

# Age Managers Course

3<sup>rd</sup> Edition 2012

Australian for life.



# Presenters details here

## Name and Experience



# Age Managers Award

- Today is the first part of a three-step accreditation process for Age Managers Award.
- The accreditation process involves:
  1. 3 hour face-to-face theory session(today)
  2. 2 hour on-the-beach practical skills session  
(at Branch/State discretion)
  3. third party club-based mentoring segment  
(approx 6 hours on the beach back in club  
with an experienced Age Manager)

# Age Managers Guide



AMG pg 3 (Item 1.1.1)

Australian for life. 

# Today's Program

- Introduction to Surf Life Saving
- Module 1– Role of Age Manager
- Module 2– Creating a Safe Environment
- Coffee break
- Module 3– Growth, Development and Learning
- Module 4 - Age Manager in Action
- Overview of Junior Development Resource
- What happens now?
- Course evaluation

# Introduction to Surf Life Saving





# Surf Life Saving Mission

## Why we exist.

To save lives, create great Australians and build better communities.

## Who we are?

We are a can do movement. We are Australian for life.

# SLSA Core Activities





# SLSA Membership

- 158,000 members
- 65,000 junior activity members  
(5-13yrs...38% of membership)
- Junior activity members are lifesavers in training, they are the future of our movement

# Who's Who in Your Club

- Club Structure: President and Executive
- Where does your team sit within the club
- Lifesaving - Education - Surf Sports - who are your contacts
- Have a read of your Club Constitution

# Our Aim

- Deliver a safe environment including aquatic
  - Develop future lifesavers
  - Develop a positive, enriching and nurturing culture amongst all those on the beach
  - Whole club ethos (Nippers, Youth & Seniors all working as one collective team)
  - Involving your Community



- One of the aims of the Nippers program is to develop future patrolling members
- Ensure a one club approach to educating your members in skills and personal development
- Nippers are lifesavers in training
- Nippers is much more than just surf sports events that are run on a weekly basis - it has long term impacts on the Nippers...





# Outcomes:

- Develop a positive culture of participation and fun
- Enriching, educational and community focused
- **ALL** Nippers deserve to have a enjoyable time
- Develop a well-balanced program with a broad range of activities to engage your members
- Your Nipper team (especially Age Managers) need to demonstrate a one club approach
- Include and engage your greatest resource – your parents!



# Who's who..

- The Major Team Players
- Age Managers:
  - Trained in SLSA Age Mgrs Course
  - Club Age Assistants - Members and trained in-house
- Water Safety Supervisor
  - Water Safety Team - WS should know their skills
  - **No one works** on the beach with the young “lifesavers in training” unless a current SLSA financial member



# Junior Development Objectives

- Provide best possible lifesaving experience for all juniors
- Provide opportunities through a variety of activities
- Ensure juniors are safe on our beaches
- Develop a team-based philosophy
- Promote social, emotional & physical development

# Who is a Surf Lifesaver?





# Nurture Surf Lifesavers?

- Surf Lifesavers operate in an environment that values contribution, friendship, trust, respect, caring and responsibility.
- To ensure Surf Lifesavers continue giving their time the environment must support:
  - ✓ Safety and Support
  - ✓ Caring and Camaraderie
  - ✓ Teamwork and Trust
  - ✓ Respect and Responsibility

## Module 1

# The Role of the Age Manager

# Junior Development Objectives

## Which one is your priority ??



# Age Managers Role Description

- **Care, safety, well being**, development of junior surf lifesavers.
- Facilitating the development of **surf life saving** and **personal development** skills (e.g. confidence)
- Playing a fundamental role in the delivery of a learning program **encouraging /developing** young surf lifesavers.
- You may not have all the skills and understandings in all program areas, however your role will be to **seek out and utilise expertise within your club.**



# An Age Manager needs to...

- Take **responsibility** for the learning
- Be a positive **role model**
- Ensure **safety and wellbeing**
- Develop **knowledge**
- Work as **part of a team**
- **Plan and prepare**
- Instill **enjoyment and fun**

# Duty of Care

- Provide a safe environment
- Plan activities
- Evaluate for injury or incapacity
- Match children according to age, height, weight, maturity, skill level and experience
- Provide safe and proper equipment
- Closely supervise activities and minimise risk
- Develop clear rules
- Ensure accurate records are kept

# Working with Members Under 18

## Special considerations

- Maintain an open door policy
- Treat all members with respect and dignity
- Foster teamwork and group cohesion amongst all ages
- Encourage children and be mindful of everyone's individual capabilities
- Respect children's privacy
- Be a ROLE MODEL at all times
- Meet state specific legislation

# Working Break



**2 MINS**



**STRETCH**



**WORKBOOK**



## Module 2

# Creating a Safe Environment

# Policies and Procedures

- SLISA and state policies exist to provide a safe environment for everyone.(See Section 3 - Age Managers Guide, SLISA website ([www.slisa.com.au](http://www.slisa.com.au)) or state website)

They include the Member Safety and Well Being Policy (Policy Number 6.5) incorporating:

- Child Protection Policy
- Working with Children (State specific requirements)
- Codes of Conduct (Parents and Officials Codes)

# Policies and Procedures (continued)

- Youth Policy (Policy Number 6.15)
- Grievance Procedures (Policy Number 6.6)
- Sun Safety Policy (Policy Number 2.1)
- Water Safety Requirements (Policy Number 1.1)
- Photography Policy (Policy Number 6.18)

# Member Code of Conduct

- Respect the rights, dignity and worth of others
- Be fair, considerate and honest in dealing with others
- Make a commitment to providing quality service
- Maintain adherence to SLISA's standards, rules, regulations, policies
- Demonstrate a high degree of individual responsibility
- Contribute to provision of a safe environment for all activities

# Age Managers Code Of Conduct

- Agree to abide by the code of conduct
- Be responsible for the group's safety and well-being
- Be responsible for the group's learning
- Take time to plan and prepare the activities delivered
- Foster a collaborative approach to group management
- Instil enjoyment and fun in what the children do
- Be a positive role model for surf lifesavers and SLSA

# Working with Children in our State

- Child protection is a matter covered by state laws.
- Whilst the safety and welfare of children is the common consideration, the specifics of required practice vary across states.





