



COLLARoy SLSC NIPPERS

Junior Activities Board (JAB)

COLLARoy NIPPERS HANDBOOK

aka THE RED BOOK

Season 2018/19

Further information at;

www.collaroyurfclub.com.au



MISSION STATEMENT

Our mission at Collaroy is to educate our children to be competent and safe in the beach/surf environment and to have fun.

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WELCOME TO COLLARROY SLSC NIPPERS

On behalf of the Nipper Committee of Collaroy S.L.S.C. Inc., we would like to extend a very warm welcome to all Nippers and their families to what promises to be another fine season at Collaroy.

We at Collaroy Surf Club have a proud history and a close relationship within all sections of the club, ensuring that the approaching season is full of optimism. Our mission at Collaroy is "to educate our children to be competent and safe in the beach/surf environment and to have fun".

The Nipper movement is about induction, education, awareness, competition, sportsmanship, transition (to Cadets and Seniors') but most importantly it is about participation and fun for Parents and your Children. Nipper activities are aimed at teaching your children the basics of surf awareness and water safety. Surf knowledge and techniques are gradually introduced to the children in relation to their age and ability. Ultimately at the age of 13, they will attain their S.R.C. Certificate, which is one short step below the Bronze Medallion, and they can then be rostered on for patrols at Collaroy.

Like all voluntary organizations, parents are required to assist in all aspects of the Nipper season. Whether it is being an Age Manager, a Water Safety Officer, an Official at Carnivals, non-swimming beach events assistant, jumping on the BBQ, setting up the beach or as a general helper. There are many jobs to be done at Nippers and the kids enjoy seeing their parents get involved, so please don't be scared to put your hand up. *"You only get out of it what you put into it"*.

The Club runs several courses over the season and I encourage all Nipper Parents to put their name down and have a go. The first course is usually held in the first week of the September-October school holidays.

Everything you need to know about Collaroy Nippers, is covered in this booklet, so please keep it handy. If you require any further information, please feel free to ask any Age Manager or Committee Member.

After most Nipper days and carnivals, the Collaroy Surf Club is open for a well-earned refreshment. Remember it's your Club, so come upstairs and enjoy the Club's facilities.

Again, welcome to those returning members and to those new members for the upcoming season. Go the 'Roy!!

David Barbour,
Nipper Chairman.

MESSAGE OF INTRODUCTION

This booklet has been prepared by the Nippers Committee to assist you with the upcoming season for the junior members of the Collaroy Surf Life Saving Club. The Collaroy Junior Activities Board (JAB) ("Nippers") is a subcommittee of the Collaroy Surf Life Saving Club General Committee. You, the members of the club elect the Junior Committee each year and ALL parents are encouraged to become members of the Club and participate in events.

The Junior Committee is responsible for the coaching, education and instruction of both the boys and girls from the under 6's to the under 14's years who are active members of the Collaroy Club. Collaroy SLSC is affiliated with the Sydney Northern Beaches Branch of Surf Life Saving NSW.

Coaching in both water and beach events are available to Nippers who wish to improve their skills.

Our March Past and Rescue & Resuscitation (R&R) teams have a proud tradition at Collaroy and we hope to keep this tradition alive in the Nippers. Anyone wishing to join our teams (under 8's to Under 14's) may attend training.

Several social events and fund-raisers are held throughout the season. Please support them to the best of your ability. The proceeds go towards gear and equipment and to partially offset the costs of attending the State Championships.

Committee Meetings are generally held at the Surf Club on the 1st Tuesday of each month at 7.00 pm and are open to all parents/guardians and club members.

If you wish to discuss any area of the Nippers operation, please contact any Committee member.

AGE GROUPS

Nippers are divided into 9 age groups, from U 6's through to U 14's. The age group is determined by the nippers' age at midnight on the 30th September each year.

1st October 2004 to 30th September 2005	U/14
1st October 2005 to 30th September 2006	U/13
1st October 2006 to 30th September 2007	U/12
1st October 2007 to 30th September 2008	U/11
1st October 2008 to 30th September 2009	U/10
1st October 2009 to 30th September 2010	U/9
1st October 2010 to 30th September 2011	U/8
1st October 2011 to 30th September 2012	U/7
1st October 2012 to 30th September 2013	U/6

(Current for the 2018/2019 season)

NOTE: A child may join the Club as soon as he/she turns 5 years of age. No Club can accept membership of a child until they have reached the age of five years to comply with insurance requirements. A child who reaches five years of age after 30th September 2018 may join Nippers at that time; however, this child will be required to stay in the U/6 Nippers age group again the following season.

