2006 - 30 th September 2007	Under 14
1 st October 2007 - 30 th September 2008	Under 13
1 st October 2008 - 30 th September 2009	Under 12
1 st October 2009 - 30 th September 2010	Under 11
1 st October 2010 - 30 th September 2011	Under 10
1 st October 2011 - 30 th September 2012	Under 9
1 st October 2012 - 30 th September 2013	Under 8
1 st October 2013 - 30 th September 2014	Under 7
1 st October 2014 – 30 th September 2015	Under 6

Please note:

- To register, please visit our website at www.lennoxsurfclub.com.au and go the membership section to commence the registration process.
- Yes, we accept Active Kids vouchers at Lennox Surf Club.
- As with all modern sporting and social bodies, only Nippers who are financial members, and therefore insured, are able to participate in our YAC activities.
- Children are to participate in Nipper activities in their correct age group, with no exceptions.
- **It is a club requirement that a parent/caregiver of a Nipper member is also required to become a member.**

Under 6 & Under 7 Membership

Under 6 & Under 7 members may participate in activities on an educational basis only. Clubs are not compelled to run activities for these age groups. It is entirely up to the individual club; however, children in these age groups may not compete in any point score/championship events.

A child may join a club as soon as he/she turns 5 years of age. No Club is to accept membership of a child until they have reached the age of five years to comply with insurance requirements. A child who reaches five years of age after 30th September may join Nippers at that time at the discretion of the JAC; however this child will be required to stay in the Under 6 Nipper age group the following season.

Child Protection Policy

LHASLSC is committed to providing a safe environment for all members. The club has implemented a Child Protection Policy that complies with New South Wales legislation and community expectations. New members, in particular, should be aware that we have a responsibility for safeguarding the children in our care.

In compliance with the Commission for Children and Young People Act 1998, the Club requires that each member, parent or guardian complete and sign a "Volunteer/Student Declaration" form. Please note that it is an offence for prohibited persons to sign this declaration or to apply for or attempt to obtain, undertake or remain in child-related employment in any capacity, whether paid, volunteering or self employed. This means that if a member/potential member will not sign the form then the application for membership or membership renewal will be rejected.

Structure of Youth Activities at LHASLSC

Under 6 and Under 7 Age Group (GREEN CAP)

These age groups participate in fun based activities including runs, flags, wades and games. The emphasis in these age groups is learning to safely enjoy the beach and having lots of fun. There is no formal competition within these age groups, but each child does receive an Award at the end of the year.

The Age Managers for these age groups will require substantial assistance from parents to keep these children safe and to teach them about the aquatic environment. The children are required to wear a GREEN CAP for the duration they are on the beach to ensure they are easily distinguishable from the older age groups, who have water-based proficiency standards.

Under 8 to 14 years Membership – Activities & Proficiencies

LHASLSC YAC aims to foster Nippers in the traditions and ideals of the Surf Life Saving movement. This involves teaching the children awareness of the surf and its danger, water confidence, basic signals, rescue methods, resuscitations and first aid. Competition in various skills is also provided in these age groups and regulated by Surf Life Saving Australia (SLSA). By participating in Nippers, they are encouraged to move on to the senior movement and become active members, gaining their Bronze medallion, patrolling the beach and enjoying the camaraderie of new and old friends.

Junior Activities Preliminary Skills Evaluation

Every junior member, from the Under 8's to Under 14's, is required to participate in this evaluation, conducted by the club, prior to any junior water activity, training or competition being undertaken each season. (Refer last page for details)

Junior Activities Competition Skills Evaluation – Open Water Swim

To be eligible for ANY competition, Under 9 to Under 14 age groups must complete an open water swim that replicates the junior swim distances specified in the 33rd edition of the Surf Sports manual. (*This replaces the run-swim-run and timed pool swim.*) The competition evaluation open water swim must be achieved before members are eligible to compete in ANY event, including beach events. This is a minimum standard proficiency requirement. (Refer last page for details)

Junior Awards

The Junior Development Program (Surf Education) is an integral part of our Youth Activities Program and must be completed by all participants in junior activities every season. This program is based on clearly defined outcome statements and reflects an exciting change in children's lifesaving development. The requirements of the award are in no way linked with the Junior Participation Skill Evaluation and/or the Junior Competition Skill Evaluation.