# Summary

All SLSA members have the right

- To be **safe**
- To be **listened** to
- To be **respected**
- To **privacy**
- To be **protected** from abuse, discrimination or harassment (verbal, physical, racial or sexual) by other members or outside sources

Every member is bound by these policies and your club will always place the safety and welfare of children above all other considerations.

# Preliminary Skills Evaluation

- Many activities that juniors participate in will be conducted in the water
- To ensure that all children have a suitable swimming ability for water activities, a Preliminary Skills Evaluation is undertaken by all children in the U8 age group and above
- An SLSA Accredited, Coach, Official, Training Officer (SRC/Bronze) or Assessor (SRC/Bronze) must oversee all skill evaluations

# Junior Competition Evaluation

- From the age of 8 (U9 and above) juniors can compete in inter-club water competition e.g. carnivals
- To participate in these activities children must complete a Junior Competition Evaluation
- Details of distances are in the Age Managers Guide.
- An SLSA Accredited, Coach, Official, Training Officer (SRC/Bronze) or Assessor (SRC/Bronze) must oversee all skill evaluations

# Skills Evaluations and Awards

	Preliminary Skills Evaluation	Junior Competition Evaluation	Surf Award
Under 6	NA	NA	Surf Play 1
Under 7	NA	NA	Surf Play 2
Under 8	25 metre swim, (any stroke), 1 minute survival float	NA (this age group only competes in wades)	Surf Aware 1
Under 9	25 metre swim, (freestyle), 1 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware 2
Under 10	25 metre swim, (freestyle), 1.5 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe 1
Under 11	50 metre swim, (freestyle), 2 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Safe 2
Under 12	100 metre swim, (freestyle), 2 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 1
Under 13	150 metre swim, (freestyle), 3 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 2
Under 14	200 metre swim, (freestyle, in less than 5 minutes), 3 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Rescue Certificate
Assessor	An SLSA Age Manager, SLSA Coach, SLSA Official, SLSA Training Officer (SRC/Bronze) or SLSA Assessor (SRC/Bronze) must oversee all skill evaluations		Age Manager
Notes	Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition be 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 being eligible to compete in inter-club competition. This is a minimum standard <u>water</u> proficiency requirement.	Every child must complete an award each year prior to competing in branch or state championships.
<b>NOTE: The above distances are the minimum requirements. Some States may set standards above these minimum requirements</b>			

# First Aid / Emergency Procedures



Age Managers need to:

- Have a basic understanding of simple first aid.
- Be familiar with club emergency management procedures
- Know who the first aid qualified personnel are on the beach
- Be familiar with the medical needs of children in their care

