



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 of age. 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.

EST - 1936

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 30 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.

At Shellharbour, we do not permit children changing Age Groups. Any request to do so must be in writing to the Registrar with justification, and subsequently approved by Junior President and Age Managers involved.

As well as surf and beach activities all children take part in the National Surf Education program.

<https://www.surflifesaving.com.au/members/resources/junior-awards-and-certificates-factsheet/>

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 Surf Education Certificates. SLSNSW recommends maintaining a minimum of 75% attendance to qualify for this award. At Shellharbour, our benchmark is 70%.

For season 24/25, This award is no longer required for SLS competition entry.

Children 13 and over are able to train and sit for the Surf Rescue Certificate. This is carried out as part of the Under 14's program.

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.

Our 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. Required Gear

Mandatory gear required for Nippers consists of:

- Hi-Visual rash vest - Available from the club's Soft Gear store. Hi visibility rashies/singlets MUST be worn during all Nippers training and Sunday mornings. Hi-vis singlets are worn quite tight so that they don't drag in the water when swimming. The singlets offer very little sun protection. We recommend that for sun safety that your child wear a snug fitting long sleeve rashie of your choice underneath the singlet. The club has a very small stock of club branded Hi-Vis pink short sleeve and long sleeve rash shirts available for sale - these may be worn in place of the singlets on nippers days. If you have your own Hi-Vis pink rashie (long or short sleeve), you may use this at Nippers and club events, but cannot wear it at SLS competitions. SLS competitions require you to wear a singlet.
- Skull cap - Available from the club's Soft Gear store. Each Age Group has its own specific coloured skull cap. The same colour follows the child each year through their entire Nippers journey, so you keep the same cap always. Refer to the website's [Nippers Information Page](#) for current Age Group colour assignments.
- Sunscreen and sun protection - We love the beach, but we don't like UV damage. Please respect the sun and protect your family accordingly.

Optional gear required for Nippers consists of:

- Board - The club has a number of general-use boards available for shared use at the club, so the purchase of a board is not necessary. However, many do like the convenience of having their own, and competitors will usually have their own board. Refer to the website's [Nippers Information Page](#) for the various board types, the appropriate board for your child's level of competition, and information on where you may purchase secondhand boards. The club also offers personal board hire and board subsidy options (by application only)
- Wetsuit - Wetsuits are acceptable at Nippers and club events, but may not be permitted at SLS competitions (check competition rules - only when water temp $\leq 16^{\circ}$)
- Swim Goggles - Acceptable and optional
- Club Branded Swimwear - Everyone is welcome to wear what they are comfortable in. Club swimwear is available for purchase directly through Fashion Fish <https://fashionfish.com.au/collections/shellharbour-slsc> . When representing the club at competition, we would appreciate our competitors wearing the club swimwear although it is not compulsory.
- Club Branded Merchandise - the Club's Soft Gear store offers a variety of Club baseball caps and brimmed hats for sale. Club clothing can also be purchased via the Soft Gear pre-sales. Pre-sale dates are advertised on the club's social media and at store.shellharboursurfclub.com/softgear. Club towels can be purchased from fashionfish.com.au/collections/shellharbour-slsc.

4. Proficiency Requirements

A Junior Nipper must :

- Complete a preliminary evaluation (pool assessment) conducted by the club prior to any Junior water activity, training or competition being undertaken.
- Complete an ocean swim (competition skills) to compete in the water at any carnival or club pointscores. This is also a requirement for Rescue&Resuscitation.

SLSNSW sets out the minimum requirement for proficiency.

Please see the latest Swim Form on our website which is kept up to date with seasonal requirements

If your child does not pass the preliminary evaluations, they can still be a part of Nippers, however a 1:1 water safety/nipper ratio must be observed at all times in the water. This is recorded so the Age Managers know who requires additional support. Children who have not passed the evaluations are also not allowed to compete in water events at Club Champs or any events at SLS competitions.

The ocean is not the place for your child to learn to swim. If your child is a poor swimmer, please take them to swimming lessons first.

5. Competition Distances and Rules

Event	Age	Distance	Max. No. Competitors
Swim	U/9, U/10 U/11,U/12, U/13, U/14	70m in/out, 10m between two buoys, approx 150m total* 120m in/out, 48m along stringline, approx 288m total*	32
Board	U/9, U/10 U/11, U/12, U/13, U/14	100m in/out, 18m along apex, approx. 238m total* 170m in/out, 18m along apex, approx. 378m total*	15**
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

Event	Age	Distance	Max. No. Competitors
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 events commonly go in a clockwise motion, left to right, the first can being red/yellow the last can being green/yellow.

Swimmers and board paddlers may change their line upon entering the water provided they don't do not 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 proficiency swim before competing in a water (swim or board) event at Club and Branch level competition.

