



Fingal Beach SLSC^{Inc.}

Established 23rd August 1964



MEMBERS HANDBOOK

SEASON 2018-2019

We are a Good Sports club



SURF LIFE SAVING
NEW SOUTH WALES



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Surf Life Saving NSW
Quality Club Program

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Fingal Beach Surf Life Saving Club has ensured, to the best of their ability, with the information available, that the information provided in this publication is accurate at the time of printing. Fingal Beach Surf Life Saving Club reserves the right to make changes or modifications to the rules and information in the handbook and will not be held liable for actions occurring from information or rules in this publication.

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PRESIDENT'S WELCOME

Hi Fingal Beach Surf Club Members,

On behalf of the Fingal Beach SLSC Executive Committee I would like to welcome you to the 2018/2019 season of Fingal Beach Surf Lifesaving Club. This year marks the 100th year of patrolling beaches in the Hunter, and this is our 53rd season. Here's hoping for another safe and exciting year for our club.

Firstly, I would like to thank all of our volunteers, who without their help our club would not be able to operate. I would also like to thank our sponsors, supporters & Port Stephens Council whose continued support is much appreciated.

In the off season, Fingal Beach SLSC has already been host to the record-breaking human whale formation held during the month of July during the whale migration. The Port Stephens TREX Triathlon was also held over a weekend in September and I would like to thank all of our members who volunteered their time.

Once again, our club has been selected to host the Hunter Branch Championships as we have proven that we are able to provide an outstanding venue that suits competitors of all abilities. Our volunteers have made this event possible in the past, and again this year it is essential that we have many volunteers to help this event run smoothly. As this event approaches, please consider offering your time, the more people available to assist makes the work load considerably easier. Your help is invaluable and is greatly appreciated.

This year, we will also be providing (through the assistance of Ability Links) wheelchair matting to enable everybody to access our beach. We are also able provide a floating wheelchair to families to assist them in getting their loved-ones into the water. This will enable those with mobility issues to enjoy Fingal Beach with their families.

As always, our main goal is safety to ourselves, providing a safe environment for our community and visitors to Fingal Beach, and through our Nippers program teaching our children how to be safe in an ocean environment, but please enjoy your time on our beach and I thank you for your effort to make our beach safe.

Kind regards,

Rodney Limn
President FBSLSC

CLUB OBJECTIVES

Fingal Beach Surf lifesaving Club is a charitable community service-based association.

The objectives on which the Club is established are:

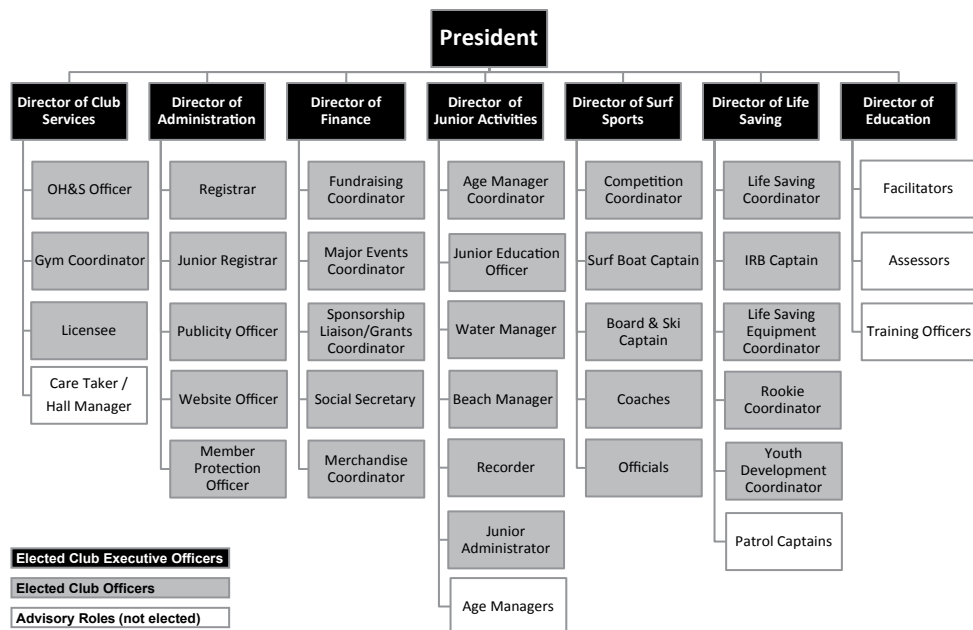
- a) To study, teach, promote and practice the methods of surf lifesaving.
- b) To minimise loss of life and injury by providing surf lifesaving services and equipment on Fingal Beach and the surrounding environment.
- c) To foster, promote and encourage community service, leadership, development and sporting competition through surf lifesaving.
- d) To conduct carnivals, competitions and social functions for the benefit of the club.
- e) To cooperate with lifeguards appointed by Port Stephens Council to ensure the safety of beach users on Fingal Beach.
- f) Promote the health and safety of members and all other users of the club facilities and the surrounding environment.
- g) Encourage junior development through ongoing educational and teaching experience in a wide range of subjects and skills within the aquatic environment.
- h) Create a safe, abuse free and drug free environment both in and out of competition.
- i) To carry out all activities in such a manner to reduce our impact on the environment.
- j) To carry on any activity whatsoever calculated directly or indirectly to enhance the interests of the club.

