

Junior Parent Handbook



1 About Lifesaving

The primary mission of Victorian Life Saving Clubs is to provide a safe and enjoyable aquatic experience for all visitors to our beaches. Over the summer period (usually the end of November through to Easter) Life Saving Clubs provide volunteer beach patrols at over 50 Victorian beaches on weekends and public holidays.

Victoria's coastline and inland waterways are unique and their recreational opportunities endless. Life Saving Victoria is keen to ensure that all visitors are aware of their own abilities and the potential dangers at the beach. Life Saving Clubs train volunteer lifesavers in aquatic rescue and resuscitation techniques as well as offering water safety education to the general beach going public.

Since the early 1900s Life Saving Clubs have been an integral part of Australia's coastal and inland waterways, with volunteers providing education and training in lifesaving activities, as well as providing the iconic "SWIM BETWEEN THE RED AND YELLOW FLAGS" patrolled areas. Life Saving Clubs harness the support of local communities, and use a network of support services such as helicopters, jet rescue boats, off shore rescue boats and rescue water crafts to ensure the safety of the nation's waterway users. Approximately 26,000 volunteer club members ensure that all visitors to Victoria's patrolled coastal and inland waterways are provided with a safe and enjoyable aquatic experience.

2 Our Aims

Frankston Lifesaving Club aims to encourage all children to achieve, do their best and develop to their full potential, whilst learning new skills and having fun. We encourage participation in all activities.

The vision for our Nippers program is to provide a safe and friendly environment where both Nippers and parents can learn and enhance their knowledge about surf lifesaving and to prepare our nippers to eventually be patrolling members of our club.

Over your child's time in Nippers they will also be introduced to the different aspects of the club and lifesaving. These are:

- **PATROLING OUR BEACH:** First and foremost is our obligation to provide lifesaving services to the community. Once the children are 13 and have achieved the Surf Rescue Certificate (SRC) they are able to patrol the beach. This is an excellent environment for the children / young adolescents to use skills learnt in Nippers with older patrollers that are great role models.
- **WATER SAFETY AND SPECIAL EVENTS:** Our club is unique in that we provide water safety for events such as the Melbourne Ironman, Open water swimming championships, triathlon events and many more sporting activities that involve a water based component. At 13 years of age children with an SRC award can participate in these services the club provides. This is a fantastic opportunity for children as it is different to beach patrol. It's a great feeling to be involved in these events and to sometimes be amongst some of the best multisport athletes in the world.
- **SCHOLARSHIP AND LEADERSHIP OPPORTUNITIES THROUGHOUT THE SEASON:** Lifesaving Victoria offer some wonderful programs such as:
 - LSV Under 13 Leadership & Development Camp.
 - LSV Under 15 Leadership & Development Camp.

3 The Nipper Program at Frankston Lifesaving Club

There is an estimate of more than 60,000 Junior Surf Lifesavers (Nippers) in Australia, with 9,494 here in Victoria. Nippers start learning about surf awareness and safety through the Surf Life Saving Education Program (Surf Ed). They are also able to participate in board paddling, swimming, running, wading and other activities and games.

Practising these skills allows the children to compete in Club and State Carnivals whilst representing their clubs. Frankston Lifesaving Club offers a program of surf awareness, skills coaching, and competition over various levels, similar to the events Australia's Surf Life Savers compete in.



While competition is an important element, the surf awareness and education aspect is our primary aim. Children are taught from a young age how to respect and read the surf and to use it to their advantage. This is done in an environment which promotes a fun, healthy lifestyle and camaraderie which is unique to surf lifesaving.

