



SHELLHARBOUR SURF LIFE SAVING CLUB

CLUB INFORMATION HANDBOOK

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Welcome

To all junior, cadet and senior life savers and their families a warm welcome to Shellharbour Surf Life Saving Club. To all new members a special welcome. Shellharbour Surf Club hopes that it will meet your expectations. Shellharbour Surf Club is a progressive and happy club, attempting to cater for the entire cross section of members sporting and social needs, with the valued help of accredited coaches and instructors and many hard working committees. We firmly believe that as well as developing competent lifesavers, Shellharbour Surf Club is a great venue for families to make new friends and we are proud of our standing in and contribution to the local community.

Shellharbour Surf Club was formed in 1936, the Junior Activities Committee was formed in 1962. Both the Club and the Junior Activities Committee are members of the respective South Coast Branch Committees, which in turn are affiliated with Surf Life Saving NSW. Shellharbour Junior Activities Committee caters for children from five to fourteen years old. Members from fourteen years old and over participate in cadet, senior or social activities, competition and patrols.

Shellharbour Junior Activities is a sub-committee of Shellharbour Surf Club. For ease of administration and operation, separate committees have been established to manage both groups. Committees are elected at AGMs. The Club Management Committee AGM is usually held in June/July and the Junior AGM in March/April. Both committees meet monthly, the Club Management Committee meets on the first Wednesday of each month, the Junior Committee on the second Monday of each month. All Club members may attend Club

Committee meetings, interested parents and guardians may attend Junior Committee meetings.

Surf Life Saving requires patrolling members to have a base fitness level and competency training. Shellharbour Surf Club caters to these requirements by promoting competition, training and regular courses. There are numerous activities and positions for members not up to the physical demands of patrolling including patrol Radio Officer, club and social administration, age manager, coach and gear steward or building maintenance.

Joining as a Junior Nipper

1. Age Groups

Junior members are divided into nine age groups. Under 6 years to under 14 years participate for educational purposes, enjoyment and competition. Under 6 and under 7 age groups do not compete.

The age group a child goes into is determined by the child's age on the 30th of September. For example, if a child turns 11 on or before the 30th of September he or she will be in the under 12 age group, if a child turns 11 on the 1st of October he or she will be in the under 11 age group.

As well as surf and beach activities all children in the under 8 age group and above take part in the National Surf Education program. The children are involved in well packaged educational activities and lectures aimed at developing their understanding of a safe beach and aquatic environments, survival skills in aquatic environments and perform basic first aid, rescue and resuscitation. Children who complete this program each year are presented with National Certificates.

Children 13 and over train and sit for the Surf Rescue Certificate. Successful candidates are then able to become patrolling members.

Each age group has elected and trained age managers. Our coaches typically have completed a level one coaching certificate and are first aid qualified. Most junior activities managers, coaches and committee members are active patrolling lifesavers.

From 2013, the club requires at least one parent/guardian of Nippers to join the club at least as an Associate member. This ensures the parent/guardian can use club facilities (showers/toilets etc) and equipment and is covered by insurance when helping out.

2. Expectations

Each child will have his or her own season goals. For some it may be to complete a run-swim-run in the surf unassisted, for some it may be to compete in R&R or March Past, or others it may be to get a place at the Branch, Country or State championships.

Shellharbour Surf Club's objective for Junior members is, **"To develop children's surf awareness and surf skills, in a fun environment."** This will be achieved by training, surf education lessons and competition. Shellharbour Surf Club attempts to cater to all levels and puts an effort (and has had considerable success) in developing beginners.

For some children their first surf club experiences can be scary. There are several things you can do to help,

- Don't force the child into the surf.
- Be supportive, positive and encouraging.
- Emphasise positive aspects and do not criticise.
- Be involved. If you're up to it, swim with your child (or get someone your child knows).
- Buddy your child with a more competent child at the beach (coaches please assist).

- Be a good role model, respect the decision of coaches and officials and avoid negative or aggressive comments.
- Get down to the beach regularly.

It is strongly recommended that children attend swim training or a swim correction squad. There are good swim coaches at all pools in the area. Children may have to swim or paddle around the stringline up to five times at a local carnival and up to twelve times at a major carnival depending on the number of heats and events participated in. The stronger the swimmer the quicker the child's confidence in the surf builds up. Strong swimmers also make strong board paddlers.

Shellharbour Surf Club expects all of its members and competitors to act and behave in a decent and sportsmanlike manner.

Bad language, rude behaviour and gestures, disrespect exhibited to officials, fellow competitors and club members will not be tolerated. All club members shall be treated equally.

Any derogatory comments based on sex, race and religion will not be tolerated.