FINGAL BEACH & HUNTER SURF LIFE SAVING

Fingal Beach SLSC is part of Hunter Branch which is made up of 13 clubs stretching from Tea Gardens Hawks Nest in the North down to Catherine Hill Bay in the South. For further information on the Hunter Surf Lifesaving, you can visit their website www.hsls.org.au



CLUB COMMITTEE STRUCTURE



Check Out Our Website
www.fingalbeachslsc.com
 for more information or contact your Committee representative



COMMITTEE CONTACTS

Position	Name	Contact Number	Email
President	Rodney Limn	0428 123 325	president@fingalbeachslsc.com
Director of Club Services	Brett Woods	0413 089 131	clubservices@fingalbeachslsc.com
Director of Administration	Angela Freeman	0437 866 324	secretary@fingalbeachslsc.com
Director of Finance	Craig Burrows	0417 699 139	treasurer@fingalbeachslsc.com
Director of Junior Activities	Lee Campbell	0417 772 992	nippers@fingalbeachslsc.com
Director of Surf Sports	Eddy Bergsma	0409 811 320	surfsports@fingalbeachslsc.com
Director of Life Saving	Tanya Squires	0418 970 766	lifesaving@fingalbeachslsc.com
Club Services Committee			
OH&S Officer	Steve Westcott	0414 627 399	stephen.westcott@defence.gov.au
Gym Coordinator	Brett Allman		bandc74@bigpond.com
Care Taker/Hall Manager	Richard Harris	0417 423 567	fingalbeachsweeper@gmail.com
Administration Committee			
Registrar	Emma Brown		registrar@fingalbeachslsc.com
Publicity Officer	Stephen Leahy		steve@sjleahy.com
Website Officer	Rachel Grayson		website@fingalbeachslsc.com
Member Protection Officer	Felicity Fizelle	0423 011 485	ffizelle@gmail.com
Member Protection Officer	Wayne Freeman	0409 223 071	wayne.freeman@bigpond.com
Finance Committee			
Fundraising Coordinator	vacant		
Major Events Coordinator	Steve Westcott	0414 627 399	stephen.westcott@defence.gov.au
Sponsorship/Grants Coordinator	Warwick Hewitt		warrickhewitt@hotmail.com
Social Secretary	vacant		
Merchandise Coordinator	Kate Stenhouse		kjstenhouse@hotmail.com
Junior Activities Committee			
Age Manager Coordinator	Jason Stewart		stewart23469@yahoo.com.au
Junior Administrator	Jennifer Slade		jenslade@hotmail.com
Junior Education Officer	Lee Campbell	0417 772 992	nippers@fingalbeachslsc.com
Water Manager	Wayne Freeman	0409 223 071	wayne.freeman@bigpond.com
Beach Manager	Sean Hurdman		shurdman@bigpond.com
Starfish Nippers	Mitch Fraser		flashgroper@yahoo.com.au
Recorder	Kellie Burrows		kelburrows@bigpond.com
Surf Sports Committee			
Competition Coordinator			
Surf Boat Captain	Eddy Bergsma	0409 811 320	surfsports@fingalbeachslsc.com
Board & Ski Captain	Matt Campbell		mcplastering@bigpond.com
Life Saving Committee			
Life Saving Coordinator	Sean Hurdman		shurdman@bigpond.com
IRB Captain	Martyn Thompson		vmthompson64@optusnet.com.au
Life Saving Equipment Coordinator	Zac Thompson		zacthomo13@gmail.com

MEMBER SERVICES

COMMUNICATION METHODS & MEMBERSHIP DETAILS

All members are entered onto SurfGuard. SurfGuard is the national Surf Life Saving membership and club administration web-based database that enables data sharing and management relevant to organisation of the many aspects of the Surf Club. You can maintain your membership personal details; view your awards; renew your club membership and pay on-line at the Surf Lifesaving Australia Members Area: <https://bit.ly/2Jepzd1>

The committee will endeavor to provide you with information about what is happening at FBSLSC throughout the season using a variety of methods listed below. You are encouraged to provide feedback or make suggestions also.

