



JUNIOR PARENT HANDBOOK

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1. WELCOME

Welcome to the Somerton Surf Life Saving Club. This handbook contains information regarding our nipper training, procedures and policies.

If you have any questions about the junior program, please contact either the Junior Coordinator or Junior Administrator:

- juniorcoordinator@somertonsurfclub.com.au
- junioradmin@somertonsurfclub.com.au

If you have any concerns related to child safety, please refer to section 10.5 and contact:

- memberprotection@somertonsurfclub.com.au

Please visit the club web site somertonsurfclub.com.au for latest details about the Board of Management and Junior Committee members.

We look forward to sharing a fun and successful season with you and your children!

2. AIMS

At Somerton Surf Life Saving Club we focus on having fun, teaching, enhancing skills and emphasising community awareness. We aim to ensure that Somerton beach is a safe place to swim; to prevent the loss of life and to develop and educate our youth.

The vision for our Nippers Program is to provide a safe, friendly and welcoming environment where both nippers and parents can learn about surf life saving and to prepare our nippers to eventually be patrolling members of our club.

The aims of the Nippers Program are to:

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

3. ABOUT THE NIPPER PROGRAM

The Nippers Program provides a fun way for children to enjoy the beach in a safe environment. It is also educational as the children participate in the Surf Life Saving Australia Junior Development Program, a sequential program of skills and surf understanding.

Surf life saving is an amazing activity for developing a child's confidence, knowledge and skills in the beach environment. The nipper program at Somerton is run by a group of dedicated volunteers including members of the Junior Committee, Age Group Managers (AGMs), water cover personnel and coaches.

To join the nipper program your child needs to be 5 years of age at any time during the season. The nipper program accommodates age groups from under 6 to under 13. A youth program runs for under 14 and above.

Age groups are determined by age on the 30th September each year (i.e. if your child is 9 on 30th September, he/she will be in the under 10 age group).

3.1. Number of Participants in the Nipper Program

The number of nippers participating in any given age group shall be at the absolute discretion of the Junior Activities Coordinator, the Junior Committee and the Board of Management. Membership and participation may be restricted so that each age group can maintain a healthy, manageable and safe level of participation.

3.2. Compulsory Skills Assessments

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

Preliminary evaluation: Every nipper must participate in the Preliminary Skills Evaluation, conducted by us, prior to participating in any water activity training. The Preliminary Skills Evaluation consists of a swim and a float which is progressively increased by age group and must be achieved before the nipper may undertake any deep water related activities (such as boards and swim). This will assist AGMs to understand each child's level of confidence and capability, and plan for appropriate water cover. All nippers must pass the preliminary evaluation to compete at Junior State Carnivals (under 8 to under 13).

We usually conduct this assessment at the beginning of each season, subject to weather conditions. If your child misses this assessment, they will be assessed at a subsequent training session.

Competition evaluation: If the nipper shows successful demonstration of the Preliminary Skills Evaluation a second assessment known as the Competition Evaluation is conducted. This assesses the nipper for participation in water related events in competitions/carnivals (under 8 and above). The Competition Evaluation involves an open water swim of varying distances. This is a compulsory assessment for nippers who wish to compete in water activities at Junior State Carnivals (under 8 to under 13).

This assessment will also commence at the first Saturday training, subject to weather conditions. If your child misses this assessment they will be assessed at a subsequent training.

These are two different assessments and one cannot be used to qualify a child for the other requirement.