Please refer to the **last page** for details of this season's Junior Skills Assessment and Awards. All junior members are required to gain their respective Surf Education Award for their age group every season prior to 31st December.

YAC Sunday Club Days

Nipper Club days are conducted most Sundays from October through to March. They are designed to accommodate Nippers of all levels of ability and those of a competitive and not so competitive nature. Nippers have the opportunity over those months to participate in Surf Education, First Aid and Rescue Training, training for competition, actual competition, practicing survival skills and techniques, meeting new friends and having FUN. These club days are generally scheduled from 9.00 am to 10.30 am for the Under 6 & Under 7's and 9.00 am to 11.00 am for the Under 8 to Under 14 age groups.

At the commencement of the club day all Nippers line up with their Age Managers in their allocated age groups. The children are issued with a specific colored cap for their age group that must be worn for the session. This is a safety measure and ensures that Nippers are easily identifiable on the beach and in the water. If they feel more comfortable children may wear board shorts, rash shirts, t-shirts or wet suits during club days but at carnivals they are required to wear our specific LHASLSC club swimmers and caps. For safety reasons no jewellery is to be worn.

After Nipper caps are issued an attendance roll is taken and Age Managers will brief the Nippers and their parents of the proposed lesson plan for that morning. The children are to stay with their age group until the end of Nipper activities. They are not to leave until they are marked off by the Age Managers and have returned their caps.

Parent Support

“Nippers” is NOT a child-minding service for parents or guardians. A key ideal of the Surf Life Saving movement is voluntary service to our community. Age Managers, coaches and the committee members are not paid. They provide their time and expertise to assist in educating your children in the aquatic environment. Similarly Nipper parents are expected to assist in some manner with Youth Activities operations within the club.

Please volunteer your help – don't wait to be asked. Some examples of such assistance are:

- It is compulsory that Nippers parents/guardians be at the club at all times. In respect to the Under 6, Under 7 and Under 8 age groups, the parents/guardians MUST be on the beach with their child. Therefore join in the fun and share the experience with your children.
- Parents/guardian with appropriate SLSA awards are required to assist with water safety on club days, during carnivals and at club training. The club will give priority to training any parent wanting to complete the Bronze medallion or to upgrade any existing SLSA award
- Parent/guardians assist Age Managers with set up/pull down of activity areas; assist with conduct of Nipper activities, washing and storage of equipment/boards
- BBQ Duty – this is one of our main fundraising activities and age groups will be allocated on a roster system. At least 4 parents per age group are required from 9.30am to assist with food preparation, cooking, serving and cleaning up BBQ area. Many hands make light work.

Assistance is always encouraged and eagerly sought. Please ask questions and offer your help or expertise 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, in any capacity, are the ones who benefit the most from the Nipper experience.

Essential Equipment to be brought to Nippers

- *A positive attitude*
- *Mum and/or Dad, Grandparents, Guardians and general helper. These people are needed by your child and the Age Managers for assistance during the Nippers season, in particular the younger age groups and for support and encouragement of all the children*
- *Pink Rash Vest (supplied with membership)*
- *Sunscreen – Age Managers will always have SP30+ sunscreen available for their group to use BUT parents are proactively encouraged to apply sun block before and during Nipper days. In support of the Club's Child Protection Policy Age Managers are instructed NOT to personally apply such products to any child other than their own. Please also refer to the Sun Safe Policy as set down by the club at the back of this handbook. A must read for any Nipper, Parent/Guardian whether attending carnivals or not.*
- *Sun Safe apparel – a wide brimmed hat, rash shirt is appropriate and encouraged – please refer to the Club's Sun Safe Policy*
- *Any medications normally available to the child when participating in a competitive environment (ie Ventolin etc)*
- *Drink bottle*
- *Swimmers – believe it or not but some members have forgotten*
- *Goggles (optional but strongly encouraged as surf skills are developed)*
- *Wetsuit (optional but particularly useful at season start)*
- *Towel*
- *Warm clothes for after Nipper session*
- *More positive attitude*
- *A SMILE*

PLEASE NOTE: – SWIMMING COMPETENCY

It should be clearly understood that LHASLSC is NOT a swimming club, nor do we provide 'Learn to Swim' instruction. As Nipper activities are conducted predominately in an aquatic environment it is most important that upon joining our club the child is already a competent swimmer.

