

JUNIOR ACTIVITIES INFORMATION PACK

This document contains overarching junior activity information, previously contained in the 2018/19 Pre-Season Information Pack.

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JUNIOR MEMBERSHIP

Listed below are the age groups members will be in for the 2019/20 season. These age groups are determined as at midnight on 30 September 2019.

Birthdate between these dates	Age group
1st October 2013 to 30th September 2014	U/6 / (Surf Play One)
1st October 2012 to 30th September 2013	U/7 / (Surf Play Two)
1st October 2011 to 30th September 2012	U/8 / (Surf Aware One)
1st October 2010 to 30th September 2011	U/9 / (Surf Aware Two)
1st October 2009 to 30th September 2010	U/10 / (Surf Safe One)
1st October 2008 to 30th September 2009	U/11 / (Surf Safe Two)
1st October 2007 to 30th September 2008	U/12 / (Surf Smart One)
1st October 2006 to 30th September 2007	U/13 / (Surf Smart Two)
1st October 2005 to 30th September 2006	U/14 / (SRC)

Note: Proof of age/birth certificate must be sighted for all new children joining a SLSC.

U/6 AND U/7 MEMBERS

U/6 and U/7 members may participate in activities on an educational basis only, meaning children in these age groups may not compete in any point score/ championship events.

A child may join a SLSC as soon as he/she turns five years of age. No SLSC is to 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 2019 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. It is the SLSCs responsibility to explain this to the parents of the child.

The Under 6 and 7 guidelines have been created to outline the minimum standard for Clubs to comply with, in respect to the safe participation and administration of activities.

Individual Clubs may apply additional criteria for the inclusion of Under 6 and 7's in Club activities in terms of parental involvement and duty of care, but cannot reduce the standards outlined below. Consideration should also be given to a shorter time on the beach for Under 6 and 7's given their attention span and concentration levels.

- The absolute minimum age for such children is 5 years. Age is determined as at midnight on 30 September at the commencement of that season.
- All participants in the U/6 and U/7 age group must wear a different coloured lifesaving cap during all junior activities sessions. i.e. Fluorescent green or coloured caps that vary from all other age groups for safety reasons.
- Children must complete their age appropriate preliminary skills evaluation prior to engaging in Junior Activities.
- The water conditions must be Low Risk, with very small waves for the U6's and 7's to enter the water. If these conditions are not met then there are to be no water activities.
- Children involved in U/6 and U/7 activities can participate in shallow water activities up to knee depth of the participant. These activities can include wading, duck diving or swimming in shallow water.
- A Water Safety Supervisor for the age group must be appointed to coordinate water safety personnel and ensure the correct water safety ratios are in place at all times whilst children are in the water.
- All Water Safety Persons must be a proficient Bronze Medallion or Surf Rescue Certificate holder, and be easily identifiable wearing a clearly identified uniform (*see water safety notes at the end of this document*).
- Children involved in U/7 activities can utilise Club foam boogie boards (no hard plastic, rails or fins) in very shallow water (broken waves only). Water Safety personnel must be located next to the children at all stages of the paddle (eg the child rides the broken wave from one water safety person to another).
- Under no circumstances are these children to participant in structured competition activities and should only partake in fun social activities.

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. Clubs can set standards that go over and above the requirements set by SLSA, but not below this standard.

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. 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. Refer to SLSA Policy and Procedure 1.01 Water Safety.

A member who is delegated to assess junior preliminary evaluations must:

- Be proficient in SRC (at minimum) and have an understanding at the requirements of the evaluations for juniors
- Be familiar with the process of reasonable adjustment
- Adhere to the program of skills maintenance requested by the SLSC
- Complete any paperwork required accurately and return in a timely manner
- Delegate names must be minuted at a SLSC Executive meeting annually.

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 SLSC, a 1:5 water safety ratio (water safety personnel: Activity Participants) may be used (Refer to SLSA Policy and Procedure 1.01 Water Safety).

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 at the discretion of the club.

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 SLSA Policy and Procedure 1.01 Water Safety.

JUNIOR COMPETITION

JUNIOR COMPETITION EVALUATIONS

From the age of 7 (Under 8) juniors can begin to compete in intra-club, inter-club and branch competition, while from the age of 8 (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.

Note: The definition of 'Open Water' is sourced from NSW Maritime and refers to 'navigable waters' which includes beaches. It does not include inland and coastal rivers, lakes and enclosed bays, harbours or rock pools.