The main aims of the Nippers program are to:

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

3.1 Compulsory Skills Assessments:

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

Every Nipper must participate in this evaluation, prior to participating in any water activity. The evaluation consists of a swim and a float which is progressively increased by age group and must be achieved before the Nipper may undertake any water related activities. We usually conduct this assessment at the beginning of each season at a swimming pool, usually Peninsula Aquatic Recreation Centre (PARC) or Casey Race in Cranbourne. This allows the club to assess the following areas:

1. **PHYSICAL SWIMMING ABILITY IN A POOL ENVIRONMENT:** Most children, and adults for that matter, are nervous about swimming in the sea. The pool and the salt water are very different. Most children are accustomed to the pool environment and therefore we need to see the children at their most confident. It's common that a child or an adult can swim very well in a pool but in a salt water environment have less than 25% of their swimming ability. If we find that an accomplished swimmer lacks skill in the open water we understand that confidence building is required rather than skill and or fitness building.
2. **GENERAL CONFIDENCE IN WATER:** Some children have little confidence in water which usually means they lack the ability to swim. If this is identified the club will assist the family in recommending a swim school we are affiliated with to develop the child's swimming skills.
3. **PHYSICAL FITNESS:** We will assess general fitness. There is a broad range of fitness and ability. This will allow us to understand the child's fitness in relation to the Nipper program.

If the nipper shows successful demonstration of the Preliminary Skills Assessment a second assessment known as the Competition Skills Evaluation needs to be completed. These are two different assessments and one cannot be used to qualify a child for the other requirement.

Your child's pathway through the Nippers' program is summarised in the table below:

Age Group	Preliminary Assessment (Pool or open water)	Competition Skills Evaluation (Surf/open water)	Junior Development Program Award
Under 6	Nil (shallow water activities only)	Not required (no competition)	Surf Play One
Under 7	Nil (shallow water activities only)	Not required (no competition)	Surf Play Two
Under 8	25 metre swim (any stroke) 1 minute survival float	Not required (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	150m open water swim within 12 minutes	Surf Aware Two
Under 10	25 metre swim (freestyle/front crawl) 1 1/2 minutes survival float	150m open water swim within 11 minutes	Surf Safe One
Under 11	50 metre swim (freestyle/front crawl) 2 minutes survival float	288m open water swim within 12 minutes	Surf Safe Two
Under 12	100 metre swim (freestyle/front crawl) 2 minutes survival float	288m open water swim within 10 minutes	Surf Smart One
Under 13	150 metre swim (freestyle/front crawl) 3 minutes survival float	288m open water swim within 9 minutes	Surf Smart Two
Under 14	200 metre swim (freestyle/front crawl within 5 minutes) 3 minutes survival float	288m open water swim within 9 minutes	Surf Rescue Certificate
Assessors	Level 1 Coach, Level 1 Official, Training Officer (SRC/Bronze), Assessor (SRC/Bronze), Age Manager		
Notes	Every junior member is expected 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.	Competition Skills Evaluation is mandatory for U12 – U14 to compete in ANY event and U9 – U11 for water events only (excluding wade)	All junior members wishing to compete at the Victorian Junior Championships must complete the relevant Surf Education Award appropriate to their age group prior to close of entries.

Please note:

- Every junior member must participate in a Preliminary Assessment, conducted by the club, prior to any junior water activity, training or competition to be undertaken
- Any child that does not meet the required assessment level will require a higher level of supervision when involved in water based activities at the discretion of the club
- Consideration of the conditions and swell size needs to be taken into consideration when conducting the Competition Skills Evaluation swims - there should be a focus on Nippers completing the swim continuously (e.g. no rest breaks)
- Competition Skills Evaluation must be completed before a junior member becomes eligible to compete in interclub competition
- Competition Skills Evaluation Form 14's need to be processed by LSV prior to competitors being able to be entered into the competition entry system
- No Physical S- Badge will be issued this season

3.2 Special Requirements for U5, U6 & U7 Age Groups

The emphasis in these age groups is to allow for Nippers to have fun and experience a taste of surf lifesaving. They will participate in a range of beach activities and shallow water activities and will also be introduced to life saving equipment such as foam boards, Inflatable Rescue Boats (IRBs) and rescue tubes.

They may participate in shallow water activities **only** and may not under any circumstances participate in inter-club carnivals or other formal competition outside the club.

All U5, U6 & U7s must wear their club cap or age group coloured cap at all times during activities.