SLSA Equipment Supplied to Nipper Groups

Under 6, 7 & 8 Age groups:

These age groups have a supply of boogie boards, buckets, ropes etc for use under the direction of their Age Managers on Nipper club days

Under 9 & 10 Age groups:

The club is fortunate to have built up a stock of SLSA approved 2 metre length 'foamie' Nipper boards that are available for training and competition for these age groups. This club equipment is only for use under the direction of the Age Managers, Club Coaches and Gear Steward in concert with the Club's Equipment Storage Policy (full document available on the club website).

Under 11, 12 & 13 Age groups:

These age groups utilise SLSA approved 2 metre length fiberglass Nipper boards in training and competition. Quite a few Nippers own their own board, however LHASLSC does have available a limited supply of this equipment for use by these age groups. Again, this Club equipment is only to be used under the direction of the Age Managers, Club Coaches and Gear Steward in concert with the Club's Equipment Storage Policy.

Under 14 Age Group:

This age group is required to utilise a full length 3.2 metre fiberglass Malibu board in training and competition. Again, quite a few Nippers own their board but LHASLSC does have a limited supply of Malibu boards available under the same conditions detailed for the Under 9 to Under 13 age groups.

Care of Equipment

Training and competition equipment is expensive both to purchase and to repair. It is important that these items and all other gear and equipment is handled and cared for correctly. Following the procedures listed below will assist in maintaining the quality and repair of Club boards:

- Boards are to be carried – not dragged
- Boards are NOT to be sat on
- Boards are NOT to be left lying in direct sunlight for a prolonged period of time as a "foamie" board may bubble and a fibreglass board may de-laminate.
- Foamies are ONLY to be used by the Under 9 & 10 Age groups
- Fibreglass Nipper boards are to be used ONLY by the Under 11, Under 12 & Under 13 age groups
- Malibu boards are to be ONLY used by the Under 14 age group
- All Boards MUST be rinsed off with the hose before being put away in club shed
- Boards must be returned to the same position in shed after use
- Any damage to club boards or equipment must be reported immediately to the Gear Steward, Age Managers or Coaching staff supervising the equipment.

Equipment Storage Policy

Full terms of the Club's Equipment Storage Policy is detailed on the Club website. You are encouraged to view and be aware of this policy which affects all members including parents of Nippers.

In summary, the Policy stipulates that any financial Active member i.e. a bronze medallion holder may use club equipment that has been marked "for general use". Any other financial member i.e. Associate, Junior Active Nippers etc must first gain permission from the Club Gear Steward or Club Coach. Similarly, Club equipment marked NOT FOR GENERAL USE can only be used providing the Gear Steward or a Club Coach grants permission.

UNDER NO CIRCUMSTANCES ARE PRIVATELY OWNED BOARDS OR EQUIPMENT that have been authorised for storage at the Club, to be moved from their allocated position or used without the direct approval from the owner.

Surf Education

As mentioned previously in this handbook, Surf Education is an integral part of SLSA's Youth Activities program and **MUST BE COMPLETED BY ALL PARTICIPANTS EVERY SEASON**. Age Managers often utilise wet weather days for those learning sessions, and quite often parents attending also benefit from the lessons. Upon successful completion of the relevant program the appropriate SLSA Surf Education Certificate is awarded – usually at the JAC presentation day.

Carnivals & Competition

To enable surf club members to practice their skills and to keep physically fit, the surf lifesaving movement conducts regular carnivals during the summer months. LHASLSC is a member of the Far North Coast Branch (FNC) of Surf Lifesaving New South Wales (SLSNSW). SLSNSW is, in turn a member of Surf Lifesaving Australia (SLSA). Competition is regulated by SLSA across a wide range of ages, commencing with the Under 8 age group and covering members to 60 years of age and over.