# Coffee & Working Break



**15 MINS**



**COFFEE**



**STRETCH**



**WORKBOOK**



## Module 3

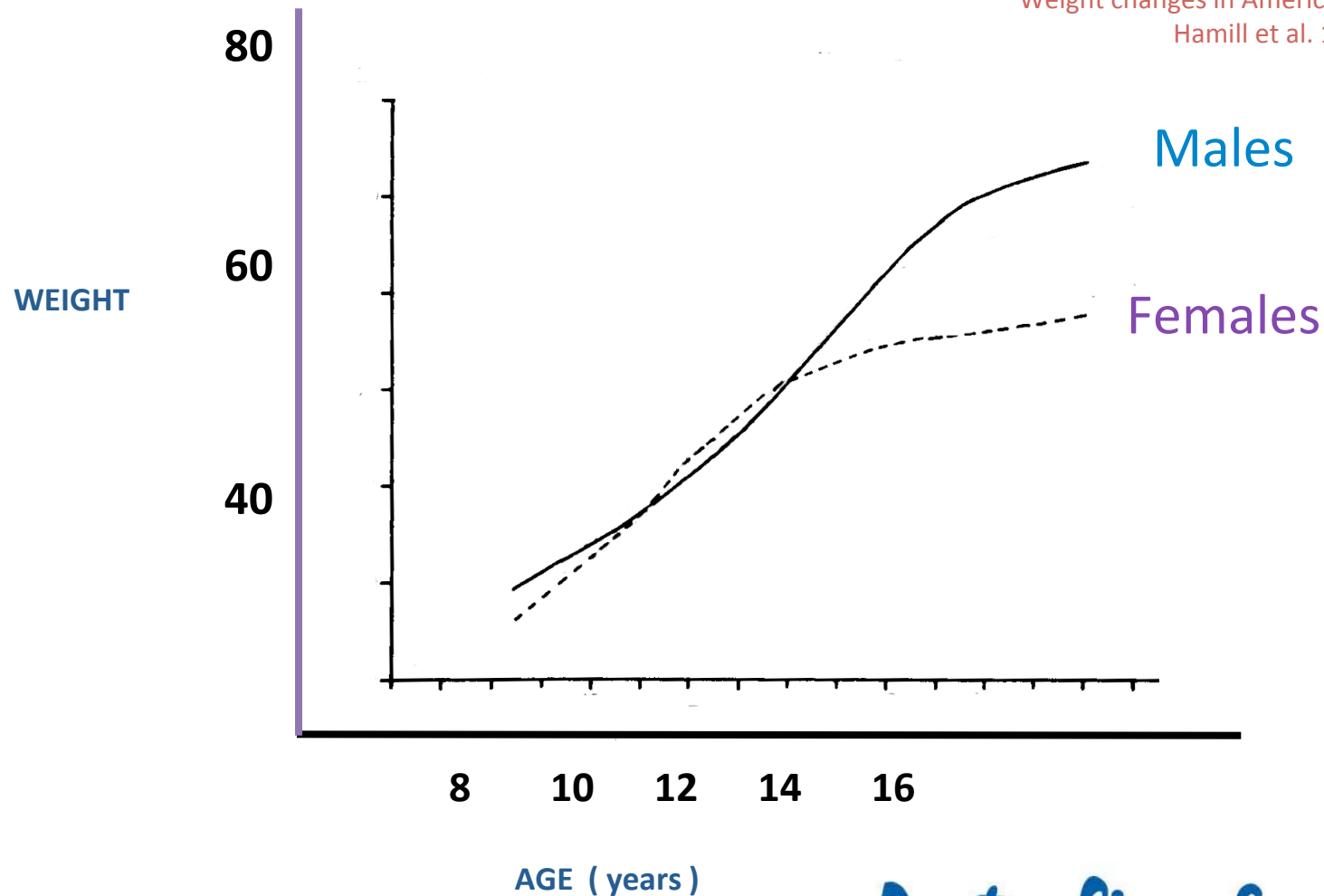
# Growth, Development and Learning

# Growth and Development

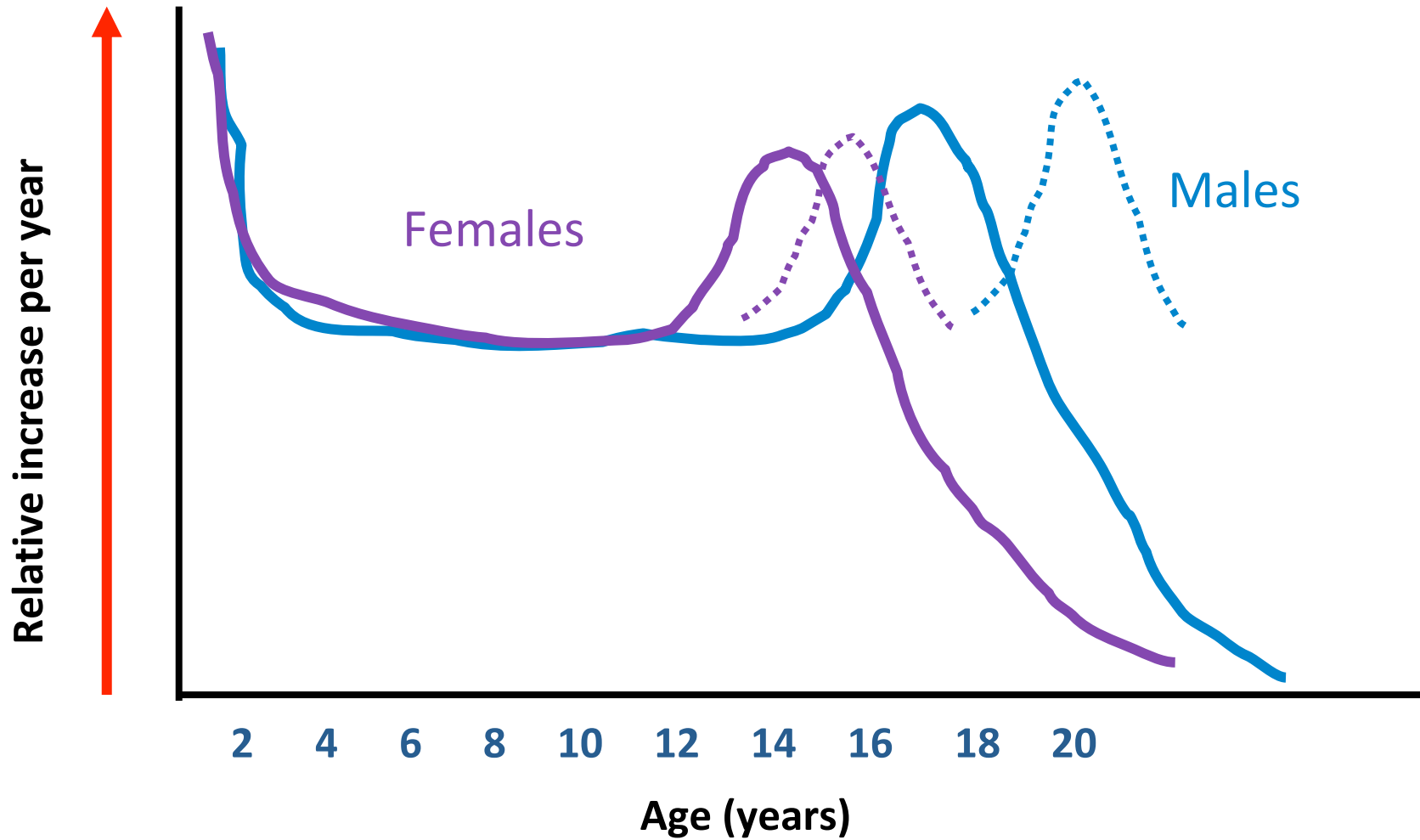
- All young people experience significant changes in growth and development at different times
- Recognition of individual needs is important and always needs to be considered
- SLS activities should be organised so that young people have a positive experience regardless of developmental status
- Activities should be focussed on fun and learning