3. Proficiency Requirements

A Junior Nipper must –

- Complete a run-swim-run to compete at any carnival (except U/8's), may compete on beach in club pointscorers.
- Complete a preliminary evaluation conducted by the club prior to any Junior water activity, training or competition being undertaken.
- Complete a pool swim to compete in the water at any carnival or club pointscorers. (except U/8's), this is a requirement for R&R also.

Age Group	Preliminary Evaluation	Competition Evaluation Run-Swim-Run	Swim Evaluation	Surf Education
Under 8	25m swim (any stroke) 1 min. survival float	Nil	Nil	Surf Awareness 1
Under 9	25m swim (any stroke) 1 min. survival float	50m-50m-50m	150m open water swim	Surf Awareness 2
Under 10	25m swim (freestyle) 1.5 min. survival float	50m-50m-50m	150m open water swim	Surf Safety 1
Under 11	50m swim (freestyle) 2 min. survival float	50m-100m-50m	200m open water swim	Surf Safety 2
Under 12	100m swim (freestyle) 2 min. survival float	50m-100m-50m	200m open water swim	Surf Smart 1
Under 13	150m swim (freestyle) 3 min. survival float	100m-100m-100m	200m open water swim	Surf Smart 2
Under 14	200m swim (freestyle) < 5 min. 3 min survival float	100m-100m-100m	200m open water swim	Surf Life Saving Certificate
	Required before commencing any junior activities - training or competition	Required before being eligible to compete. (Limited to beach for club pointscores).	Required before competing in a water event at a carnival. Includes club championships.	Required before competing at inter-club / branch or state championships.

Run-swim-runs must be completed without any assistance!

4. Competition Distances and Rules

Event	Age	Distance	Max. No. Competitors
Swim	U/9, U/10	70m in/out, 10m between two buoys, 150m total*	32
	U/11, U/12, U/13, U/14	120m in/out, 48m along stringline, 288m total*	
Board	U/9, U/10	100m in/out, 18m along apex, approx. 238m total*	15**
	U/11, U/12, U/13, U/14	170m in/out, 18m along apex, approx. 378m total*	
Flags	U/8, U/9, U/10, U/11, U/12, U/13, U/14	15m	15
Sprint	U/8, U/9, U/10, U/11, U/12, U/13, U/14	70m	10
Wade	U/8	36m along beach, at waist depth of water safety personnel	15

*Distances are from knee deep water, at low tide.

** Board competitors must cross the line with their board or all parts of a broken board.

Competitors will be eliminated after the first break in an event.

All finishes are judged on chest first not head first. Water usually events go from left to right, the first can being red/yellow the last can being green/yellow.

Swimmers and board paddlers can change direction on entering the water provided they don't impede other competitors.

The Ironman / Ironwoman event consists of a swim leg and a board leg, the order is selected and stays the same for an entire carnival. Competitors should have completed a swim before competing in a board event at club and branch level competition.

5. Season Events

The season calendar splits the season up between Training days, Club Championships (best three of four or five) and several Branch Club Carnivals, Branch Championships, Country and State Carnivals.

Sunday morning activities commence at 8.45am with an assembly. Beach activities start promptly at 9.00am. Sunday morning nippers and carnivals are on in all weather conditions. Activities may be delayed if there is a storm and we move to another beach or the Harbour if the surf is too rough.

Wetsuits are recommended for coaching days. Only Fina approved wetsuits can be worn in competition. A competitor can compete in a normal wetsuit but a protest will result in the competitor losing his or her position.

If the club is attending an 'away' carnival, Shellharbour Sunday morning junior activities are generally not held.

Families are kept up to date on upcoming activities on the club website; shellharboursurfclub.com, at the Sunday morning assemblies and by regular emails and club newsletters. Shellharbour Surf Club has an email distribution list. See the section on 'More Information' on how to get connected.

6. Training

Shellharbour Surf Club offers year round training. Surf training attempts to cater for the keener competitors. Surf Life Saving water safety standards are met at training sessions and at Sunday morning activities. R&R and March Past training is set for one session per week. During the surf club season junior training days and times will be notified via email and website. Senior Board training is generally post daylight saving Wednesday afternoons from 4.30pm and during the off-season training is on Sunday mornings from 9.00am. Depending on coaching staff availability, coaching sessions are usually organised during the two weeks of summer school holidays, prior to the Country Carnival.

Occasionally Shellharbour Surf Club is offered positions in Surf Lifesaving training clinics. The positions are normally allocated by the JAC executive in consultation with the age coaches. Shellharbour Surf Club competes and participates in an off-season ski paddling competition in conjunction with a local still-water paddling club. Cadets are welcome. Still-water practice is strongly recommended before attempting ski paddling in the surf.