Your child's pathway through the nipper program and the age level evaluations are summarised in the following table:

Age Group	Preliminary Skills Evaluation	Competition Evaluation	Surf Education
Under 6	<ul style="list-style-type: none"> • Front glide and recover from standing position (waist deep). • Back or front float holding buoyant aid and recover to secure position. 	N/A	Surf Play 1
Under 7	<ul style="list-style-type: none"> • Front glide, kick for 3m and recover from a standing position (waist deep). • Back or front float for few seconds and recover to secure position. 	N/A	Surf Play 2
Extended skill for U6 and/or U7	From a standing position in waist deep water submerge, open eyes under water and blow bubbles and recover to a secure position (can be with assistance).		
Under 8	25m swim, (any stroke). 1 minute survival float.	150m ocean swim	Surf Aware 1
Under 9	25m swim, (any stroke). 1 minute survival float.	150m ocean swim	Surf Aware 2
Under 10	25m swim, (any stroke). 90 second survival float.	150m ocean swim	Surf Safe 1
Under 11	50m swim, (any stroke). 2 minute survival float.	250m ocean swim	Surf Safe 2
Under 12	100m swim, (any stroke). 2 minute survival float.	250m ocean swim	Surf Smart 1
Under 13	150m swim, (any stroke). 3 minute survival float.	250m ocean swim	Surf Smart 2

3.3. Special Requirements for under 6 and under 7 Age Groups.

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

Under 6 and under 7s may participate in shallow water activities only. They will be introduced to boards (in shallow water) at the discretion of their AGM.

Under 6 and 7s may not under any circumstances participate in Junior State Carnivals or other formal competition outside the club.

Participation in the nipper program is subject to the following non-negotiable conditions:

- Having completed a registration form for the child prior to participating; and
- The child being at least 5 years of age at the time of enrolment; and
- A parent/guardian remaining on the beach and assisting the AGMs when requested and as required (except where a parent(s) is involved as an AGM with another group, is on General Life Saving Patrol or is performing another Active Member role); and
- At least one parent MUST be a current registered member of the club (as defined in the Club's Constitution).

4. AGE GROUP MANAGERS (AGMs)

All age groups will be allocated AGMs who are parents or interested members, who have volunteered to manage the age group. They are responsible for the coordination of activities on Saturday afternoons along with overseeing event entries and activities at Carnivals and State Championships.

4.1. Qualifications of AGMs

All AGMs must:

- Be current registered members of the club; and
- Have a current National Police Clearance certificate or DCSI Clearance; and
- Be a minimum 15 years of age; and
- Complete the Age Managers Course; and
- Complete the online Child Safe Course

We also encourage AGMs to gain their Bronze Medallion or Surf Rescue Certificate.

The responsibilities of AGMs may be interchangeable with other interested parents who are willing to participate and assist the AGMs. We are always looking for new parents to be AGMs (up to 5 per group) and strongly encourage any interested person to speak to the Junior Activities Coordinator or a member of the Junior Committee.

5. SATURDAY TRAINING AND DEVELOPMENT PROGRAM

5.1. Times

All nippers and parents are asked to **arrive at the club by 1:50pm** for a club briefing and to sign in. Nipper activities will begin promptly at 2:00pm

U6 & U7 2.00pm to 3:30pm

U8 – U13 2:00 pm to 4:00pm

At the beginning of each Saturday there will be a short information session starting at 1:50pm. **It is important that all parents attend these information sessions each Saturday**. All parents and nippers will then move to an area with their AGMs to be signed in and receive further information.

All parents/carers must sign their child(ren) in with their AGMs. No child will be allowed to participate in any activity unless they have been signed in by their accompanying parent/carer prior to the commencement of the program.

Parents/carers will sign their child(ren) out at the end of nippers with the appropriate AGMs. This will enable us to account for all nippers on the beach.

The club is not a child-minding service and parents, or an appointed carer, are expected to be present on the beach for the duration of training. Please advise the Junior Activities Coordinator or your child's AGM of your designated guardian/carer if you are unable to be present.

The following table provides a timeline for the Saturday nipper program.