# Weight

Weight changes in American Girls and Boys (Hamill et al. 1977)



# Height



# Social and Emotional Development

- Will impact on confidence and enjoyment
- Will present with differing levels of social and emotional maturity across children
- The performance ethic of competition does not suit all children



# Skill Development

Based on understandings of the developing child in a sporting context, it is possible to discern five stages of skill development

1. Play
2. Broad experiences
3. Progression
4. Specialisation
5. Recreational Participation





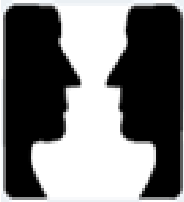
# How Children Learn

Children generally use 3 major learning styles:

- **Listening Learners:** (auditory) learn best through talking things through and discussions.
- **Seeing Learners:** (visual) learn best with the use of pictures, diagrams etc.
- **Touch/Experience Learners:** (kinaesthetic) learn best with a hands-on approach.

# Incorporating Learning Styles

The Junior Development Resource Kit 2nd Edition lesson plans are designed to incorporate each type of learning style



**Discuss** – group discussion led by Age Manager (learning by listening)



**Demonstrate** – Demonstrate the skill to the participants (learning by seeing)



**Activity** – An opportunity for participants to learn while participating in an activity (learning by doing)

# What are some barriers to learning?



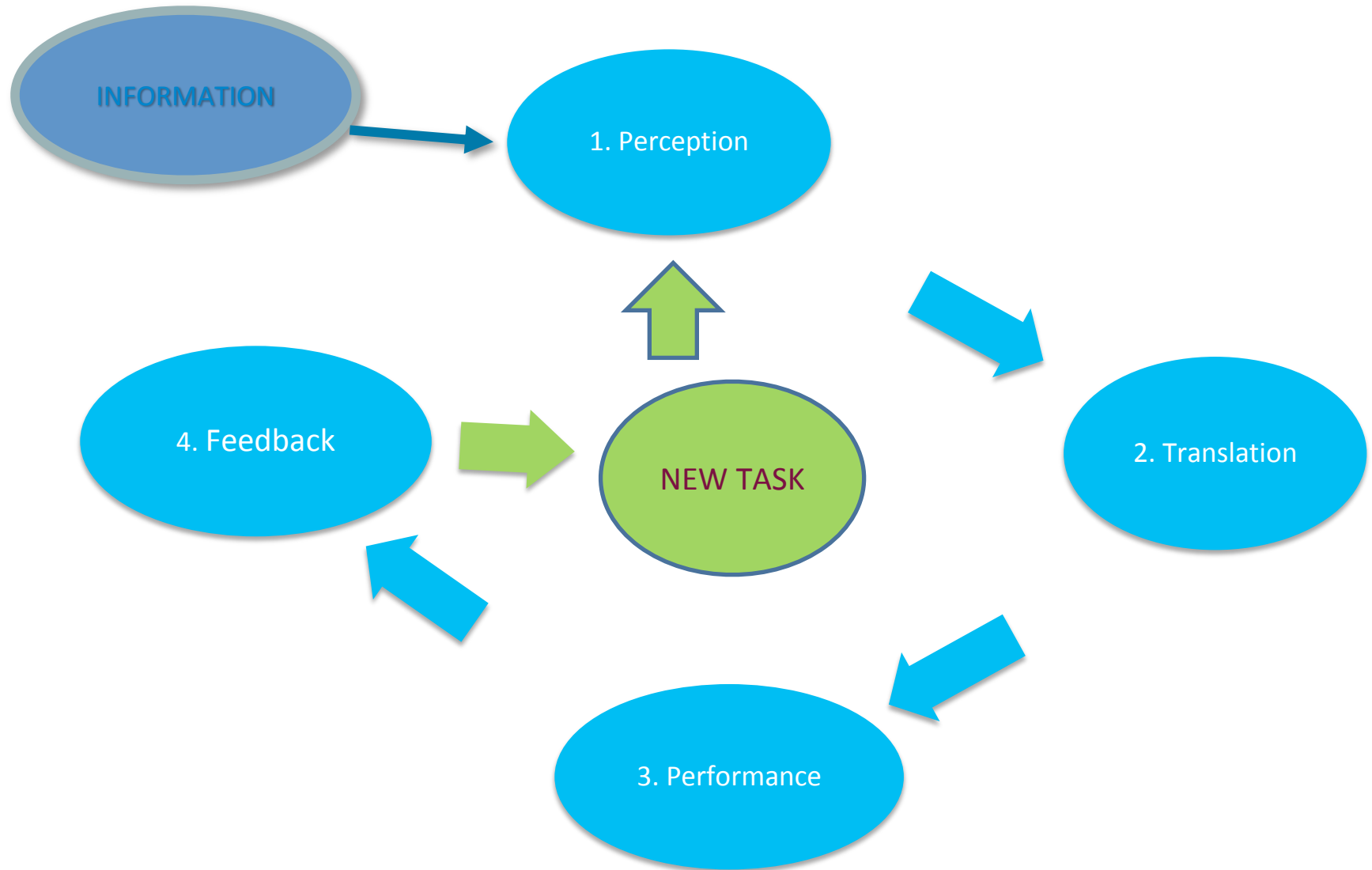
# Barriers to learning

- Boredom
- Motivation
- Force/aggressive
- Complexity
- Ambiguity or contradictory statements
- Disabilities
- Learning difficulties
- Inappropriate learning environment

# Successful Learning Factors

- Creating a fun social environment
- Compensate for the physical environment
- Consider emotional issues of the child.
- Set challenge objectives for the individual
- Develop trust with children.