7. Awards and Pointscores

Awards are presented at the end of season Presentation. Children can receive awards for Club Championship pointscore, Branch Carnival, Country Carnival and State Carnival and features series carnivals ie, Sydney Water Series. Awards are typically awarded to 1st, 2nd and 3rd place getters. There are also age encouragement and most improved club awards presented for a boy and girl in each age group, junior (U/11 & U/12) and senior (U/14) club person, most outstanding State competitor, most outstanding

country senior competitor, most outstanding country junior competitor, club junior boy and girl iron man and iron woman, club senior boy and girl iron man and diamond lady and a Junior Chairperson's Award.

Children compete in Club Championships throughout the season. Total points for the Club Championships are tallied from the following events - swim, board, beach sprint, flags, wade and a participation point is given to all U/14 to U/11 children attempting the ironman. There is a separate junior and senior ironman and iron woman competition. Club Championships will be tallied on a best three out of five championship day point's basis. Children away representing the club on Club Championship days are awarded an average score from their two highest results from other club Championship rounds.

The points allocated to competitors for Championships and Team Pointscores in each event are;

1 st place - 6 points	4 th place - 3 points
2 nd place - 5 points	5 th place - 2 points
3 rd place - 4 points	participation - 1 point

For a child to be eligible for a Club Championship or iron person award they must attend a minimum of 70% of Sunday activities on Shellharbour Beach including South Coast Branch Carnivals at Shellharbour Beach and have completed their surf Education Award. If a child represents Shellharbour Surf Club at Interbranch, State, SLSA, SLSNSW or Branch approved Championships and/or development camps, they are marked as attended. We also have a *100% Attendance and Participation award* for those nippers who attend and participate in ALL home beach nipper activity days.

Junior Life Saver of the Year Award and Nomination Process

Children wishing to be nominated for Shellharbour Junior Lifesaver of the Year will be required to submit a personal resume folder with their nomination and will be interviewed. The interview system of selection better familiarises and prepares nominees with the selection process used by Branch and State selection committees. Nominees should be confident public speakers and shall be assessed based on the following fields of endeavour -

- Contribution to their club eg, fundraising, assisting the club
- Demonstration of Leadership by instructing or assisting younger members in club activities
- Encouragement of new members
- Promotion of Surf Life Saving to the Community
- Community involvement outside Surf Life Saving
- Sporting achievements outside Surf Life Saving
- Awards received in Surf Life Saving
- Community awards obtained
- Attendance record at club activities

Note that nominees need not be competitive junior members.

Nomination forms and recommendations on 'Improvements they would like to make to Surf Life Saving' are usually required by mid November. The U14 Age Managers and JAC representatives usually work with prospective candidates prior to interview by a club panel.

Our club has a fine track record in achieving South Coast and State Junior Life Saver of the Year Awards.

8. Carnivals

The purpose of Carnivals is to provide children the opportunity to participate in a competitive environment. Carnivals also provide the opportunity to build team spirit; children learn to participate as a member of a team, meet children from other clubs and to travel away from their home beach. Carnival selection committees, in conjunction with coaches and / or age managers select teams for each carnival.

To be eligible to compete at Branch, Country, Interbranch and State Carnivals, competitors must be proficient, have completed their Surf Education. Shellharbour is able to enter more than one team into each team event.

Team events available at carnivals include -

Team Event	Notes, Restrictions
March Past	All ages, 12 competitors
2 person R&R	U/10 to U/13
5 person R&R	U/12 to U/14
Wade Relay	4 per team
Age Beach Relays	4 per team
All Age Relay	One competitor from each age group
Surf Teams	Officially 4 but typically 3 nominated swimmers
Board Relay	3 per team
Cameron Relay	4 per team, 1 swimmer, 2 runners, 1 board paddler
Board Rescue	2 per team, 1 swimmer/patient & 1 paddler/rescuer
Buchanan Relay	Mix of 4 x U/8s (wade & 3 runners), 1 x U/10 (swim), 1 x U/9 (board)

Note: Depending on the carnival entry conditions team events will be open (mixed combination of male and female) or separate male and female events.

Depending on the carnival entry restrictions there are various numbers of teams allowed to compete in team events.

Shellharbour has a record in R&R competition which is the envy of most country clubs. Children who are not in the March Past team can march in the Colour Party team.

A Branch representative team is selected early in the season to compete in the Interbranch championships. Two boys and two girls are selected for water events and a single boy and girl are selected for beach events from each age group from U/12's up. Surf board riding competitions are held at Branch, Country and State Surf Life Saving Carnivals. The Country Carnival is one of the largest carnivals we participate in and is a fun social occasion. It is a great opportunity to socialise with other club families in holiday surroundings.