TIME	ACTIVITY	Comments
1.15pm	Beach Set Up	A different Age Group is rostered each week
1.45pm	AGM Briefing	AGMs to meet with Junior Co-ordinator for pre-training briefing
1.50pm	Short information session for all nippers and parents.	On the beach
2.00pm	Warm Up	
2.00pm	Under 6-13 move to first activity	
3.30pm	Under 6/7 conclude and sign out	
4.00pm	Under 8-13 activities conclude and sign out. Beach pack up, all equipment cleaned and packed up Stay for our BBQ and a drink	All parents to assist with pack up
4.15pm	Club Swim (approximately 400 metres) - Seniors and competent juniors	Assemble at the top of the ramp outside the club

5.2. Uniform and Clothing

Your child will need the following items each week:

- Bathers
- Fluorescent Visibility Vest (Under 8-13)
- Age Group Cap
- Long sleeve collared shirt
- Wide brim or bucket style hat or legionnaire style cap
- Sun block (at least SPF 30+)
- Goggles (optional but recommended)
- Towel
- Water Bottle (filled with water only)
- Wetsuit (optional for colder days)
- Clothes for after training (suggested only but recommended for cold weather days)

Club white long sleeved shirts, high visibility vests, bathers, wide brim hats and caps (age group and competition) are available for purchase at the Club. Please label all belongings (including water bottles & goggles) clearly.

5.3. Age Group (Coloured) Cap and Competition Cap

All nippers **must** wear a coloured cap that identifies them with an age group. This assists AGMs in identifying those nippers in their age group and assists you in locating an age group on the beach. If your child competes at carnivals, you will need to purchase a Somerton Competition Cap. These caps can be purchased at the Club.

5.4. High Visibility Vests

All children who enter the water from under 8 upwards **must** wear a fluorescent high visibility top. This is essential for the child's safety as well as to help water cover identify swimmers. A child without a vest will not be allowed to enter the water.

5.5. Sunscreen

It is a parent's responsibility to ensure that their child is adequately covered with protective sunscreen at all times during the program.

5.6. Registration and Records

All new members must complete a Registration Form. Details of approved applicants are entered on Surf Guard.

Parents of children with **pre-existing medical and/or behavioural issues must inform their AGM** as soon as possible, to ensure that AGMs are fully aware of the issues and how to deal with them. Parents must remain with their child's group at all times in case of any emergencies that may arise. (Please remember to bring asthma inhalers, Epi-pens, etc to the beach if required.)

5.7. Board Usage

During Saturday afternoon training only foam boards will be used by U8 – U10 age groups. Some fibreglass boards may be used by U11 and above age groups at the discretion of the relevant AGMs. Fibreglass boards may be used by U11 and above age groups during weekday training at the discretion of the Boards Coach.

All children in the U11 and above age groups must have achieved a certificate of completion for the 'fibreglass board handling course' prior to using club fibreglass boards. This certificate confirms that the user has been trained in, and demonstrated, correct handling and care of a fibreglass board.

5.8. Hot Weather Policy

Saturday Training: If the forecast temperature is 38°C or higher, junior activities will usually be held as a modified program that is based on water activities. We have found that training is possible in high heat if a sensible approach is adopted, shade and additional water is provided, and the training is water based. However, attendance is discretionary, and parents should decide whether their child attends. Parents should monitor the club's communication channels (SMS, email, and Facebook) for information updates. In some circumstances training may be cancelled at the discretion of the Junior Activities Coordinator.

Carnivals: For high temperatures, a modified carnival may be run (8am start with no beach events). The decision to modify or cancel is up to the discretion of the carnival referee on the day.

5.9. Inclement Weather Policy

Inclement weather shall be deemed as low temperatures, high winds, and high seas. The junior activities training program will be modified depending on the conditions (in adopting our duty of care) or may be cancelled. The decision to cancel junior activities will be the responsibility of the Junior Activities Coordinator and/or the on-duty Patrol Captain. Where possible notification will be sent via the club's communication channels (SMS, email and Facebook).

5.10. Toilets, Change Rooms and Showers

Toilets, change rooms and showers are available for all club members. The facilities are not for the use of the general public. These areas are not supervised. Please follow the corridor that is behind the gymnasium to locate the toilets and change rooms or ask another member if you need help to find them.



THE USE OF CAMERAS, VIDEOS
AND CAMERA PHONES
ARE NOT PERMITTED
IN THE CHANGE ROOMS.