# Four Phases of Learning





# Working Break



**2 MINS**



**STRETCH**



**WORKBOOK**

## Module 4

# Age Manager in Action

# Things to Consider When Teaching Children

- Deliberate play through games
- Fitness levels/ physical ability
- Training intensity
- Extreme weather & body temperature
- Resistance training should be minim
- Duty of care
- Medical considerations



AMG pg 29 (Item 6.1) Above all.... have fun

# Demonstrating skills

1. Preparation
2. Demonstration
3. Practice
4. Feedback/Correction  
n



# What are some of the elements of providing effective feedback?



# Providing Effective Feedback

- Positive
- Immediate
- Encouraging
- Constructive
- Clear
- Specific

# Effective Communication

## Remember 3 Cs:

1. Clarity
2. Conciseness
3. Consistency





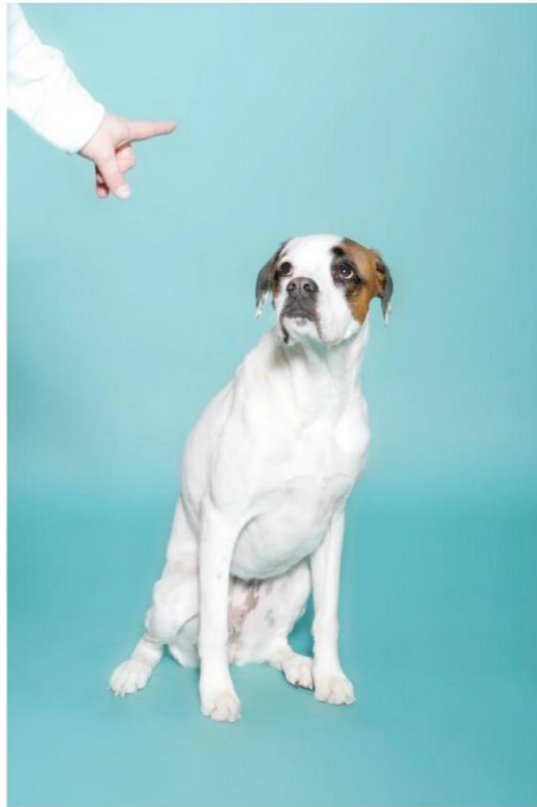
# What are some of the reasons children may exhibit unacceptable behaviour?



# Unacceptable Behaviour

- Attention seeking
- Learning difficulties
- Disruption in personal life
- Health considerations
- Not interested

# How can we manage unacceptable behaviour?



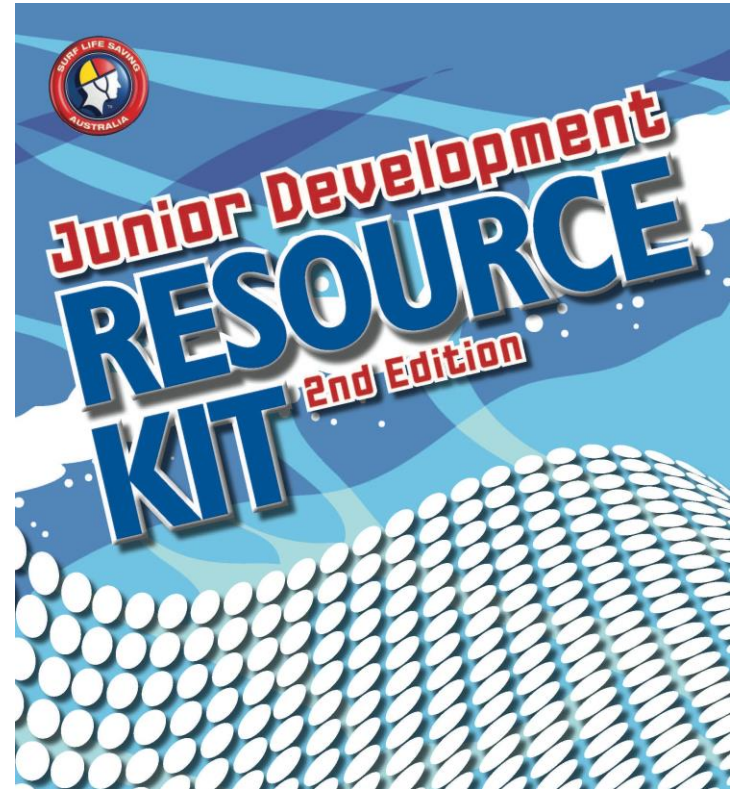
# Managing Unacceptable Behaviour

- Give child meaningful task within group
- Separate from group (with supervision)
- Remove child from the group (last resort only)