4 Junior Surf Education Awards

The Junior Development Program pathway enhances knowledge and skills through planned learning outcomes that are tailored to each of the age groups. This ensures the content is relevant and in line with lifesaving and surf sports' most up to date training standards and is most of all, exciting! Nippers only need to be actively involved in the training to be eligible for an award. We believe this is the best way to introduce children to surf lifesaving where fun takes priority over being 'tested'. There is a surf education award for each age group.

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

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

Below is a summary of each of the surf education awards.

Surf Play 1 & 2 (Under 6 & Under 7).

Surf Play focuses on play, participation and fun. Activities and games will be the main aim of sessions, with a number of simple beach safety and awareness lessons available such as: guidelines, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting and beach flags.

Surf Aware 1 (Under 8)

Surf Aware 1 is all about understanding, identifying and demonstrating sun smart guidelines and dangers that relate to themselves, as well as what it means to feel safe. Nippers learn to recognise when they, or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on; body-boarding, wading, dolphin-diving, beach sprint starts, and beach flags starts.

Surf Aware 2 (Under 9)

Surf Aware 2 builds on Surf Aware 1. Personal Safety Networks are introduced so participants are comfortable asking for help. Ecosurf talks about the impact surf lifesavers can have on the beach. Introducing safety tips and the ability to identify hazardous surf conditions. As an U9, participants can begin to use a nipper board, so basic board positioning and paddling is introduced. Other surf sports skills focus on; body boarding, sand running technique and diving for a beach flag.

Surf Safe (Under 10)

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

Surf Safe 2 (Under 11)

Surf Safe 2 takes a significant step up in the level of content. As U11s they have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Participants are encouraged to persist when needing help and Ecosurf gets into energy conservation. There is a strong focus on recognising 'at risk' people and recognising and managing patients suffering from a range of basic first aid cases. As a 10 year old, participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate. There is also a strong section on communication, both interpersonal and through beach signage. Surf Sports Skills focus on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprints starts and ironman/iron women and cameron relay transitions.

Surf Smart 1 (Under 12)

Surf Smart 1 continues similar to Surf Safe 2. Participants begin to learn about their rights and responsibilities as a member of SLSA. The Ecosurf lesson looks at how hot weather impacts on the beach environment. Personal health, wellbeing and sun safety is focused on as are skin cancer and staying fit and healthy. The role of patrols is first introduced to this award as is the managing of rips and using them to assist in rescues. As an 11 year old, participants can work towards a Basic Emergency Care Certificate (as well as the Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. Some more signals are introduced that complement the first set previously learnt.

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Board skills come into play as participants learn how to conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set and includes; rolling under waves on a board, diving under large waves, beach sprint arm and leg drive and beach flag race strategies.

Surf Smart 2 (Under 13)

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

Surf Rescue Certificate (Under 14)

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

4.1 Uniform & Clothing

Your child will need to have the following items each week:

- Bathers
- Long sleeve rash vest or protective top
- Wide brim or bucket style hat or legionnaire style cap
- Sun block (at least SPF 30+)
- Goggles
- Towel
- Water bottle (filled with water only)
- Club cap or age group cap
- Dry clothes for after Nipper program session (suggested only)

Club rash vest, bathers, wide brim hats and caps (age group and club) are available for purchase at the club. Please Label All Belongings Clearly. There is a LOST PROPERTY ITEMS BOX that can be found at the club rooms so please check this regularly if you are missing items.

4.2 High visibility lycra tops

The use of high visibility lycra tops is **mandatory** for all open water-based junior programs and activities conducted by clubs. This includes swims, board paddling and wading. The lycra tops must meet the colour guidelines set out by SLSA which are fluoro pink, fluoro yellow and fluoro green. We recommend that fluoro orange is not used as this is the colour worn by water safety officers.

The style of lycra tops to be used for junior programs and activities can be determined by the club, e.g. short sleeve or long sleeve.

4.3 Registration & Records

All new members must complete a Registration Form either online or on Registration Day. Details of approved applicants are entered into Surfguard. Any Medical Information **must** be given to the Junior Coordinator and kept with the relevant Age Group Managers at all times.