Junior Evaluations can be completed on the Surf Life Saving NSW Proficiency Test Work Card. The card for the 2019/20 season is lavender. Please contact your Club Chief Training Officer if you do not have any cards.

BRANCH AND STATE COMPETITION REQUIREMENTS

Any competitor wishing to compete at Branch or State 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 2019.

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 competition, they must fulfil their patrol hour obligations as set out in SLSA Policy 5.4 – Competition Eligibility. This Policy can be found in the SLSA Members Area.

These three components must be entered into Surfguard prior to close of entries. For assistance in uploading this information into Surfguard please contact the Surfguard helpdesk on 1300 724 006 or ithelp@slsa.asn.au.

SLSA AGE GROUP EVALUATIONS AND SURF EDUCATION AWARDS

The following table outlines the national standard for Preliminary and Competition Skills evaluations. Some branches may set distances above the standard below. Please ensure that you liaise with your respective branch for confirmation of the specific requirements.



SLSA Age Group Evaluations and Surf Education Awards

Age group	Preliminary evaluation	Competition evaluation	Surf education awards
Under 6	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	From a standing position in waist-deep water, perform a front glide, kick for 3 m 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	25 m swim (any recognised stroke) 1-minute survival float	Nil (no water competition, except for wade which takes place in waist-deep water)	Surf Aware 1
Under 9	25 m swim (any recognised stroke) 1 minute survival float	Minimum 150 m open water swim (any recognised stroke)	Surf Aware 2
Under 10	25 m swim (any recognised stroke) 1.5 minute survival float	Minimum 150 m open water swim (any recognised stroke)	Surf Safe 1
Under 11	50 m swim (any recognised stroke) 2 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Safe 2
Under 12	100 m swim (any recognised stroke) 2 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Smart 1
Under 13	150 m swim (any recognised stroke) 3 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Smart 2
Under 14	200 m swim (any recognised stroke, in less than 5 minutes) 3 minute survival float	Minimum 200 m open water swim (recognised stroke)	Surf Rescue Certificate (SRC)
Assessors	Club Executive delegated authority		
Recognised (Swim) Stroke Definition	Recognised swimming/survival strokes (i.e., front crawl, breast stroke, back stroke, side stroke, survival back scull, butterfly) may be demonstrated using one or more combination of strokes. Both the preliminary and competition evaluations should be undertaken in a continuous fashion.		
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 open water competition evaluation must also be achieved before any members are eligible to compete. Every junior member must achieve the relevant Surf Education Award appropriate to their age group to compete in championships.	Every junior member should achieve the relevant Surf Education Award appropriate to their age group.

A maximum supervision ratio of 1:5 (WSP: participants) applies as per SLSA Policy 1.01a 'Water Safety Procedure' to ensure the evaluations are conducted in a safe aquatic environment. Refer to the *SLSA Age Managers Learner Guide* and SLSA Policy 1.01a 'Water Safety Procedure' for more information on Junior Preliminary Evaluations.

Refer to SLSA Policy 5.04 'Competition Eligibility Policy', its accompanying SLSA Guidelines for Competition Eligibility and the *SLSA Surf Sports Manual* and for more information on SLSA competition eligibility and requirements.

Refer to the *SLSA Surf Sports Manual* or the *SLSA Age Guides* for information on swim competition courses that may be modified for distance to assess age group open water swim evaluations.

All SLSA documentation relating to surf education awards, preliminary evaluations, surf sports competitions and water safety are located within the SLSA Members Area Library (portal.sls.com.au)

JUNIOR ACTIVITIES / NIPPERS PROGRAM

Nippers is a flexible program focused on Surf Education and the creation of young surf life savers who are ready for patrol. The focus of successful and engaging junior activity programs is around fun, friendship and skill development. Competition is a means to develop our skills in becoming lifesavers. Surf Life Saving Clubs have the ability to create and tailor a program to suit the needs of their members and their beach conditions – and the SLSA Junior Development Program provides a range of resources to assist clubs delivering Junior Activities.

A Clubs program should be varied, skill based, and fun, and should not just be built around board, swim, run and flags each week. Skills should be broken down and then built up with engaging sessions that work to increase the skill base of the Nippers in the water and the sand.

JUNIOR DEVELOPMENT PROGRAM

The Junior Development Program includes lessons that are tailored to each of the nipper age groups, ensuring the content is relevant and in line with lifesaving, education and surf sports most up to date training standards. The program is based on participatory evaluation and not assessed on competence; this means children must only be actively involved in each of the lessons to be eligible for the award.