LHASLSC supports the view that structured competition encourages children to have fun, to participate safely in the aquatic environment, and most importantly, develop skills and confidence in surf lifesaving and sport through the spirit of fair play. Competition in junior carnivals can also be viewed as part of a Nipper's progression to becoming a competent Surf Lifesaver.

Following is a broad overview of most of the specific events that can be contested by a Nipper at a JAC Surf Lifesaving carnival:

Water Events

Wade Race - Under 8's 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 designated flags

Wade Relay – Under 8's only – Competitors are divided into teams of 4. 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 – Under 9 up – Competitors commence from the start line on the beach, enter water, swim around the buoys (commonly termed “cans”) and return to shore finishing between the designated flags on the beach

Swim Teams – Under 9 up – Competitors are divided into teams of 4. All competitors in their respective age groups swim the same course at the same time. Upon completing the course each swimmer is given a place number. The team of 4 with the lowest total accumulative score is the winner.

Board – Under 9 up – Competitors commence from the start line on the beach, enter the water, paddle around specific buoys, exit water and finish by crossing a judging line on his/her feet whilst holding onto the board. Ages Under 9 to Under 10 use foam Nipper boards, Under 11 to Under 13 use fiberglass Nipper boards and Under 14's use fiberglass Malibu racing boards.

Board Relay – Under 9 up – Competitors are divided into teams of 3. Competitors wear uniformed tops numbered 1, 2 or 3. The event commences with paddler 1 starting, completing the course and tagging paddler 2, who complete the course and tags paddler 3 who races to the finish line.

Iron person Events – Under 11 up – This event combines a beach run with the swim and board legs in the event

Cameron Relay – Under 9 up – Team consists of 4 competitors, being a swimmer, 2 sprinters and a board paddler.

Board Rescue – Under 11 up – Teams comprise of a patient and a rescuer. The patient swims to an allotted buoy, touches the buoy with one hand and 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 patients climbs onto the board and both paddle back to shore, passing through the finish line with both patient and rescuer in contact with the board.

Beach Events

Beach Sprint – Under 8 up – Competitors sprint against each other on a beach sprint track of 70 metres

Beach Relay – Under 8 up – Team consists of 4 members who pass a baton to each other at the end of the sprint legs

All Age Relay – Under 8 to Under 14 – Team consists of 7 members, 1 male or 1 female, each from a different age group. Competitors run in order from youngest to oldest.

Beach Flags – Under 8 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 shall 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 commands "Heads Down", the competitors will stretch their chins forward and place the chin on their hands and 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.

R & R (Rescue & Resuscitation) – R & R is a Surf Lifesaving traditional event, utilizing the original rescue method and incorporating the most modern resuscitation techniques. Teams competing in 2 person R & R consist of 2 members of Under 11, Under 12 and Under 13 age groups who are separated into their specific age groups but compete against all other age groups. Teams consisting in 5 person R & R consist of 5 members of any age group from Under 12 to Under 14.

March Past – March Past competition is another 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 Under 12 to Under 14 age groups. ***March Past supports Surf club spirit, friendship and the carrying of the LHASLSC flag raises pride in the club colours.***

LHASLSC Club Guidelines for Team Selection

YAC Beach and Water Events involving team selection are - Surf teams, Board Rescue, Buchanan Relay, Cameron Relay, Board Relay, Wade Relay, Beach Relay, All Age Relay, R & R and March Past. Members of each Age group will be continually assessed and ranked according to ability by the Age Managers and coaches throughout the season.

Teams for the first TWO Far North Coast JAC carnivals in a season will be selected in mixed ability groups. This should support teams competing at fairly equal levels and is designed to allow maximum participation within an age group. At other carnivals further into a season the team selection is based on recent individual rankings and also considers conditions on the day.

It is a SLSA policy that JAC members may compete in teams that are ONE age group up only. Competitors from younger age groups will only be allowed to compete in an older age group team if there are insufficient numbers in that older age group to make up a team. Nippers priority in team selection is to their own age group.

Age Managers will have the final decision on team selection within their age group. Parents may not implement changes to any team selected by the age manager. If a child is unable to compete in a team due to any circumstance, the age managers will have sole responsibility for making required changes to teams.