5.11. Photographs of Training and Carnivals

Please be mindful of the privacy and cultural values of other members when taking photographs.

Photographs of children competing at carnivals can only be taken by the pre-nominated volunteer club photographer. The club will post photographs of carnivals and some training sessions and events on our closed Facebook site.

If you have concerns regarding someone taking photographs of children at the beach please advise a club representative.

6. ADDITIONAL TRAINING OPPORTUNITIES

The club provides additional training opportunities for those that want to improve their skills and fitness. These will be scheduled based on the availability of volunteers to coach and water safety personnel.

The times for these additional training opportunities are subject to change due to weather and availability of coaches and water cover (no water cover, no training). Please monitor our Facebook page and SMS communications for training opportunities and times and or any alterations to the schedule.

Our mid-week nipper training "No Guts No Glory" (NGNG) is on Wednesday nights from 5.00pm. NGNG training is squad based and introduces nippers to Iron-person training (swim/board/run). It is designed for carnival competitors who can complete multiple 200m circuits in the iron person format (200m swim, 200m board, 200m run – multiple times).

As per Saturday training, all nippers participating in water activities must wear a fluorescent visibility vest – no vest, no training as per SLSA rules.

7. COMMUNICATION

There are several main points of contact for information.

7.1. Age Group Managers and Saturday Briefing

At 1:50 pm at the commencement of Saturday training there will be a brief information session.

AGMs are happy to answer any of your questions about the club and the nipper program.

7.2. Facebook

We post information on a designated Facebook Page. This is a closed page so you will be required to search for "Somerton SLSC" and then request to be added.

7.3. E-mail

It is vital that you have provided the Club with a designated e-mail address for Nipper communication throughout the season. Our system only allows for one email address per child/family, so please use the parent's email address that is most likely to get checked.

7.4. SMS

Please provide your mobile number for SMS updates (no charge to you). You can opt out of this service

7.5. Team App

Information will also be posted on the "Somerton SLSC" TeamApp. Step by step instructions on how to join TeamApp and how to sign up for push notifications for specific groups are available via this link:

<http://somertonsurfclub.com.au/wp/wp-content/uploads/2018/11/Directions-to-join-Team-App-2.pdf?fbclid=IwAR2W2GNkdOYFBXkCe-BzfDG6g1ph9oit8fWG8t4dzDzhYVH0LGUSjSV- ul>

8. MEMBERSHIP FEES

The schedule of current membership fees and the various options available is on our website (somertonsurfclub.com.au/wp/membership-categories). We encourage parent/family membership which is vital for our operational success.

Note: there is a reduction in cost for fees paid before 1 November 2020.

9. PARENT INVOLVEMENT

As parents, you have an important role in the delivery and support of sporting activities for your children. We encourage you to share the experiences of the Nippers Program with your children, especially with the younger age groups.

We **welcome involvement** within all aspects of the Club. This may include gaining various qualifications to assist in providing water cover, coaching specific disciplines, officiating, assisting with general administration and participating in social and fundraising activities.

We need help every week with the following activities:

- Setting up the beach 45 minutes before training This responsibility is shared among age groups who are rostered to do this each Saturday across the season.
- Assisting with "sign in" and "sign out" on Saturdays
- Washing surf boards at the end of training
- Assisting with packing up beach equipment at the end of training
- Assisting or becoming an AGM
- Assisting with fundraising activities
- Assisting with the BBQ on Saturdays
- Volunteering in the Buddy Bar – food sales
- Assisting with water safety (by first gaining a Surf Rescue Certificate (SRC) or Bronze Medallion)
- Becoming an Official to assist at carnivals (short training courses are provided by Surf Life Saving SA)
- Sponsorship of Junior Equipment such as boards

10. PARENT RESPONSIBILITIES

It is important that you **NEVER** leave your child **unattended** at nippers. If a child is left unattended, we may exclude that child from future participation in the program.

A parent/guardian must remain on the beach and assist the AGMs when requested and as required (except where a parent(s) is involved as an AGM with another group, is on General Life Saving Patrol or is performing another Active Member role).