At Branch level competition and above, there are requirements for the kind of board permitted for use in competition. This is not observed at Club level. For more information, refer to the SLSNSW website <https://www.surflifesaving.com.au/members/resources/junior-board-guide/>

6. Season Events

The season calendar splits the season up in between training days, Club Championships days and several Branch Carnivals, Branch Championships, Country and State Carnivals.

On regular Sunday morning training days, Nippers activities commence at 8.45am with an assembly/muster.

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 may move to another beach, or the Harbour if surf conditions are considered unsafe for regular activities.

Club Championships Ironperson (U11+) and Beach Run (U8+) events commence from 7:45am to take advantage of cooler, calmer, conditions.

On occasion, the Club may hold "special" events in the afternoon/evening during summer.

Wetsuits are recommended for coaching days and Nippers training days, especially in the months leading into summer. A Wetsuit may be worn at any time, but they are only allowed in SLS competition if the water temperature is below 16C

If the Club is attending an 'away' carnival, Shellharbour Sunday morning junior activities are generally not held. The South Coast Branch competition is one such competition that the Branch encourages the club to attend.

7. Communication

Families are kept up to date on upcoming activities through a variety of communication channels

- Facebook Public Group
<https://www.facebook.com/groups/225572670814881>
All members are invited to join this group where information is not only shared, but members can make their own Posts about anything Surf Club (all posts pending approval)
- Facebook Private Page
<https://www.facebook.com/shellharbourslsc>
All members can follow us on Facebook.
- Instagram
<https://www.instagram.com/shellharbourslsc> (@shellharbourslsc)
- Club website www.shellharboursurfclub.com,
- Age Group, Training, Cadet, Patrol, etc "chat" groups
- Sunday morning assemblies (muster)
- Emails
- Club Noticeboard

Throughout the season, information is typically posted to the Facebook Public Group, and subsequently shared through Age Group chat groups. The best way to keep up to date and informed is via these channels.

We aim to release a weekly information post on Friday for the upcoming Sunday morning Nippers. This will include important messages + Timings/Schedule for the morning + preview of the following week. We will also release fun pics & videos following Training and Nippers mornings.

8. Training

Shellharbour Surf Club offers year round training. Surf training is for all ages and abilities. Those seeking to compete for the club are encouraged to attend midweek training. Surf Life

Saving water safety standards are met at training sessions and at Sunday morning activities. During the Nippers season, there are regular Beach and Board midweek training sessions, with pre-Nippers Ironperson Training on Sunday mornings from 8am. Weekday training days and times will be notified our communication channels.

Off-season training is usually conducted on alternating Saturday and Sunday mornings from 9.00am.

Depending on coaching staff availability, coaching sessions are usually organised during the two weeks of summer school holidays.

Cadet (U15+) paddling training (surf skis & surf boats) on still water is provided ad-hoc. Sometimes on our own, sometimes shared with other clubs. Be a part of Cadet communication channels to keep informed of dates/times and opportunities. Still-water practice is strongly recommended before attempting ski paddling in the surf.

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.

9. Awards and Pointscores and Club Championships

Awards are presented at the end of season Presentation Day(s).

Nippers Awards

PERPETUAL TROPHIES	OTHER AWARDS
Presidents Choice Award	Age Group Participation <i>(Award recipients do not receive medals)</i>
Senior Club Person of the year <i>(Committee Vote)</i>	Age Group Champion 1st (Pointscore)
Junior Club Person of the year <i>(Committee Vote)</i>	Age Group Champion 2nd (Pointscore)
Edyn Tani Award U11 Age group -Inag 2018	Age Group Champion 3rd (Pointscore)
Emma Ryall Award U13 age group- Inag 2022	Age Group Age Managers Awards
Outstanding Achievement -Senior <i>(Competition results)</i>	100% Attendance Award
Outstanding Achievement -Junior <i>(Competition results)</i>	Coaches Awards
Under 14 Senior Ironperson Male	

Under 14 Senior Ironperson Female	
Under 13 Ironperson Male	
Under 13 Ironperson Female	
Under 12 Junior Ironperson Male	
Under 12 Junior Ironperson Female (Diamond Lady)	
Under 11 Ironperson Male	
Under 11 Ironperson Female	

Representative Points Table

Result		1st	2nd	3rd	Participation*
Carnival	Branch	4	3	2	1
	Sydney Water	5	4	3	1
	Country	6	5	4	1
	Interbranch	7	6	5	1
	State	8	7	6	1
	Aussies	10	9	8	1

* Participation point for competing at the carnival (not per event)

Club Championship Event Points System

Each event is awarded points based on placings...

	Placing	Points
Club Champs Events	1st	10
	2nd	8
	3rd	6
	4th	4
	5th	2
	Participation	1

Nippers and Seniors compete in five Club Championships rounds spread throughout the season.