5. Parental Involvement

Parents are invited and encouraged to share the experiences of junior activities with their children, especially with the younger age groups. Involvement within other aspects of the club may include the gaining of awards to assist in providing water safety, coaching specific disciplines, officiating and administration along with participating in social and fundraising activities.

You are most welcome at Frankston Lifesaving Club.

It is mandatory that parents are involved and is vital for the operational success of the club. There are many ways you can assist in both the juniors and/or the club in general.

Examples of parental help can include:

- Assisting in the setting up of the beach and the carrying down of the equipment
- Washing off boards or helping pack up the beach equipment at the end of training
- Assisting the Age Group Manager during training
- Assisting in fundraising events/activities
- Volunteering to help with the BBQ
- Gaining your Surf Rescue Certificate or Bronze Medallion to become a Water Safety Officer
- Becoming an Official. Clubs are required to supply Officials at all carnivals. Short training courses are provided by LSV

6 Swimming Policy

Being able to swim competently is an integral part of keeping children safe at the beach as well as allowing them to actively participate and enjoy surf lifesaving activities. The Nippers program is **not** a “learn to swim” program.

We strongly encourage you to enrol your children in “**learn to swim**” classes depending on their current ability.

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

7 Safety

Safety is our first priority for all activities. Safety extends to on the beach and in the water and also gives consideration to the protection of all children.

7.1 Water Safety

We endorse the Surf Life Saving Australia Water Safety Policy 1.1 (which can be found on the SLSA website). We cannot commence any race or activity unless there is the correct number of water safety officers. To be a water safety officer you need to hold a current **Bronze Medallion** or **Surf Rescue Certificate**. This is a great way to become involved with your children and we appreciate any assistance. We regularly run courses, so please contact us if you are interested.

An IRB must be present during all water activities and we need as many ***qualified proficient Bronze Medallion or SRC holders*** as possible to assist in the water to accompany the children during water activities. ***Please note that parents are not to accompany swimmers unless they are qualified.***

The minimum ratio for water safety for Nippers is one (1) qualified adult to five (5) children. All water safety officers must wear an orange cap and orange long sleeved rash vest during water activities and must sign the Patrol Log or Water Safety Log Book at the commencement of each Nipper session.

7.2 Sun Safety

We aim to teach children about all aspects of surf/beach safety, including sun protection. We encourage all participants and spectators to follow these procedures:

- Seek shade wherever possible
- Wear a long sleeve top
- Wear a wide brimmed hat, bucket style hat or legionnaire style cap to protect face, ears and back of neck
- Use a maximum protection broad spectrum sunscreen (at least SPF 30+) even on overcast days and re-apply after water activities
- Slip, Slop, Slap and Wrap

7.3 Medical Conditions

The Junior Coordinator or Age Group Manager must be notified of any medical conditions or special needs on renewal of membership or at the commencement of the Nipper program.

Dangerous conditions will include:

- Extreme low or extreme high weather temperatures
- High or strong winds
- Rough or dangerous seas
- Any other condition which causes concern for the safe participation of all members

It should be assumed that the Nipper program will proceed regardless of the inclement conditions but that such activities will be modified to take account of those conditions and to ensure the safe participation of all members.

In the rare event that it is deemed necessary to cancel a programmed Nipper session this will be at the sole discretion of the Junior Activities Coordinator and/or the on duty Patrol Captain. In such a case the Junior Coordinator or Patrol Captain will advise parents and/or guardians of the cancellation as soon as practicable by SMS, email and a notice board at the club. Notification of any cancellation will also be posted on the club website.

8 Age Group Managers

All age groups will be allocated Age Group Managers (AGMs), who are parents or interested members, who have volunteered to manage the age group and have completed the Age Manager's Course. They are responsible for the coordination of activities at the Nipper program along with overseeing activities at Carnivals.