NIPPERS ON SUNDAYS

A PARENT OR GUARDIAN IS REQUIRED TO BE AT THE BEACH AT ALL TIMES DURING NIPPERS.
THE COLLAROY JUNIOR ACTIVITIES BOARD IS NOT A CHILD MINDING SERVICE.

The objectives of Collaroy Nippers is to ensure that those children who register with the Club are provided with:-

- The best possible facilities to enjoy their activities.
- The best possible opportunity to participate in Club activities.
- The best possible tuition and coaching to complete the Surf Education Program
- The best possible opportunity to compete for the Club
- The best possible opportunity to learn and understand the surf and the beach.
- A friendly, happy and safe environment for the children.

To enable Nippers to run smoothly on Sundays please take note of the following:-

- U6, U7 & U8 Nippers commence at 8.30am. U8-U14 commence at 9.30am, with children assembling behind their age group signs at 9.15am so that Age Managers can mark the roll. Children should also have sunscreen cream applied.
- Shortly before the commencement of Nippers each Sunday, there will be an address made via the PA system as to what will be happening on the day, what events are coming up and possibly results from the prior week.
- Please ensure that you listen attentively every week
- Children must wear their red Collaroy or coloured Nipper hat and shirt
- Please assist your child's Age Manager, e.g., finish judges or assisting in wade etc.
- At the conclusion of events, please collect your children from the Age Managers.

Activities (see description of events later) at Nippers include: -

- Surf Education for U6s through U14s
- Beach Sprint and Relays and Beach Flags
- Wade Races and Wade Relays, for U 6's to U 8's.
- Surf Races and Surf Team Races, Board Races, Rescues and Relays
- National Award and S.R.C.
- March Past and Rescue & Resuscitation
- Great Social Occasions
- Sprint, Flags, Board and Surf swimming training/coaching available
- We also hope to include such events as Iron Man and Cameron Relay

UNIFORMS

For safety reasons ALL children MUST wear a **RED** competition cap at all times and a **PINK** rash vest for water events during ALL Sunday activities (this isn't required for the U6 & U7 age groups). We have found it very useful that their names printed clearly on all clothing including the cap. Children are also encouraged to wear club costumes. Club caps are to be removed once Sunday junior activities have ceased. Whilst sun hats and sunscreen are not provided, these items are strongly recommended at all times.

Collaroy's official competition uniform is a red cap and a black & red swimming costume. Club costume and red cap are compulsory for all children competing at carnivals. The Club

provides 1 red cap to all U8 Nippers. Lost or replacement caps can be purchased from the clothing pool. Under 6's and 7's are not obliged to buy the club costume and will be supplied with either a green or yellow cap on Sundays but we do cater for costumes in the clothing pool with respect to sizing. Club swimming costumes are available to members at cost.

CLUB EQUIPMENT

All other equipment is supplied by the club and is available for the use of all registered junior members. The age managers are the sole person responsible for allocating equipment at Sunday activities. If you use it, then it's your responsibility to wash it and put it back after Sunday junior activities. Nippers must respect all Club property and equipment and are to treat it like their own. NO child is permitted to use club equipment after Sunday activities unless they have permission from the Gear Steward.

AGE MANAGERS

Each year, Age Managers are allocated to each age group by the Nipper Committee and are responsible for organising and conducting various Nipper activities. Please contact a committee member or an Age Manager if you would like to assist.

The main responsibilities of the Age Managers are as follows: -

1. Encourage the children of their age group to participate, enjoy, co-operate and compete in all activities of the Club.
2. Keep weekly records of each child's attendance.
3. Instruct the children of their age group in the necessary requirements of the Surf Education.
4. Organise the children of the age group at carnivals, which includes marking the attendance sheet, assisting in team selections and marshalling the children for their allocated events.
5. Assist in the instruction of the correct techniques for events the children may participate in.
6. Keep the children and parents informed of the requirements of the age group and of Club information
7. Make the children of the age group aware of and encourage sun protection.
8. Abide by and ensure adherence to of the Code of Conduct and Working with Children guidelines of page 15.

Parents are encouraged to make themselves known to their children's Age Manager and to offer assistance when required. Age Managers are not baby-sitters. Parents are requested to be on hand during Nippers and to resume responsibility (for their children) after the day's events.