9. Gear, Equipment and Costumes

Registration fees entitle children to full competitive and training use of club equipment including paddle boards and use of the clubhouse and its facilities (which includes toilets, change room and showers). Abuse or intentional damage to equipment or facilities will result in loss of access. Any damage to club equipment must be reported to the gear steward as soon as possible to allow repair before any further damage or possible injury can occur. Age managers are responsible for letting the gear steward know which boards are required at away carnivals.

Coloured age group caps are required for home activities. Club caps have to be separately purchased and are required for all carnivals. The red stripe on the club cap is worn on the right side. From 2013, all water competitors are required to wear high visibility vests when training and competing. Children are required to wear club costumes in interclub team event competition.

For the safety of all competitors no jewellery is permitted to be worn in flags competition. Costumes, caps, high visibility vests, club shirts, sun hats etc can be purchased from the soft gear store.

We strongly recommend that members and family follow sun smart advice whilst at the beach.

10. How You Can Help Out

Help is needed each week in getting all the equipment onto and off the beach, getting the IRB and stringline into and out of the water, setting up the sprint and flag areas, fresh water rinsing all boards, water buoys and stringlines, restacking the boards, helping in the canteen, judging and recording places, holding the wade poles and helping at BBQ stalls, selling raffle tickets, maintaining club equipment, cleaning and tidying up the gear shed, preparing and distributing food and drinks as required at carnivals.

At away carnivals, help is needed unloading and reloading the gear trailer, putting up and pulling down the tent, helping organise the children and judging and recording places. **All Surf Clubs are required to supply officials and water safety personnel as set by the controlling body for each carnival.** The Surf Club can arrange for interested club members to attend any of the following courses - level 1 Coaching course, Level 1 official and Junior Official courses. Course details and dates will be communicated via club web-site and club newsletters.

Help is needed with beach set up and pack up on home activity Sundays. Parents and children are required to help set up the beach at 8.00am and to help clean and store away all the remaining equipment when all activities are finished.

One of the most responsible and enjoyable jobs associated with Junior competition is water safety. There must be a ratio of one water safety person per five children in all water activities. The Club encourages any proficient and financial club members to swim with their child. Consequently the club encourages interested

family members to sit for their Surf Rescue Certificate or Bronze Medallion. The Bronze Medallion requires candidates to be able to swim 400 metres in 9 minutes, and to be able to do a surf 200m-run 200m-swim 200m-run in 8 minutes.

11. Life After Nippers

One of the objectives of the Shellharbour Surf Club is to prepare children to become full and active patrolling members. Children thirteen years old can do a Surf Rescue Certificate course and can do patrols. At a competitive level fourteen year olds and older children can compete in senior carnival competitions. Cadets are mentored by a cadet captain.

As well as doing patrols, cadets can continue their involvement by:

- Training and competing in R&R and March Past
- Undertaking more courses (which can include sitting for their Bronze Medallion at fifteen, sitting for their Advanced Resuscitation and/or Radio Officer Certificate at sixteen and sitting for their IRB license at seventeen)
- Carrying out water safety during nipper activities
- Helping with general running of the club
- Using the club as a social hub

12. Cadet/Senior/Social Membership

On joining as a cadet member (14 years of age or over) or as an adult member you will join a Surf Rescue Certificate or Bronze Medallion training squad and on the satisfactory completion of this training you will be assigned to a patrol. These two awards are the minimum requirements to become an active patrol member. The Radio Officers Certificate is also an option for people who are

interested in patrolling duties but may not wish to have a direct involvement in the water rescue aspect of surf lifesaving.

Social members are most welcome as there are many ways to become involved in the club other than beach patrols.

There are a myriad of areas in which all members can move within the club structure. This can range from completing basic patrol requirements to becoming a patrol captain, training of members, committee involvement, social activities and helping out with maintenance etc.

Competition is a key element to maintaining and improving lifesaving skills. There are many competition options and levels including Surf Boats, IRBs, Board & Ski, Swim, Beach Sprint, R&R, March Past, First Aid, Carnival Official etc. You can participate in club pointscores or compete in Club Championships, Branch carnivals, Country Championships, State carnivals and the Aussie Championships- through to international competition. Age is no barrier as we have many keen Veteran (over 30) competitors and have regular trips away to carnivals.

Please contact any club or committee member if you wish to become further involved in any area of the club.