8.1 Age Group Manager Qualifications

All AGMs must:

- Be current registered members of the club
- Have a Working with Children check
- Be a minimum 18 years of age
- Have completed the Age Manager's Course

Age Group Managers are allocated to age groups and their responsibilities may be interchangeable with other interested parents who are willing to participate and assist the Age Group Managers with their responsibilities. We strongly encourage any person who is keen to assist to speak to the Junior Coordinator.

9 Insurance

All members who sign the membership form, pay the club's designated fees, and are proficient in their age/category requirements are insured under Life Saving Victoria's policy. This includes participation in club training and competing at sanctioned LSV events. For further details, please contact the Junior Coordinator at Frankston Lifesaving Club (refer to website) or LSV on 9676 6900

10 Competition and Carnivals

10.1 Informal Competition

We encourage all Nippers to achieve, do their best, and develop to their full potential, whilst having fun. Challenging competition is just one element of this development process.

10.2 Formal Competition

We also encourage formal competition for Nippers in under 9-14 through inter-club carnivals. There are regular season carnivals, Regional Championships followed by Junior State Championships. To compete, Nippers must have achieved their *Competition Skills Evaluation* which is compulsory for U12 – U14 Nippers who wish to compete in ANY event and for U9 to U11 Nippers who wish to compete in water events. This is to ensure capability of completing the competition course safely and in a reasonable time.

As part of our commitment towards developing our Nippers, we engage specialist coaches to help train and develop those Nippers who compete at carnivals.

To ensure the safety of all Nippers when competing in a carnival, the Age Group Manager will only enter Nippers who have achieved their competition skills evaluation for their relevant age group.

11 Codes of Behaviour

Parents, Caregivers & Spectators' Code of Behaviour

- Remember that children participate in sport for their enjoyment and development
- Encourage children to participate, do not force them
- Focus on the child's efforts
- Encourage children to play according to the rules and settle disagreements without resorting to hostility or violence
- Never ridicule or yell at a child
- Appreciate good performances by all participants
- Respect officials' decisions
- Show appreciation for coaches, age managers, officials and administrators
- Respect the rights and dignity of others

Junior Member Code of Behaviour

Please take time to discuss this code of behaviour with your child:

- Play by the rules
- Do not argue with an official
- Control your temper
- Work hard for yourself and your team
- Treat all participants as you would like to be treated
- Cooperate with your coach, Age Group Manager, teammates and opponents
- Participate for your own enjoyment
- Respect the rights and dignity of all other participants
- Respect the equipment you use
- Respect the club house
- Be a good sport and applaud all good performances

Coaches/Officials' Code of Behaviour

- Remember that young people participate for pleasure and winning is only part of the fun
- Never ridicule or yell at a young competitor for making a mistake or not coming first
- Be reasonable in your demands on a competitor's time, energy and enthusiasm
- Operate within the rules and spirit of surf lifesaving and teach your competitors to do the same
- Ensure that the time competitors spend with you is a positive experience. All young people are deserving of equal attention and opportunities
- Afford all competitors equal time
- Ensure that equipment and facilities meet the safety standards and are appropriate to the age and ability of all competitors
- Display control, respect and professionalism to all involved with surf lifesaving. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage competitors to do the same. Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people
- Any physical contact with a young person should be appropriate to the situation and necessary for the competitor's skill development
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion
- Treat each competitor as an individual. Respect the talent, development stage and goals of each competitor, and help each competitor reach their full potential
- Don't interfere with the progress and/or conduct of competition unless called to do so by another official
- Abide by the officials' decisions

12 Club Fees

- Senior Active- 13 years and older eligible to patrol Joining Fee \$30.00 + \$80 Annual Membership Fee
- Family Junior Active- 1 or more children 2 parents Joining Fee \$30.00 + \$180 Annual Membership Fee
- Family Junior Active with one senior member patrolling Joining Fee \$30.00 + \$160 Annual Membership Fee

KEEP CONNECTED AND UP TO DATE	
	Go to our club website at: www.frankstonlsc.com.au
Watch for "Surfgaurd" messages text or email	
Follow the club on Facebook	
	