As can be seen from above, there is a broad cross section of events designed to develop the skills and fitness of our future surf lifesavers. Please be mindful that competing at Carnivals is strongly encouraged, but not compulsory.

Carnival Day Tips!

Here are some tips designed to make carnival days successful for the whole family:

- Prepare for a full day of outdoor activity by ensuring that you have ample healthy food, water, sunscreen, appropriate clothing, club swimmers, club competition cap, a hat
- Pink rash vest
- Arrive early and assist in pitching tents and moving equipment onto beach
- Nippers to report to Age Managers ASAP to be marked off
- Age Managers will be responsible for their respective age groups and are under the direction of the Team Manager
- When not competing all Nippers to remain under the club tents. If wanting to leave that area ensure you notify your age manager
- All non-officials and non-competitors to stay out of the competition area
- No jewellery to be worn by competitors during competition
- Age Managers to be informed as a matter of urgency if a competitor for any reason withdraws from an event
- Although encouraged, no child will be forced to compete in an event if they do not want to or if the Age Managers do not believe they are capable. Parents are asked to support such decisions
- If Club equipment is used please do so with respect and ensure it is returned promptly
- At conclusion of Carnival please assist in pack up of tents and equipment
- No Alcohol and No Smoking within the carnival area
- Compulsory – Have fun, support each other and be proud to be part of Lennox Head Alstonville Surf Lifesaving Club
- A parent/carer must attend carnivals to supervise own children

Board & Iron Person Training

LHASLSC is fortunate to have developed a coaching base that supports members who compete within the local Far North Coast Branch, at New South Wales State Age & Open and at Australian Championship level. Members who wish to develop their skills and fitness levels are able to do so under the guidance of the club coaching team. JAC board training is generally conducted Wednesday & Friday mornings each week commencing at 6.00am till 7.00 am. Iron person training is scheduled on a Saturday morning from October. Training helps build confidence and gives each Nipper the chance to perform to the best of their ability.

These training arrangements are reliant on adequate water safety and will be cancelled if insufficient water safety is provided. If your child wishes to train and you have your Bronze medallion, your assistance will be required. All parents of Nippers should consider obtaining their Bronze medallion. It sets a great example for your children, it builds your own skills and confidence, it provides a community service and it means you can play an important role in keeping LHASLSC Nippers running. As noted earlier, the Club gives priority to training any parent wanting to complete the Bronze medallion or upgrading an existing SLSA award.

INSUFFICIENT WATER SAFETY = NO WATER TRAINING

Fundraising & Sponsorship

As a not for profit community based sporting club LHASLSC 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 continue to strive to raise its public profile over the coming season, highlighting its community involvement and sporting achievements. Local financial support and sponsorship is always being sought and any new or current member considering allocating funds for local development should approach any club committee member. You are also reminded that all monetary donations are fully tax deductible.

FUNDRAISING/SOCIAL COMMITTEE- If you are a person who has some great ideas and would love to join us in helping our social and fundraising events we encourage you to contact Sam Miller.

Discipline Policy

LHASLSC prides itself on our positive image and reputation of sportsmanlike behavior from our Nippers, Officials and parents. The club does have a discipline policy in place that enables it to investigate any reports of inappropriate or unsportsmanlike behavior. Penalties for such behavior range from reprimand to expulsion from membership.

As a member of SLSA the LHASLSC abides by SLSA Policy 6.5 which details appropriate Codes of Conduct for SLSA members, including Officials and parents. The full detail of this Policy is available for viewing on the club website and handouts are distributed at our sign on days.

Club Awards

At season's end LHASLSC conducts a Nipper Presentation Day where the season's achievements are recognised. At that event a number of awards for competitive and team based involvement are presented to our Nippers.

100% Attendance Award: This award is granted in recognition of attendance at all point score club days and/or Far North Coast Carnivals during the season. Attendance shall include representing LHASLSC at NSW Country, NSW State, NSW Interbranch or similar other SLSA recognised carnivals or events on days that clash with Club or FNC carnival days.