As parents, you always have a responsibility to act in a constructive and encouraging manner.

11. BEHAVIOUR CODES

We have adopted the following codes of behaviour for all participants in the nipper program, this includes parents/caregivers, spectators, nippers, AGMs and coaches:

Parents, Caregivers & Spectators' Code of Behaviour

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

Junior Member Code of Behaviour

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

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

Coaches/Officials' Code of Behaviour

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

By joining Somerton Surf Life Saving Club you acknowledge and accept these codes of behaviour.

12. SWIMMING POLICY

Being able to swim competently is an integral part of making children safe at the beach as well as allowing them to actively participate and enjoy surf life saving activities.

The Nippers Program is not a “learn to swim” program. We strongly encourage you to enrol your children in “learn to swim” classes depending on their current ability.

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

13. SAFETY

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

13.1. Beach Safety

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

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

13.2. Water Safety

We endorse the guidelines laid down by Surf Life Saving Australia (which can be found on our website). An Inflatable Rescue Boat (IRB or “duck”) is present during all water events but we need as many *qualified* parents as possible to assist in the water to accompany the children during water activities.

Please note that parents are not to accompany swimmers unless they have achieved their Bronze Medallion or Surf Rescue Certificate

The minimum ratio for water cover for nippers is one qualified adult to 10 children (1:10), however this changes depending upon weather conditions. For less competent swimmers (such as younger age nippers) this ratio is one qualified adult to 5 children (1:5).

We cannot commence any race or activity unless there is the correct number of water safety personnel. To be qualified for water safety you need to hold a Bronze Medallion or Surf Rescue Certificate. This is a great way to become involved with your children and we appreciate any assistance. We run courses periodically so please contact us if you are interested.

All water safety personnel must wear an orange cap during water activities and must sign the Water Cover Log Book on each occasion.

Please note: As there is no water cover provided before 2.00pm on Saturdays, no children will be allowed to take boards into the water. Children who go into the water prior to 2.00pm and after they are signed out are under the supervision of their parent/guardian.

13.3. Dangerous Conditions

Dangerous conditions will include:

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

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

In the rare event that it is deemed necessary to cancel training this will be at the sole discretion of the Junior Activities Coordinator and/or the on-duty Patrol Captain. In such a case the Coordinator or Patrol Captain will advise parents and/or guardians of the cancellation as soon as practicable by SMS and email. Notification of any cancellation will also be posted on our website. If unsure it is advisable to check our web-site before leaving home.

13.4. Medical Conditions

Please advise your child's Age Group Manager if your child has a medical condition that you think is relevant or could affect your child's safety e.g. Asthma, severe allergies etc.

13.5. Member Protection

Somerton Surf Life Saving club is committed to the protection of all members.

The club abides by the Surf Life Saving Australia Member Protection Policy: [SLSA Member Protection Policy 6.05](#)

Safeguarding Children and Young People

Surf Life Saving's 'Safeguarding Children and Young People Program' has been designed to support clubs and members to minimise the risk of harm to children and young people involved in Surf Life Saving.

All volunteers working with children are required to complete an online awareness course as well as a face to face facilitated program based around their responsibility in mandatory reporting and ensuring that the club complies with all aspects of the Safe Guarding Children and Young Person program.

The Safeguarding Children Training Program has been designed to provide:

- an awareness of child abuse & child protection
- an understanding of responsibilities for reporting
- the strategies and confidence to take action to prevent abuse

For more information about the program, click on the following link: link <https://www.surflifesavingsa.com.au/member-protection>

Each club has had carefully selected members complete a Child Safe Officer in Recreation and Sport course. These members are called Child Safe Officers.