Age	Patrolling Lifesaver	Emergency Care	Powercraft	Radio	Helicopter	Examiner
18	Gold Medallion (advanced lifesaving) Silver Medallion (Patrol Captain)		ORB Skipper ORB Driver JRB Driver ORB Specialist Crew Rescue Water Vehicle Operator		Helicopter Helicopter Rescue Crew Certificate Specialist Crew Certificate	Examiner
17			Silver Medallion (Life Support) Senior First Aid	Silver Medallion (Radio Controller)		
16		Silver Medallion (Life Support) Senior First Aid	ORB Rescue Crew JRB Crew IRB Crew			
15	Bronze Medallion	Advanced Resuscitation Basic Life Support Resuscitation (CPR)				
Age	Patrolling Lifesaver	Emergency Care	Powercraft	Radio	Helicopter	Examiner
14				Radio		
13	Surf Rescue	Emergency Care				

13. Expectations - Patrols

Shellharbour Surf Club upholds the motto of the Surf Life Saving Movement 'Vigilance and Service'; hence the number one commitment of the club is to provide a safe patrolled beach for the bathing public. The minimum commitment of each active member is to complete 100% of his/her rostered patrols. It is imperative that members arrange a substitute if they cannot attend patrol, and contact their patrol captain if they cannot find a substitute. A patrol swap notice board option is available on the club web-site and the club Facebook page is also used to seek swaps.. The 100% patrol attendance award requires that you or a substitute cover your patrol. Competitive members are required to complete a minimum total number of patrol, voluntary or water safety hours as required on the carnival entry form. Patrol members must pass an annual proficiency test for each of their awards to ensure competency levels are maintained. Shellharbour Surf Club expects all its members and competitors to act and behave in a decent and sportsmanlike manner at all times.

14. Club Life - Fundraising

Junior surf club members registration fees are aimed at covering branch and state capitation fees (which includes individual insurance coverage), carnival entrance costs, administrative costs, Christmas and presentation function costs. Cadet, Senior and Social surf club members' registration fees are aimed at covering insurance costs only. The club registration fees do not include the purchase of new equipment, insurance, electricity and water fees, or maintaining the clubhouse. The surf club is heavily dependant on Fundraising activities to cover these costs.

The Clubs main fundraising activities include -

- Raffle Ticket Sales
- Surf Life Saving Appeal Day
- BBQs and Raffles at Carnivals

- Monthly Sippers
- Club BBQ
- Club Sponsors

Obviously, these fundraising activities require promotion and involvement by surf club volunteers.

Please feel free to contact a committee member if you can assist with club fundraising. We are always looking for new and innovative ways to raise funds to help provide the best infrastructure and equipment for our members.

The clubrooms are available for hire by active club members for approved private functions. Contact a Committee Member or email the club at info@shellharboursurfclub.com to enquire.

15. Social Activities

A 'Sippers' is usually held after each round of the club championships. It starts at 4.30pm in the clubhouse. Everyone is welcome and drinks can be purchased. Various other social events including Christmas and New Year parties, 'theme' social evenings and presentation nights are arranged during the year by the social committee.

16. Management Committee Role

This committee is responsible for running the club. All sub-committees, activity groups and members are ultimately responsible to it. It is therefore responsible for all happenings and events conducted by the Club.

The Management Committee must ensure that -

- Adequate insurance coverage is carried at all times, including property, effects, fire, theft, damage and public liability
- Proper record of all club income and expenditure is maintained and is independently audited on an annual basis
- All necessary returns, documentation and correspondence is made available to Branch, State or National level as appropriate
- Maintains memberships records
- All services including gas, water and electricity are available
- All buildings and property owned, held or leased by the club are maintained in good condition and meet OH&S guidelines issued in respect to the club activities
- All obligations under the Incorporated Bodies Act are complied with.

More Information

Members are encouraged to keep up to date with club activities. Our Surf Club web site can be found at www.shellharboursurfclub.com. You'll find up to date information on the season calendar, patrol rosters, registration forms, social activities and general information on surf lifesaving activities.

There are links to other surf lifesaving sites including -

- www.lifesaving.org.au
- www.surflifesaving.com.au
- www.slsa.asn.au

The NSW surf lifesaving site has a section on circulars which outlines all surf lifesaving instructions, major competition results and changes to patrol and competition regulations. The Australian SLSA site contains a printable copy of the latest competition rulebook.

You can also get onto the Shellharbour Surf Club distribution list. This gives you immediate access to newsletters and information on upcoming activities. This is done when you register online and provide your email address.

If you have any special requests(eg. Wish to receive committee minutes) or specific enquiries, please contact the Secretary at info@shellharboursurfclub.com

Please be assured that junk mail isn't distributed and email addresses are not distributed to other organisations or businesses.