Sun Safety Policy

The health of our junior members participating in Surf Lifesaving activities is of a primary concern. It is far better to prevent skin cancer by regularly practicing simple protective measures. The Far North Coast Branch (of which Lennox Head Alstonville Surf Lifesaving Club is part of) has adopted the following rules regarding sun safe activity.

Please note that most of the below information may relate to competition/carnivals, however, on a Club level we do enforce the same sun safe policy to ensure protection of our children at regular Sunday Nippers. Parents/guardians/grandparents should also adopt this policy to lead by example.

It is our responsibility to ensure that our junior members adhere to the following:

Sun Safety Clothing

- Wearing of long-sleeved shirt at all times during marshalling for competition and at club associated competition events.
- Wear designated shorts at all times except during swimming or events with swim legs.
- Wear a peaked or broad brimmed hat at all times when not in competitive events.
- Strong recommendation to wear sunglasses with adequate UV protection at all times outside of competition.
- **Use of pink rash vests during all water events.**

Definitions of Sun Sense Protection (Protective Clothing)

Hats – Wide brimmed (minimum brim width of 8cm) with dark (non-reflecting) underside of the brim, or legionnaire style hats – those having side pieces protecting the ears and neck.

Long sleeved shirts with high neck collars – made of UPF 50+ material (close weave material that blocks UVR)

Shorts – loose and long legged (bike nick style shorts acceptable for swimming events)

Sunscreen – Use broad spectrum water resistant SPF 30+ sunscreen. Apply at least 20 minutes before exposure so that cream can be absorbed into the skin, for effective protection. Reapply every 2-3 hours or more after swimming or sweating heavily.

Sunglasses – 100% UV resistant conforming to Australian Standards

Remember –

Senior club members should also lead by example, be a good role model for younger members and the community in general and follow where possible the above guidelines.

Complaints Procedure

PLEASE ALL REMEMBER THAT NIPPERS IS ALL ABOUT THE KIDS, TEAM BONDING AND SPIRIT AND MOST IMPORTANTLY FUN. THESE KIDS ARE OUR FUTURE LIFESAVERS!

Our door is always open, so if you ever have any questions or concerns, PLEASE contact us immediately and do not allow them to escalate. You can email us at lennoxsurfclub@bigpond.com or feel free to contact GEOFF HARRIS (President) on 0408 606 610.

NO SMOKING

As is common throughout New South Wales, smoking is prohibited in all enclosed areas of the club. It is also prohibited in the vicinity of the club's Patrol Equipment and IRB shed, where fuel is stored.

2020-21 Important Dates to Remember

All new and renewing members will receive a Junior Activities Calendar covering the season which outlines several significant dates that should be noted, including 1st and last week of Nippers, Christmas Breaks and Carnival days.

GO LENNOX!!!

JUNIOR EVALUATIONS & EDUCATION GUIDELINES

	Preliminary Evaluation	Competition Evaluation	Surf Education Awards
Under 6	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.	Nil - No water competition	Surf Play 1
Under 7	From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	Nil - No water competition	Surf Play 2
Under 8	25 metre swim – any stroke 1 minute survival float	Nil - No water competition except for wade which takes place in waist deep water	Surf Aware 1
Under 9	25 metre swim – any stroke 1 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware 2
Under 10	25 metre swim – freestyle 2 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe 1
Under 11	50 metre swim – freestyle 2 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Safe 2
Under 12	100 metre swim – freestyle 2 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 1
Under 13	150 metre swim – freestyle 3 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 2
Under 14	200 metre swim – freestyle in less than 5 minutes 3 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Rescue Certificate (SRC) Note: SLS Assessor (SRC/Bronze) required for this award
Assessors	Assessors Accredited Age Manager Level 1 Coach Level 1 Accredited Official SLS Assessor (SRC/Bronze)		
Notes	Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.	The competition evaluation must be achieved before any competitors are eligible to compete in water based interclub competition.	Every junior member is expected to achieve the relevant Surf Education Award appropriate to their age group.

Competition Requirements – Achievement of the Junior Preliminary Evaluation and Achievement of the Junior Competition Evaluation.

Branch & State Competition Requirements – as per Competition Requirements and completion of the relevant Surf Education Award appropriate age group by 31 December 2019.