If you, as a parent, member, or AGM, have the slightest concern about any of the children you see at nippers, then you are encouraged to speak to one of our **Child Safe Officers** (somertonsurfclub.com.au/wp/nipper-safe/)

The abuse could be:

- **Physical**– a physical injury resulting from practices such as hitting, punching, beating or otherwise harming the child/young person
- **Emotional**– damage to a child's self-esteem or social competence through chronic negative behaviour directed at them
- **Carnal**– when someone in a position of power to the child or young person uses their power to involve the child/young person in a molestation activity of any nature
- **Neglect**– failing to provide for the child/young person's basic needs, including safety

All reports are STRICTLY Confidential.

The Board of Management of the Somerton Surf Life Saving Club encourages everyone to report any suspicion of child abuse either to the Child Abuse Report Line direct on 13 14 78 or to one of the Child Safe Officers listed above. All volunteers are mandated by LAW to report.

Working with Children Checks (WWCC)

For all those who wish to be involved in the training, management or care of these children you have to be a member and complete a Working with Children check – this is to protect our children.

To apply for a WWCC please email; memberprotection@somertonsurfclub.com.au and the club can arrange one free of charge for any active volunteers working with children.

For more information about the screening please go to: <https://screening.sa.gov.au/>

13.6. COVID-19

The COVID 19 pandemic has led to the implementation of several changes to the way we run training at Somerton. The Club has a specific COVID plan for nippers which outlines the measures we are taking to ensure the safety of all nippers and parents. This plan is available on site at the club and is also communicated via the weekly nipper email.

It is important that all members read the plan and abide by the procedures outlined in this document. This is especially important because nipper activities are conducted in full public view and any breaches can be captured by a passing member of the public, potentially causing reputational damage to the Somerton Surf Club through negative media attention or a fine imposed on the club.

14. COMPETITION & CARNIVALS

14.1. Informal Competition

Each Saturday we encourage all nippers to achieve, do their best, and develop to their full potential, whilst having fun. Challenging competition is just one element of this development process. The club will hold up to three Club Championship days during the season in which nippers gain practice in competing with their peers within the club.

14.2. Interclub Training

The club will hold interclub training days with our neighbouring clubs. These are fun training events and allow our juniors to train with local children from other clubs.

14.3. Formal competition – Junior State Carnivals

We also encourage formal competition for nippers in under 8-13 through Junior State carnivals. There are 3 to 4 regular season Junior Carnivals, followed by Junior State Championships.

As outlined in Section 2, nippers must have successfully completed the preliminary evaluation to compete at carnivals (beach events). To compete in water events at carnivals, nippers must have successfully completed their Competition Evaluation. In previous years, this swim has been a timed event, however this element has been removed. To ensure capability of completing the competition course in a reasonable time, AGMs will monitor performance over the season and advise on suitability for entry in competition events.

As part of our commitment towards developing our nippers, we engage specialist coaches to help train and develop those nippers who compete at Junior State Carnivals.

Our commitment to formal competition is to field our "A" Teams with nippers who exhibit high performance and commitment to the club. We select those nippers based on the individual performance as well as contribution to the team. Our AGMs and specialist coaches are responsible for selecting the teams. Please respect and support their decisions.

We will also consider the conditions, the course and the physical and emotional state of each nipper on the day of the Carnival. Only nippers, who are confident, competent and in a fit state to complete the course in a safe and timely manner, will be allowed to compete.

Junior State Carnivals are a great way for nippers to practice their skills in a friendly atmosphere. We encourage our nippers to improve their personal bests. Carnival attendance is not compulsory. **Under 6 and under 7s do not compete at Junior State Carnivals.**

Parent Involvement at Junior State Carnivals

It is expected that parents will be present on the beach for the duration of the carnival. Parents can assist AGMs on the day. Parents are reminded that they are to stay outside of the roped competition areas. This will enable the AGMs and officials to complete their tasks without interference. Parent code of conduct is important and if there are any issues then please raise them with the Somerton Carnival Team Manager not the AGMs.

Officials and Water Cover

Due to our large numbers of competitors at carnivals, Somerton is required to provide 9 officials and water cover for each carnival. Parents of children who compete at carnivals are encouraged to become an official or volunteer to provide water cover (accredited parents only).