On any Club Champs day, Nipper events runs first, and Senior events immediately follow the completion of Nippers.

Nipper Events consist of Swim, Board, Beach Sprint, Flags, Wade (U8), Beach Run (U9+) and Ironperson (U11+).

Senior Events consist of Swim, Board, Ski, Beach Sprint, Flags, and Ironperson

Participation in any and all events is voluntary.

Club Championships results will be tallied on a best three out of five championship day point's basis.

Unforeseen cancellations of any Club Champs rounds that cannot be rescheduled, will result in best 3 results of 4 rounds, best 3 results of 3 rounds, best 2 results of 2 rounds. If we end up with only 1 or less Club Championship rounds, the allocation of awards may be abandoned for the entire season.

Competitors away representing the club on Club Championship days may be awarded an average score from their two highest results from other Club Championship rounds.

Nippers must have completed their pool and ocean swim evaluations to be eligible to participate in ocean events.

For a Nipper to be eligible for an end of season Club Championship or Ironperson award they must attend a minimum of 70% of Sunday activities. They must also have competed in the minimum number of 3 Club Championship rounds. As much as we like to applaud our naturally gifted competitors, we also expect engagement and involvement at Nippers to be recognised and rewarded.

For a Nipper to be eligible for an end of season Ironperson award they must have attempted the Ironperson event at least 3 times.

Seniors must have a valid and current SRC or Bronze medallion, or have commenced and are actively completing their SRC/Bronze course.

For a Senior to be eligible for an end of season Club Championship award they need to have accrued a minimum of 25 hours volunteer service tallied across Patrols and/or Water Safety, as recorded in the respective log books and entered into Surfguard. Noting that Branch, Country, State, Aussies SLS competition requirements are different.

Other volunteer services such as Age Managers, Coaching staff may also record their service hours in the Water Safety log book such that their efforts are also recognised.

For more details, please refer to our Competition Eligibility requirements

Nippers Attendance

Any competitor representing Shellharbour Surf Club at any recognised Surf Life Saving event across the same weekend as a scheduled Nippers session, will be automatically marked as having attended that Sunday's Nippers session.

Any non-competitive sibling, child, or family member, of a representing competitor or official's family, may also request attendance exemption by application to the Junior Committee no later than one week following the competition, preferably before attending the competition.

There are 100% Attendance and Participation awards for those Nippers who attend and participate in ALL home beach Nipper activity days. A commendable effort from both the children and parents alike.

10. Junior Life Saver of the Year Award and Nomination Process

Open to our U14s Nippers each season, 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 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 Under 14 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.

11. 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 meet the eligibility criteria set by each carnival. This is usually in line with current version of the SLS Competition Eligibility Criteria 5.04, available via the Documents section of the SLS Members Portal.

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

Team Event	Notes, Restrictions
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 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 under 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.

12. Shellharbour Carnival / Competition Policy

At Shellharbour we have our own processes, requirements, expectations of members when it comes to competing away at carnivals. Every member that competes places additional requirements on the club's participation at the event. Our expectations are designed such

that efforts demanded of the club by the event organisers, are shared as much as possible by those in attendance.

Entries for all SLS carnivals are submitted via the Team Manager, usually via an Expression of Interest (EOI) online form. Notifications of upcoming carnivals and requests for EOIs are made via our regular communication channels. Non-advertised carnivals can still be attended, please submit a request to the Team Manager

Entry fees for all competitors at all competitions are covered by the Club. Seniors must pay a separate one-off competition levy in addition to their membership fees.

All carnival entry criteria must be observed.

For Multi-round carnivals (eg Sydney Water - 4 rounds) the expectation is that you will compete at a minimum of 75% of the carnivals. Failure to do so, without valid reason, will require you to repay the cost of the entry.

Parent Responsibilities

Parent(s) must accompany the child(ren) to the carnival, and must be a financial member of the club.

Officials and Water Safety are a mandatory part of the carnival attendance. If the club cannot provide required number Officials and Water Safety, the club may be refused participation at the carnival. It is ultimately up to the attending parents to fill these roles.

To that end, parents are greatly encouraged to complete their 'Core Officials' course and/or obtain their Surf Rescue Certificate. Out-of-pocket cost for the 'Core Officials' course is reimbursed by the club upon completion.

Team Selection

At carnivals, there are numerous Team events. Athletes may request which team events they would like to participate in, but the selection from the coaches are FINAL. Any changes will only be made by the coaches.

Uniform

The club's skull cap is compulsory. This is available from the Soft Gear store.

It is expected that athletes representing the club will wear the club swimwear, and outside of competition, will wear club apparel. See the Soft Gear store to enquire about the uniforms, and how to obtain it.