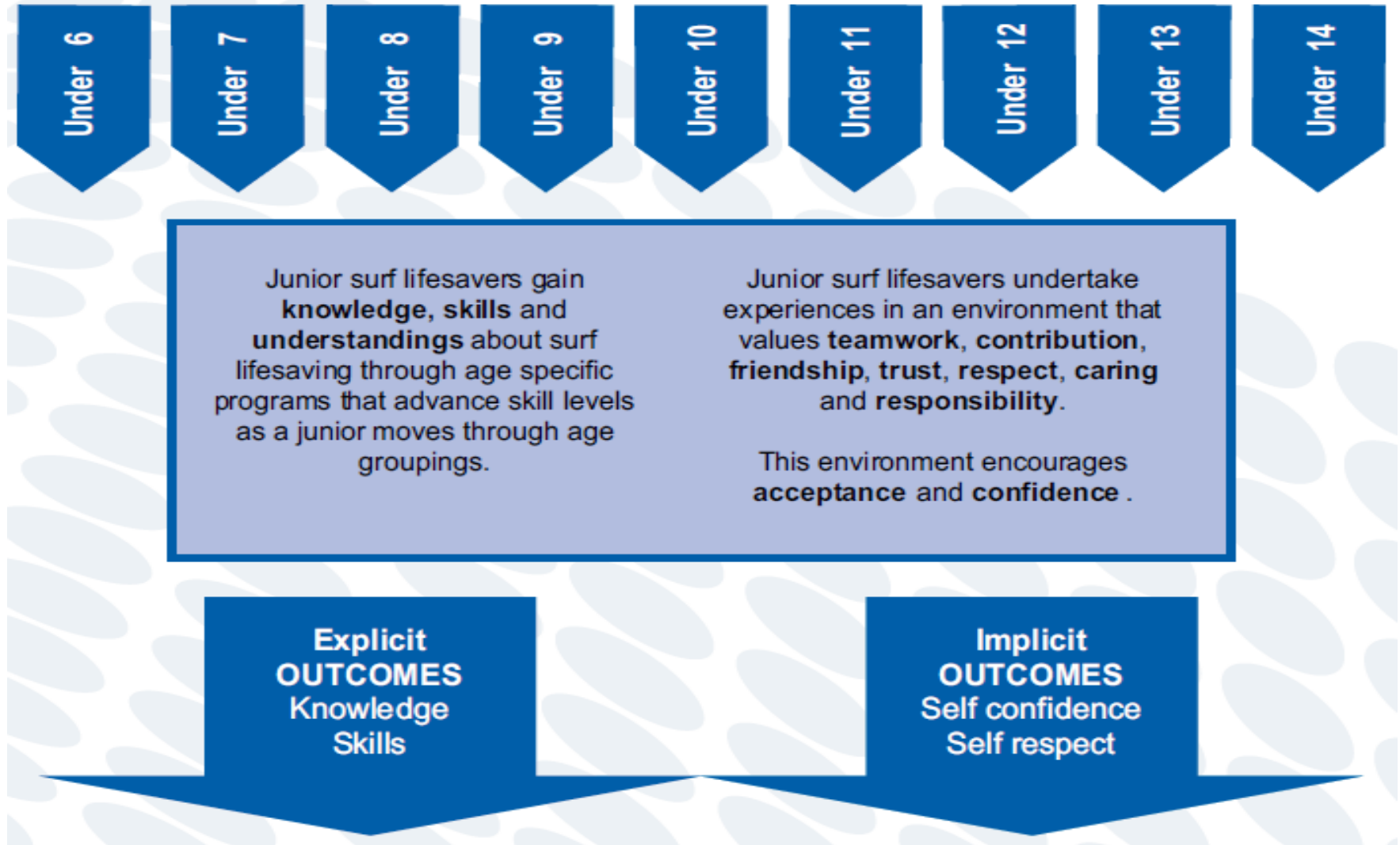
# Junior Development Resource

# Junior Development Resource

- Caters for ages 5 to 12
- Encourages fun at the beach
- Focuses on participation
- Develops knowledge and skills
- Promotes relevance and balance
- Provides a set of lessons