- Members Handbook
- Newsletters
- Website www.fingalbeachslsc.com
- SMS/Emails
- Notice Boards
- Facebook Page

It is important that all your contact details are up to date in the members area so you don't miss out on important information. You can contact the Registrar if you need assistance to update/change your details.

WORKING WITH CHILDREN CHECK

It is now mandatory for every member over the age of 18 participating in a children's sporting group in NSW to have completed the working with children check (WWC), this includes all active, associates, nipper parents and guardians. Your membership cannot be approved without it.

You can begin the process to obtain your WWC number from The Office of the Children's Guardian website www.kidsguardian.nsw.gov.au The process is free and does not take more than 10 minutes please forward your number once obtained to registrar@fingalbeachslsc.com

All members over the age of 16 are also required to complete the Members Protection Declaration form. These can be downloaded from our website www.fingalbeachslsc.com and then can also be forwarded to the registrar.

CODE OF CONDUCT

Surf Life Saving is committed to the health, safety and well-being of all its members and is dedicated to providing a safe environment for those participating in surf lifesaving activities. The SLSC Code of Conduct exists and must be complied with for this reason.

The code of conduct states the member will:

- Respect the rights, dignity and worth of others
- Be fair, considerate and honest in all dealings with others and be a positive role model
- Make a commitment to providing quality service
- Be aware of and maintain an uncompromising adherence to SLSC's standards, rules, regulations and policies
- Demonstrate a high degree of individual responsibility, especially when dealing with persons under the age of 18 years of age
- Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving.

MEMBER SERVICES

PARENTS AND CARERS

The role of parents is critical to the young person's wellbeing and ongoing involvement. Supportive parents provide essential care, education and enthusiasm. A challenge for parents is getting the right balance between disinterest and overbearing involvement and being able to read their child's changing support needs. Age Managers are encouraged to provide a full briefing to parents during the season outlining the age managers' expectations in relation to supporting the children and assisting with activities.

A Parent/Carer of a junior member will:

- Remember that their child participates in surf life saving 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 (eg. coach, official, age manager, etc.)
- Be a positive role model for others

MEMBER PROTECTION OFFICERS

The Member Protection Officers for Fingal Beach Surf Club are Felicity Fizelle and Wayne Freeman.

If you have an informal complaint or grievance, the first thing you should do is try to address it with the person involved. If this cannot be done, please contact a senior member of the club or a Member Protection Officer for help and guidance.

Member Protection Information Officers are people trained to be the first point of contact within sporting organisations for any person considering making a complaint under the Member Protection Policy. MPIOs provide confidential, impartial and timely information and support. They act as a sounding board and provide information about the local complaint resolution options available to address the individual's concerns. MPIO's may also be called up to provide advice to club administrators or complaint handlers regarding the Member Protection Policy and associated laws. MPIOs are not advocates but they may elect to accompany complainants, if requested, to talk with someone else.

What DO Member Protection Information Officers do?

- Listen
- Act as an impartial support person
- Provide information about discrimination, harassment and child abuse
- Provide information about the Member Protection Policy and the options available to resolve the complaint
- Provide information about relevant laws and the right to complain externally
- Discuss possible strategies the individual can use to deal directly with the other person
- Provide contact details for counselling or other referrals as appropriate or as requested

What DON'T Member Protection Information Officers do?

- Advocate
- Take sides or judge
- Give advice
- Intervene
- Investigate
- Breach confidentiality

MEMBER SERVICES

GYM MEMBERSHIP

The Fingal Beach SLSC “Shear Grit” gym is open to members from 5:30am to 9:30pm 7 days a week. The gym is well equipped and has been set up so our active members can maintain their fitness and meet proficiency requirements.

Membership is from Jan1 to Dec 31. To become a member of the gym please download and complete the paperwork that can be found under Gym guidelines on our website, forward this to the gym coordinator and pay the annual fee. A one-off induction session will be arranged for new members. Cost of joining the gym is \$50 for active patrolling members per season. For Associate members the cost of joining the gym is \$330 per season.

Any enquiries re the gym can be directed to **secretary@fingalbeachslsc.com** and will be forwarded to Brett Allman our gym coordinator.