Further information about the Club's requirements regarding SLS competition and representation may be made to the Team Manager and the Coaches.

13. 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 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 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.

All water competitors are required to wear high visibility vests when training and competing. Caps and vests can be purchased from the Club's Soft Gear store. Children are encouraged to wear club costumes in Interclub team event competitions. Club swimwear can be purchased from fashionfish.com.au/collections/shellharbour-slsc. Club merchandise can be purchased from the Soft Gear store.

All competitors receive a personalised RFID wrist band for competition. This is generally provided free of charge for the first competition. The wristband is to be re-used for ALL SLS competitions there-on. Should the RFID wristband be lost or need to be replaced, there is a fee for replacement.

For the safety of all competitors no jewellery is permitted to be worn in flags competition.

We strongly recommend that members and family follow sun smart advice whilst at the beach. In support of our competitors, the club offers for purchase various articles of sun smart "Team" clothing.

14. Volunteerism / 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. There is always something to lend your hand to each and every Sunday. Many hands make light work.

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 website, social media, email or and Club newsletters.

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 (must hold minimum SRC or Bronze Medallion). Consequently the Club encourages interested family members to train for their Surf Rescue Certificate or Bronze Medallion.

The Surf Rescue certificate requires candidates to be able to swim 200 metres in 5 minutes. The Bronze Medallion requires candidates to be able to swim 400 metres in 9 minutes, and to be able to complete a surf based 200m-beach run + 200m-ocean swim + 200m-beach run in 8 minutes.

Joining as a Junior/Cadet/Senior/Social Member

15. Life After Nippers

One of the objectives of the Shellharbour Surf Club is to prepare children to become full and active patrolling members. Children 13 years old can undertake the Surf Rescue Certificate course and can participate in patrols. At a competitive level, 14 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 competition
- Undertaking more courses (which can include sitting for their Bronze Medallion and IRB Crewperson at 15, sitting for their Advanced Resuscitation and/or Radio Officer Certificate at 16, and sitting for their IRB license at 17)
- Upskilling to the Surf Ski and Surf Boats.
- Carrying out water safety during Nipper activities
- Being actively involved in Nippers as an Age Manager or assistant Age Manager
- Helping with general running of the Club
- Using the Club as a social hub

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

17. 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.

Each active patrolling member aspires to complete 100% of his/her rostered patrols, in line with our Patrol Requirements. Viewable at

https://shellharboursurfclub.com/Patrol_Rosters.php

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 website and the club Facebook page is also often used to seek swaps.

The 100% patrol attendance award requires that you or a substitute cover your patrol.

Nowadays, life is busy, and 100% patrols is not realistic for the majority of patrolling members. That is ok. Still, you make every effort to do what you can, including trying to get a swap when you can't be there. Every member's patrolling hours are valuable and are all appreciated.

The most important aspect is communication with your Patrol Captain....do NOT just not turn up.

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 of its members and competitors to act and behave in a decent and sportsmanlike manner at all times.

Where you are rostered to be on Patrol on the same day as an SLS Competition that you are competing in, you MUST have organised a replacement. This is an SLS competition requirement.

Club Life

18. Club Life - Fundraising

Junior surf 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, grants and sponsorships to cover these costs.

The Club's main fundraising activities include –

- Raffle Ticket Sales
- Surf Life Saving Appeals Day
- BBQs and Raffles at Carnivals
- Monthly Sippers
- Club BBQ
- Club Sponsors
- Christmas Santa Photos

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.

19. 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, 'themed' social evenings and presentation nights are arranged during the year by the Social Committee.

20. Management Committee Role

This Committee is responsible for the operation of 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 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.

Current Senior Committee

<https://shellharboursurfclub.com/Committee.php>

Current Junior Committee

https://shellharboursurfclub.com/Nippers_Committee.php

21. More Information

Members are encouraged to keep up to date with Club activities.

Primary sources of communication are through Social Media (Facebook + Instagram), website, and email, as noted in the Communication section of this Handbook.

Our Surf Club website 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.

As a member, you will also be on the Shellharbour Surf Club email 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. Please be assured that junk mail isn't distributed and email addresses are not distributed to other organisations or businesses.

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

Revisions

v1	Circa 2009	Original Club Handbook
v2	2019	Revised and updated Club Handbook
v2023.06	Jun 2023	Revised and updated Club Handbook. Complete reconstruction and reformat under Google Docs
v2024.01	Jan 2024	Change to Club Champs points allocations. Removal of Ironperson participatory point - now full points Addition of Beach Run to the event list.
v2024.03	Mar 2024	Addition of Revisions table for change tracking.
v2024.08	Aug 2024	Review for 2024/25 season
v2024.11	Nov 2024	Addition of Carnival / Competition Policy Revised Club Champs description Trophy and Awards added and point score system