Children MUST obtain their parents' permission prior to re-entering the water and should you have to leave before events are finished, please inform your child's Age Manager BEFORE taking your child from the beach.

PARENTAL INVOLVEMENT

Helpers are always needed to ensure that the day's events run smoothly and safely. Please make yourself aware of the new working with children requirements noted on page 12.

By enrolling your children at Collaroy Nippers, you are acknowledging that you and your Nipper will actively follow and strictly adhere to the Code of Conduct standards.

At the beginning of each season, training is arranged for any parent interested in obtaining their Bronze Medallion. It is essential that as many parents as possible obtain their Bronze to meet the minimum water safety requirements for SLSA. Many parents have then gone on to obtain their ARTC, (Advanced Resuscitation Techniques Certificate), IRB Drivers License, IRB Crewman's Certificate, or many more awards. It helps teach our children, as well as being a great example to them.

We are also required to have Officials at carnivals. If your child is going to compete at Carnivals you are encouraged to complete your Officials course.

Parents without qualifications have a role to play as well in the following;

- Committee members
- Age Managers & Age Managers assistants
- Water Safety (note that SLS award requirements apply)
- BBQ volunteers
- Setting up the beach
- Carnival assistants

COMMUNICATION

Communication to Parents is via Surfguard (central emails will be sent to your registered email address) and Smartphone App (TeamApp). It is important for Parents to have TeamApp installed as any last-minute changes or updates to Nippers, Carnivals or training sessions will be communicated via this medium. Further details on the Smartphone App (TeamApp) is available on the Club's website.

JUNIOR PRELIMINARY EVALUATIONS

Many activities that will be completed by children as part of junior activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Preliminary Evaluation for each age group. Every junior member is required to participate in this evaluation prior to any water-based activities being undertaken.

Note: It is not an assessment which if not completed competently precludes the child from becoming a member or continuing with junior surf education or training activities

Conducting the evaluation

This evaluation should be conducted in a low-risk environment, as determined by a completion of a pre-activity risk assessment. All new junior members should be supported by a 1:1 water safety ratio (water safety personnel: Activity Participant) when completing their evaluation. For all returning junior members, where knowledge of their ability is known by the club, a 1:5 water safety ratio (water safety personnel: Activity Participants) may be used (Refer to SLSA Policy and Procedure 1.1 Water Safety (<http://portal.sls.com.au>)).

Following the Evaluation

Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities. It is a requirement that these children remain in shallow water and based on a 1:1 ratio until the child is deemed competent in relation to the preliminary evaluation guidelines.

Any child that does complete the preliminary skills evaluation competently can progress to water based junior activities noting 1:5 water safety ratio (water safety personnel: Activity Participants). For still water / pool activities or low-risk conditions (ascertained after a formal risk assessment) the ratio may be expanded to 1:10 water safety ratio (water safety personnel: Activity participants) as per SLS Policy and Procedure 1.1 Water Safety (<http://portal.sls.com.au>)

JUNIOR COMPETITION

Junior competition evaluations

Under 8 juniors can begin to compete in intra-club, inter-club and branch competition, while Under 9 juniors can participate in State Competition. To ensure that all junior members that wish to compete in any Inter- Club, Branch, State and National events/championships have the ability, strength and fitness standard to complete the courses they must be able to complete the junior competition evaluation for their age group.

Branch and State competition requirements

Any competitor wishing to compete at carnivals (water or beach events) must have successfully completed:

- Junior Preliminary Evaluation

- Junior Competition Evaluation

- Appropriate Surf Education award for their age group by 31 December 2018.

Junior Activities members (i.e. members comprising Under 14 and below), are not required to perform patrol hours to compete in Junior Activities competitions. However, if eligible members wish to compete in Under 15 competitions, they must fulfil their patrol hour obligations as set out in SLSA Policy 5.4 (<http://portal.sls.com.au>).