Junior Carnival Days

Dates for each carnival are set by SLSSA at the start of each season. These will be communicated to nippers via email and Facebook, and are published on the SLSSA website: <https://www.surflifesavingsa.com.au/>

There is an entry fee payable prior to the carnival by each nipper who competes. Payment should be finalised at least one week before the carnival so that we can confirm entries with SLSSA. It cannot be made on the day of the carnival.

Generally, nippers must report to their AGM in the Somerton tent by 7.00 am. It is important to arrive on time as assistance is needed with unloading boards from the competition trailer and setting up the club tents. Most events usually start at 8:00am with marshalling prior to this. Communications will be released before each carnival that confirm the specific arrangements for the day. Nippers must stay with their AGMs for the duration of the Carnival. We encourage you to assist at Carnivals by carrying towels, water bottles, goggles, boards and sun block. Any variations to this will be advised to you on the preceding Saturday afternoon training session.

It is a requirement for all competitors to wear a high visibility vest when competing. These are the same vests that are worn for Saturday trainings and can be purchased from the club. Competitors must also have a long-sleeved shirt, broad-brimmed hat and Somerton competition cap.

We expect that our nippers will attend a minimum of two full Junior State Carnivals prior to attending the Junior State Qualifying Carnival, immediately preceding the Junior State Championships. Children who do not attend a minimum of two full carnivals may not be included in team events. This will be at the discretion of the AGMs. Nippers who only wish to compete in individual events at the Qualification and State championships may not be entered as the club places a high emphasis on team events. Nippers who do not compete at State Qualifications may not be included in the State Championship events. (in both individual and teams.)

14.4. Junior State Championships

These are usually held at the end of the season (February – March). There is an entry fee payable by each nipper who competes. The fee is usually announced by SLSSA in January each year and will be communicated to parents via our various communication channels.

15. SURF EDUCATION AWARDS

Surf Life Saving Australia has developed a comprehensive training program for nippers. The content is tailored to each age group and except for the Surf Rescue Certificate (SRC), the program is based on participatory evaluation and not assessed on competence.

In other words, nippers need only be actively involved in the training to be eligible for an award. We believe this is the best way to introduce children to surf life saving where fun takes priority over being 'tested'. There is a surf education award for

each age group (refer to table in Section 3 which lists the award for each age group). Please look at our website for a summary of each award.

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

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

16. CLUB CHAMPIONSHIPS, PRESENTATION DAY AND AWARDS

The dates for these events are set by the Junior Committee prior to the season start and are communicated in the Club Calendar, via email and Facebook.

Club Championships

Junior Club championships will be held on three days during the season. The results of the **best two of these days** for each nipper will be used to determine the age group winners (i.e. the total score of the worst day will be dropped from that nippers tally).

Medals will be awarded to overall 1st, 2nd and 3rd place getters in each age group from under 8 to under 13 for both boys and girls.

Junior Long Swim

Awards to be given to overall 1st place swimmer (Southern Cross Meats Shield) as well as for 1st, 2nd and 3rd boys and girls in each age group from under 11 to under 13. These will be announced at the Junior Club Presentation Day

Last Day of Nipper Training and Junior Club Presentations

Presentation of Club Championship Medals and Surf Awareness Certificates to all age groups as well as season break up.

Presentation of Commitment Awards for under 8 to under 13 children who pass the following criteria;

- Miss no more than 3 Saturday Training Sessions at Somerton throughout the season (parents should actively ensure that their children are signed in and out at each session to ensure accurate record keeping)
- Attend at least 2 out of 3 Junior State Carnivals, and
- Compete in State Championships in both individual and team events.

17. INSURANCE

All members who sign the Surf Life Saving South Australia (SLSSA) membership form, pay the Club's designated fees and have participated in the preliminary evaluation for nippers or are proficient in their category requirements, are insured under Surf Life Saving South Australia's policy. This includes participation in Club training and competing at sanctioned SLSSA events. For further details, contact a member of the Somerton SLSC Board of Management (refer to website) or SLSSA on 8354 6900.