# Framework





# Award Pathway

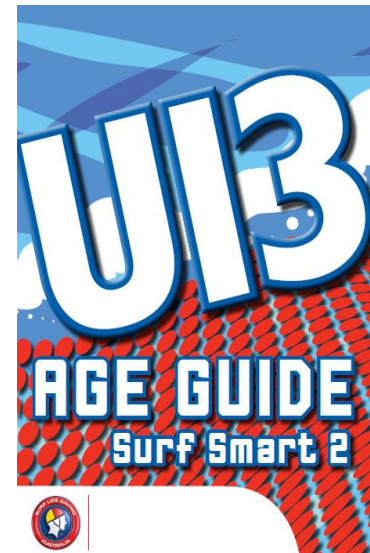
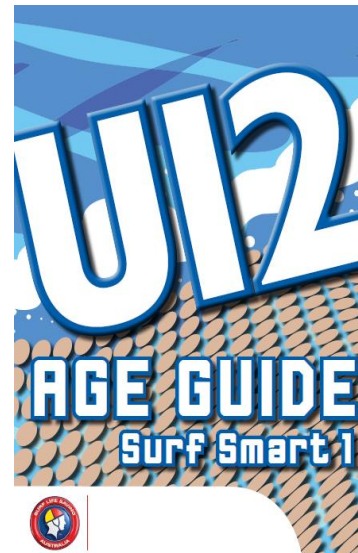
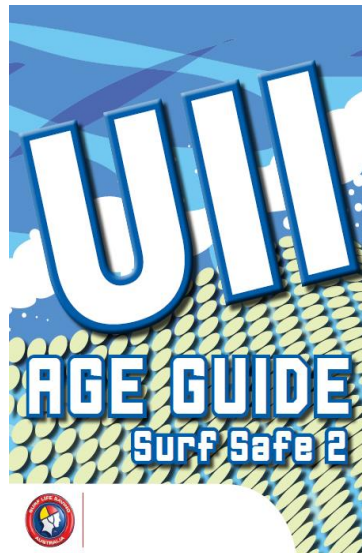
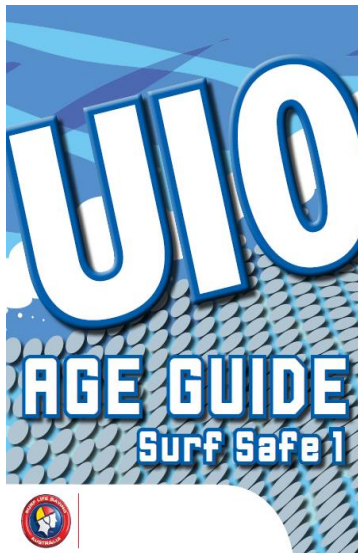
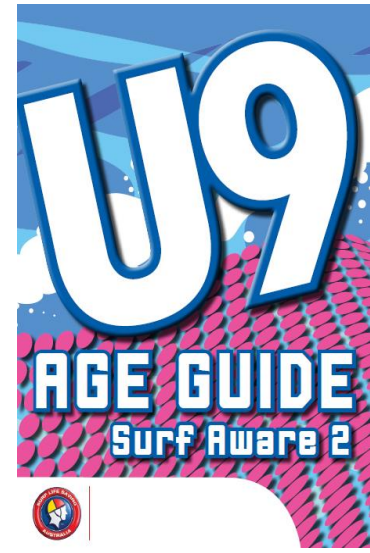
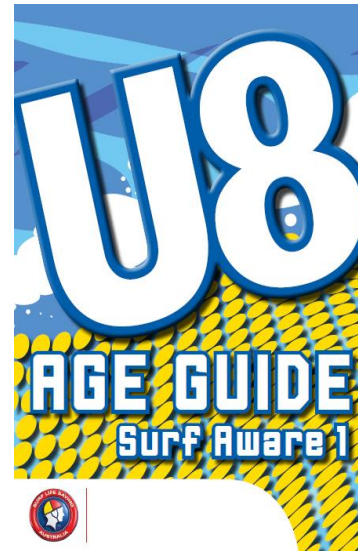
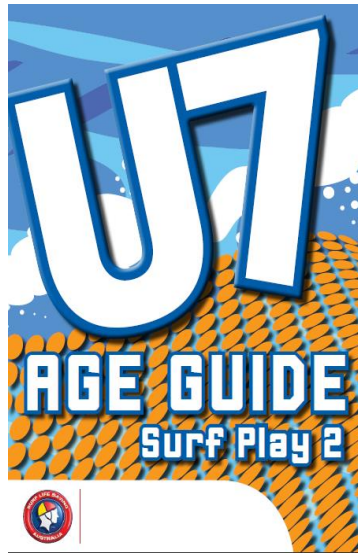
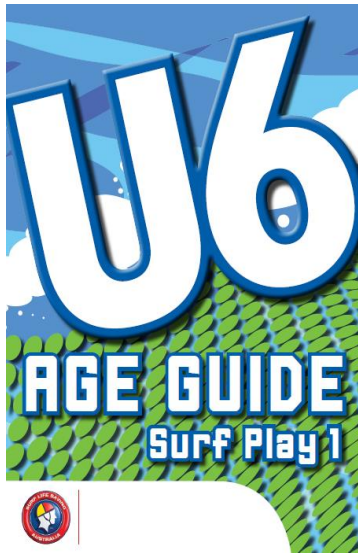
The program pathways learning towards the Surf Rescue Certificate which members can begin training towards from the age of 13.

Age Group	Age	Award	Number of Lessons
Under 6	5	Nil (Surf Play 1)	10
Under 7	6	Nil (Surf Play 2)	11
Under 8	7	Surf Aware 1	12
Under 9	8	Surf Aware 2	12
Under 10	9	Surf Safe 1	13
Under 11	10	Surf Safe 2	14
Under 12	11	Surf Smart 1	16
Under 13	12	Surf Smart 2	16