SLSA Junior Evaluations and Education National Guidelines

	Preliminary Evaluation	Competition Evaluation	Surf Education Awards
Under 6 Surf Play 1	From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.		Surf Play 1
Under 7 Surf Play 2	From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.		Surf Play 2
Under 8 Surf Aware 1	25 metre swim (any stroke) 1 minute survival float	Nil (no water competition, except for wade which takes place in waist deep water)	Surf Aware 1
Under 9 Surf Aware 2	25 metre swim (any stroke) 1 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware 2
Under 10 Surf Safe 1	25 metre swim (freestyle) 1 1/2 minutes survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe 1
Under 11 Surf Safe 2	50 metre swim (freestyle) 2 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Safe 2
Under 12 Surf Smart 1	100 metre swim (freestyle) 2 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 1
Under 13 Surf Smart 2	150 metre swim (freestyle) 3 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 2
Under 14 SRC	200 metre swim (freestyle, in less than 5 minutes) 3 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Rescue Certificate
Assessors	Delegated authority as per the SLSA Circular No. 108/15-16.		
Notes	Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.	The competition evaluation must be achieved before any members are eligible to compete	Every junior member should achieve the relevant Surf Education Award appropriate to their age group.

The pool swims will be held at the beginning of the season. Subsequent swims are held as required at Collaroy Beach Pool. Members who are unsuccessful at their first attempt are encouraged to try again later.

NATIONAL AGE AWARDS

An important part of our Club's Sunday morning activities will be Surf Education instruction and training. The topics to be covered for each age group are outlined in the in the SLSA Age Manager Guides: -

- Surf Awareness
- Surf Skills
- First Aid
- Resuscitation

The extent to which each of these topics will be taught will naturally depend on the age group and is covered in the S.L.S.A. Instruction and Examination Manual.

The under 14-year old age group will have to attain their Surf Rescue Certificate. In 2018/19 there will be one training week. To compete at State as an U14, you must have attained your SRC certificate before 31st December. All other children who wish to compete at the State Championships must have achieved their respective Surf Ed age award. Our Under 6 & 7 year old Nippers will be taught about water safety, basic surf awareness such as where to swim, basic first aid, beach patrols, etc., to learn and understand the beach.

CLUB CHAMPIONSHIP POINT SCORES

Three rounds of Club Championship Days (CCD) will be held throughout the season. The JAB Committee will nominate these days early in the season but may have to adjust them due to circumstances beyond their control. CCDs will be run in accordance with Carnival guidelines.

A Nipper will not be penalized if they miss a CCD due to representing Collaroy, SNB Branch or NSW in a Lifesaving Carnival or in trialing to make such a team. They will receive their average score for the missed CCD.

Nippers must have Competitive Rights with Collaroy for the entire season, attend at least 2 local Carnivals and have attended a reasonable number of Nipper days to be eligible for CCD points. They are still permitted to compete on CCDs if they don't meet these criteria.

Age Champions (Male and Female) and awards for individual events will be calculated at season end based on the **best 2** CCDs for each Nipper. If they have equal scores in CCDs the earliest rounds will be used. Effectively this means a Nipper can miss a CCD and not be penalized.

Scores on CCDs will be allocated as follows: -

First place	= 6 points
Second place	= 5 points
Third place	= 4 points
Fourth place	= 3 points
Fifth place	= 2 points
Sixth place	= 1 point

CCD CHAMPIONSHIP EVENTS

- U8s: Events consist of Beach Sprint, Beach Flags and Surf Wade
- U9-U14s: Events consist of Beach Sprint, Beach Flags and Surf and Board race. An Ironman Race for U11-14 only.

U6 and U7 nippers (Educational Groups) are non-competitive and points will not be scored. Each child will receive an award/gift at the end of the season.

OTHER AWARDS AND RECOGNITION

In addition, many other awards and trophies both annual and perpetual are made at our end of season Presentation Day (for U8 -U14 age groups). Carnival Point Score allocations to determine Carnival Champions are as per the Club Championship Point Score above. Carnival Champions are based on individual event results only.

These include but are not limited to:

- Male and Female Beach Carnival Champions for each Age Group
- Male and Female Water Carnival Champions for each Age Group
- Male and Female SLS Award for each Age Group
- Junior Carnival Champion (male and female – U8 to U11)
- Senior Carnival Champion (male and female – U12 to U14)
- Most outstanding Beach Male and Female competitors at State Championships
- Most outstanding Water Male and Female competitors at State Championships
- R&R, March Past, Club Captains
- Junior and Senior Board Awards
- Chairman's Award.