The Lesson Plans within these Age Guides cover off on all aspects of Nipper Education, covering a diverse range of skills from body surfing to catching waves on a board to First Aid, CPR and the environment.

Age Managers should reference the Age Guides in planning their weekly program to ensure that their Nippers are on a pathway of Lifesaving education.

Every junior member is expected to achieve the relevant Surf Education Award appropriate to their age group, and all Awards are to be recorded on SurfGuard by 31 December 2019.

All Junior Development Program resources are available via the Members Area Document Library by searching JDR <https://members.sls.com.au>

AGE MANAGERS

A minimum supervision ratio of 1:20 is required by SLSNSW. This ratio is based on overall numbers of junior members and not per age group. However it is strongly recommended that a supervision ratio of 2:20 is in place (2 Accredited Age Managers (one male and one female):20 Activity Participants), for all junior activities conducted on the beach.

The SLSA Age Managers Course has been developed to assist members with their role as an Age Manager, Age Manager Assistant or Parent Helper on the beach. It allows all members to develop a greater knowledge about how SLS operates, and provides skills and knowledge to assist members in the successful coordination and delivery of the Nippers program.

Process to become an age manager

- Complete the online SLSA Age Managers course, or attend a face-to-face SLSA Age Managers course presentation, which covers the theory component of the course.
- Undertake an on-the-beach technical session with an age manager mentor.
- Undertake a minimum of two (2) on-the-beach mentoring sessions with an age manager mentor to complete a required third-party form.
- Have an age manager mentor (third-party) sign off on your third-party form within your age manager assessment portfolio.
- Return your signed third-party form to your club's Junior Activities Committee. They will collate and return all age manager documentation to your local branch or state office as applicable.

SLSA up-dated the Age Manager Course and resources in June 2017. The up-dated resources include:

- SLSA Age Managers Syllabus v1.0 – May 2017
- SLSA Age Managers Learner Guide v4.1 – November 2017
- SLSA Assessment Portfolio v1.0 – May 2017
This is where all participant documentation required for assessment is located
- SLSA Age Managers Online Course 2017 (within the SLSA eLearning system)
Can be completed by the participant instead of having to attend a face-to-face session. Assessment will still need to be completed face-to-face.
- SLSA Age Managers Course PowerPoint v3.0 – May 2017
- Age Managers Online Course Competency Record v1.0 – July 2017
- SLSA Age Managers Delivery and Assessment Guide v1.0
Contains information relevant to age manager mentors delivering the course face-to-face and/or mentoring participants. This file is available on request from SLSNSW, as it contains answers to questions in the Age Manager Assessment and not available publically.

All Age Manager Resources are available via the Members Area: <https://members.sls.com.au>

Age Managers are encouraged to access the Foundation Coach Award if they would like to further develop their capability to provide a quality service to the participants they are working with. This entry level course targets participants actively participating in a club surf sport environment (recreationally or competitively).

WATER SAFETY REQUIREMENTS

SLSA Policy 1.1 sets out the risk management procedures and minimum requirements for the provision of water safety for surf lifesaving aquatic activities. This needs to be read in conjunction with the SLSA Water Safety Procedures 1.1. Access to these documents is via the SLSA Members Area: <https://members.sls.com.au>

Two areas of focus for Junior Activities within the Water Safety Policy and Procedure include a recommendation for use of high visibility garments for aquatic activity participants and water safety personnel.

WATER SAFETY SUPERVISORS AND PERSONNEL HIGH VISIBILITY GARMENTS

For SLS junior activities, water safety supervisors and personnel must be wearing a clearly identified uniform. It must consist of a cap (secured under the chin) and rash shirt. This may be either:

1. Surf Rescue Uniform

- SLSA red and yellow quartered patrol cap secured under the chin;
- SLSA Surf Rescue rash shirt;
- Where appropriate, SLS Surf Rescue wetsuits and stinger suits

2. High visibility (water safety) uniform

- A high-visibility (fluorescent) orange cap secured under the chin;
- A high-visibility (fluorescent) orange rash shirt branded with 'WATER SAFETY' on the front and back of the shirt.

PARTICIPANT HIGH VISIBILITY GARMENTS

For junior activities and member training, it is **recommended** that aquatic activity participants be clearly identified with a standardised high-visibility Lycra vest or shirt for easy identification above the water surface. Refer to Water Safety Procedure 1.01 for information about the endorsed high-visibility garments colours.