# Resources - Age Managers Guide



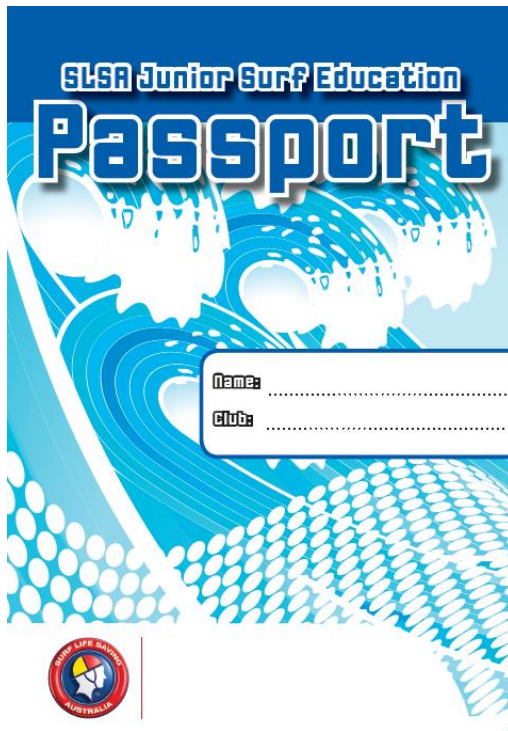
# Resources - Age Guides







# Resources for the Participants



**F.L.A.G.S.**

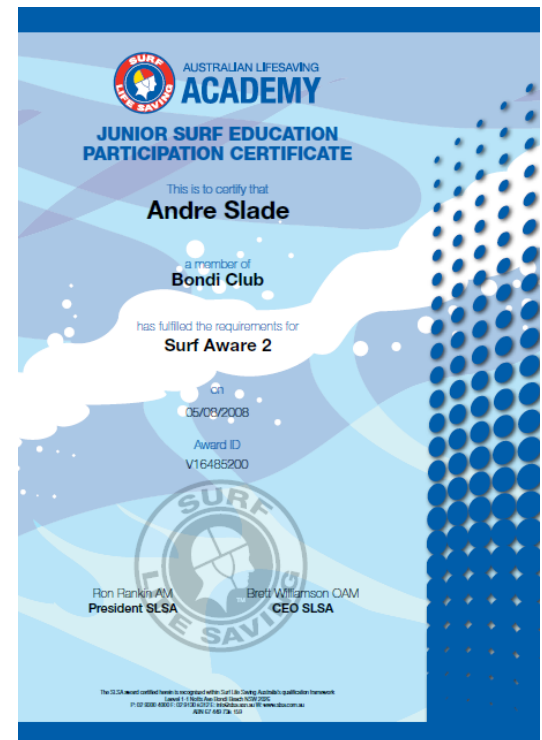
Name: \_\_\_\_\_

Use the table below to create your personal safety network.

<b>F</b>	<b>Find</b> the flags and swim _____ them. It is the safest place to swim because it is patrolled by lifesavers.
<b>L</b>	<b>Look</b> for the _____ signs. Safety signs will alert you of any important information needed to make your time at the beach safer and more fun.
<b>A</b>	<b>Ask</b> a lifesaver for some good _____. Approach a lifeguard on patrol and ask them if there are any dangers to look out for at the beach.
<b>G</b>	<b>Get</b> a parent to _____ with you. Ask a parent to swim with you and look out for you during your time at the beach.
<b>S</b>	<b>Stick</b> your _____ up for help. This is the best way to attract attention in the water.

Junior Development Resource 2nd Ed

**WORKSHEET**



# Skill Development

The skills resources have been designed to assist you to demonstrate the skills lessons in the JDR.



# Participation Criteria

- Learning outcomes are used to identify the topic content a participant should be exposed to during each of the lessons.
- Total learning outcomes for an age group make up the award.
- Junior Development Program is based on participatory evaluation and not assessed on competence



# Further Junior Award Options

- There are two other individual awards that can also be gained at various ages, these are a Resuscitation Certificate and a Basic Emergency Care Certificate

AGE GROUP^	AGE	AWARD
Under 11	10	Resuscitation Certificate
Under 12	11	Resuscitation Certificate Basic Emergency Care Certificate
Under 13	12	Resuscitation Certificate Basic Emergency Care Certificate

# What happens now?

## AGE MANAGER ACCREDITATION PROCESS

3 hour face-to-face workshop

1. Completed once workbook has been signed
2. Make sure you get attendance sheet signed today

2 hour on-the-beach practical skills session

1. To be arranged by state / branch
2. Experienced lifesavers with proficient Bronze Medallion are exempted from this session

Third party club-based mentoring

1. 6 hours on the beach back in club with experienced Age Manager
2. Third Party Form signed by mentor

Submit attendance sheets and third party form to relevant state officer for processing of award

# On-the-Beach Practical Skills Session

- 2 hour on-the-beach practical skills session conducted at branch/state discretion
- Purpose is to give some practical skilling for Age Managers who have no previous experience in surf life saving
- This is one of the three components to Age Manager accreditation

# Third Party Validation

*Age Manager	^Facilitator	Task
		Demonstrate awareness of beach set up factors <i>-How to set up the beach</i> <i>-"Who's who?" (water safety/ AM identification, role of parents, patrol captain, official etc)</i> <i>-Conditions on the day</i>
		Contribute to a safe environment for juniors <i>-Hazard assessment walk</i> <i>-Sun Safety requirements</i> <i>-Shade &amp; Hydration</i> <i>-Equipment check</i> <i>-Emergency procedures (eg First Aid, missing child)</i>
		Set-up assembly area and communicate information to parents and children <i>-What to do on beach?</i> <i>-Speak to the group at commencement/conclusion of the day</i>
		Initiate and maintain attendance sheet <i>-receiving/ maintaining/ returning children</i> <i>-Head count regularly (especially after each water safety)</i> <i>-Going to the toilet procedures</i>
		Deliver a learning activity <i>-What outcomes are important</i> <i>-Planning on the day</i>
		Monitor group engagement in activities <i>-Equity- everyone has different abilities</i>
		Conducted fun, interactive activity <i>-Where to go for resources, ideas, activities</i> <i>-Provide for differing interests and active engagement</i>

\*First column to be ticked by Age Manager when he/she feels confident that they have completed this requirement ^Second column to be signed off and dated by the AM Mentor (third party) to signify that they are satisfied that the task has been completed at a satisfactory level.

# Course Evaluation



# Thank you!

...for playing an integral role within your club to  
enrich the lives of our youth and to ensure a strong  
future for Surf Life Saving

Australian for life. 