CARNIVALS

- Firstly, Carnival entries are the responsibility of parents not Age Managers using the Nippers Online System
- Failure to attend after entering without reason may result in parents being asked to reimburse carnival entry costs.
- Late entry fees may be paid on the day but these costs will not be reimbursed.
- There is a requirement at carnivals for each club to provide a set number of Water Safety personnel and Officials/Judges. If Collaroy does not provide sufficient Water Safety or Officials, we may be asked to remove our competitors from the carnivals.
- If your child intends to compete at any of the local carnivals, you are required to volunteer as either Water Safety or an Official. If we have sufficient numbers, we should be able to share the load across the carnivals. If we don't have sufficient numbers, we may need to exclude your child from competing at the carnivals.
- A list of carnivals can be located at <http://surflifesaving.net.au/pages/surf-sports/surf-sports-calendar.php>
- All parents, guardians and nippers are to strictly adhere to and acknowledge our Code of Conduct expectations.

SELECTION CRITERIA FOR COLLAROY TEAMS

Prerequisites

- Any competitor who wishes to nominate for carnivals must have completed the relevant pool proficiency swim, competition competency and the relevant Surf Education Award at the beginning of the season. Competition levy must have been paid.
- Any competitor who nominates for individual events is available for selection in all team events. The expectation is that all competitors will compete to the best of their abilities both individually and in team events.
- To be eligible to compete at carnivals a parent of the competitor must be available to assist at the carnival, e.g. water safety, official, IRB, and in carnival preparation or clean.
- A competitor, when nominating for team selection at the Branch Championships, must make it known if they are available to compete at the NSW State Championships. If the competitor is unavailable for the NSW State Championships they may be placed in a team behind those who are available for this carnival.

Selection Procedure & Carnival Etiquette

- The Coach in the discipline, in consultation with the relevant Age Manager, will select teams primarily based on ability and performances at training, carnivals and club championships
- Other factors to be considered are availability, willingness to compete, commitment to training (attendance, behaviour & performance), illness/injury, past performances, consistency and workload.
- At the start of the season when there have not been many carnivals, team selection will be based on the previous season and/or pre-season training.
- Results at Carnivals and Club Championships will carry greater weighting than results at Club Training Days.
- To be eligible for selection in a team to compete at Branch and NSW State Championships, a minimum of 2 carnivals must have been attended during the season.
- A team member who has not fulfilled this requirement may be added at the discretion of the coaches/age managers to fill a team spot that otherwise may not be able to compete. At no time should this team member be given preference over those that have fulfilled the above requirement.
- Should the Coach and/or relevant Age Manager have a conflict of interest when selecting teams, they shall remove themselves from the discussion and teams will be selected by the other relevant parties.
- Any individuals who withdraw without the approval of the coach from a team event may not participate in individual events for the remainder of the carnival and will not be considered for teams at the next Carnival. This prevents team members withdrawing to conserve energy for their own individual event at the expense of their team members who may have been waiting at the carnival to compete or full teams withdrawing, except through injury.
- Substitutions in teams may be made on the day of the carnival by Age Managers, in consultation with the relevant coaches and the Team Manager. Any changes must be made in accordance with SLSA rules and should only be considered in exceptional

circumstances.

- Teams should be selected and notified, where possible, one week prior to the Carnival
- Consideration for nippers competing up an age to help make a team may be considered but only if there are insufficient numbers from that age group. If numbers permit, separate Girls & Boys teams will be picked.
- Age Managers will recommend selection for All Age Relay and All Age Board relay teams. Ultimately, the respective water and beach coaches will then approve and endorse the candidates.
- Underpinning all selection criteria is the intention to select the team with the best possible chance of success
- Note should be made that some team events contain technical aspects and that the fastest individual may not be the best selection to ensure the overall team's success. For this reason, teams may be subject to a late change on the day, depending on conditions.
- For the Nipper March Past team, priority will be given to older Nippers (U14s, 13s & 12s) with the intention here that for younger nippers, *their time will come*.

Safety

Coaches and Age Managers may refuse an entry to a competitor for individual or team events if there are concerns about their ability to safely participate at a carnival due to the conditions.

Appeal & Complaints

- It is inappropriate for parents to approach Age Managers and/or coaches, or other competitors with complaints about team selection or negative comments about any competitor's performance. Such behaviour will not be tolerated by Collaroy SLSC. Equally, poor sportsmanship and "sledging" by competitors will not be condoned and will result in exclusion from individual events and/or removal from the beach as a minimum. If necessary, these matters may be referred to the Club Judiciary for further determination.
- There is no right of appeal/protest for team selection, except for the Branch & State Championships. Any notice of appeal/protest for Branch and State teams must be lodged in writing to the JAB chair as soon as possible but no later than 3 working days of the team/s being announced.
- If parents/caregivers wish to dispute/discuss a team selection they should first approach/contact the Age Manager (not on the beach during Nippers) if after discussion there is no resolution or clarity they must contact the JAB Chair in writing within the time period above.

Carnivals

- The two main carnivals in any Nipper season are the SNB Branch Championships & the NSW State Age Championships.
- Competitors must wear the Collaroy red cap and club costumes. Caps must be worn at the start of races, if not the competitor could be disqualified.
- Water competitors must wear a SLSA endorsed, bright pink rash vest.
- Meet at the Collaroy tent at least 30 minutes prior to your first event and report to your Age Manager
- Locate and ensure that you attend the carnival registration table to have your name

ticked off and receive a colored band to be attached to the ankle.

- Ask your Age Manager how you may be able to assist on the day
- Carnival Programmes are usually available a week before the carnival
- Please be aware of team app, social media and sms alerts or if in doubt, contact your Age Manager for possible change of venue or cancellation due to bad weather.
- Always let your Age Manager know when you are leaving the carnival at the end of competition
- Please note that on Carnival Days, Nippers at Collaroy Beach will be cancelled. However, U6 and U7-year-old events may still be held if there are parents available to run them.

EVENTS

BEACH EVENTS

SPRINT (70m)

Boys and girls

Ages U8 to U14 (in age groups)

BEACH FLAGS (15m)

Boys and girls

Ages U8 to U14 (in age groups)

BEACH RELAY

Ages U8 to U14 (in age groups)

ALL AGE RELAY

Ages U8 to U14 – 1 competitor from each age group (7 competitors in total)

MARCH PAST

Open (Preferred Ages Under 12 to Under 14 years (12 competitors to a team))

WATER EVENTS -Wade and water events will be decided on the day according to water conditions.

WADE

Boys and Girls

U8 age group

WADE RELAY

Open

U8 age group (4 competitors in team)

SURF SWIM

Boys and Girls

Ages U9 to U14 years (in age groups)

BOARD RACE

Boys and Girls

Ages U9 to U14 years (in age groups)

SURF TEAMS RACE

Boys and Girls

Ages U9 to U14 (in age groups)

4 Competitors per age group

BOARD RESCUE

Boys and Girls

Ages U11 to U14

(2 competitors to a team)

1 swimmer (patient)

1 board Paddler (rescuer)

BOARD RELAY

Boys and Girls

Ages U9 to U14

(3 competitors in a team)

CAMERON RELAY

Open

Junior – Ages U11/12 years

Senior - Ages U13/14 years

(4 competitors to a team) 1 swimmer, 2 runners and 1 board paddler

IRON MAN

Boys

Ages U11 to U14 (in age groups)

Swim, board, and run

IRON WOMAN

Girls

Ages U11 to U14 (in age groups)

2 PERSON RESCUE AND RESUSCITATION

Ages U10 to U13

(2 competitors to a team)

5 PERSON RESCUE AND RESUSCITATION

Ages U10 to U13

(5 competitors in a team)

CODE OF CONDUCT & WORKING WITH CHILDREN RESPONSIBILITIES FOR ALL NIPPER MEMBERS, PARENTS, GUARDIANS

We need to bring to your attention two important items that are mandatory at Collaroy SLSC

1. Surf Life Saving Parent/Guardian Code of Conduct

A Parent/Guardian of an SLSC member **will at all times;**

- Remember that their child participates in surf lifesaving for their own enjoyment.
- Focus on their child's efforts and performance rather than winning and losing.
- Show appreciation for good performance by all participants.
- Never ridicule or yell at their child or other children for making a mistake.
- Respect officials' decisions and teach their children to do likewise.
- Not physically or verbally abuse or harass anyone associated with the activities (e.g. coach, official, age manager, etc.)
- Be a positive role model for others.

Any abuse or breach of this Code will be subject to disciplinary action

2. New legislation as to Working with Children

There are new legislative requirements for those people that work with children.

All the info can be found at; <http://www.surflifesaving.com.au/members/resources/child-protection>

The publishers have taken great care in the preparation of this Collaroy Surf Life-Saving Club Information Booklet however they will accept no responsibility for any errors or omissions contained herein.