GETTING INVOLVED IN FBSLSC

We are a volunteer organisation and are always looking for more helpers. There are many different areas you can help or become involved at Fingal Beach SLSC whether you are a Nipper, Nipper parent, Active Member or Associate Member. There is a role for everyone: Consider the following areas:

- Patrols – First Aid, Radio Operation
- Administration – helping in the office
- Fundraising – every Friday night Raffles at the Country Club; BBQ and other fundraising initiatives
- Age Manager – helping Age Managers
- Sponsorship – asking your workplace to support Fingal Beach SLSC
- Water Safety for Nippers (must have Bronze or SRC)
- Training and Assessing
- Coaching
- Competing on Sundays (Youth, Opens and Masters) for Fun & Fitness
- Officiating on our Beach or at Carnivals
- Becoming a Committee member
- BBQ's and Special Events (Carnivals on our Beach)
- Help set up & Pack up Beach

If you would like to get involved with any of these activities, please contact a committee member relevant to the area you would like to assist with.

LIFE SAVING

PATROL ROSTER

The current patrol roster can be found on the FBSLSC website, on the Life Saving notice board in the patrol shed & on our Facebook Page (Closed group) Fingal Beach SLSC Patrol Swaps.

FBSLSC is required to patrol Fingal Beach from the first weekend of Spring School holidays to the last weekend of the Autumn School holidays, every Saturday, Sunday and Public Holidays.

PATROL UNIFORMS

Full patrol uniform must always be worn on patrol. If your uniform is damaged or needs to be replaced, please contact the Director of Life Saving to organise a new/replacement uniform. FBSLSC will provide all new members with a patrol uniform. The uniform consists of a yellow long sleeve “Surf Rescue” shirt, red “Surf Rescue” shorts, red & yellow quartered skull cap and a red wide brim hat. You are required to wear red swimmers or club swimmers. Optional patrol uniform that can be worn can be purchased from the club which includes a long-sleeved surf rescue rash shirt, waterproof patrol jacket, hooded jacket and/or a patrol peaked cap. Patrol Uniforms must not be worn off patrol or when not on duty (i.e. at shops for lunch).

It is your responsibility to clean your uniform after each patrol

MINIMUM AMOUNT OF PEOPLE REQUIRED ON PATROL

The minimum amount of people required to open the beach is 3 bronze medallion holders. Minimum qualifications required on every patrol are:

- 1 x Silver Medallion Basic Beach Management (SBM) all Patrol Captains must have this award.
- 1 x Silver Medallion IRB driver (IRB)
- 1 x IRB Crew (IRC)
- Advanced Resuscitation Techniques Certificate (ARTC)

AWARD MEMBERS (i.e. radio & first aid)

Members who hold their radio operators’ certificate (ROC) or first aid certificate are eligible to complete patrols. These members are only qualified and can only assist with radio operations and first aid incidents.

PATROL SWAPS (SUBSTITUTES)

Members MUST take responsibility to appoint a substitute if they are unable to attend their rostered patrol. Substitutes are found by contacting other Patrol Members as soon as you know you are unable to make your rostered patrol, ideally at least 7 days prior to your rostered patrol. Swaps can also be posted & found on our Closed Group Facebook Page “Fingal Beach SLSC Patrol Swaps”.

If a FREE SWAP Patrol is formed as part of the Roster – this Patrol can be used as your SWAP, however this free swap can only be performed if your own Patrol is not left short with qualifications. Free Swaps are only approved by contacting your Patrol Captain & Lifesaving Co-Ordinator.

LIFE SAVING

Once you have found a substitute you are required to notify your Patrol Captain & Lifesaving Co-Ordinator. Ideally, Substitutes should be of equal qualification – i.e. Patrol Captain (SBM) for Patrol Captain (or another Senior Club Member), ARTC holder with ARTC holder, IRB Driver for IRB Driver etc.

100% ATTENDANCE

A member shall be eligible for the 100% Patrol Attendance Award if he or she attends every rostered patrol during the season.

A member who cannot complete their rostered patrol, through circumstances beyond their control, and is unable to obtain a substitute at short notice, must notify the Director of Lifesaving, otherwise the patrol will be deemed “no show”.

A member who cannot complete their rostered patrol but obtains a substitute of equal patrol status and notifies their patrol captain and Director of Lifesaving, and personally pays back the patrol hours to that member, during the same season, shall be eligible for the 100% Patrol Attendance Award.

A patrol is deemed to be missed if a Member arrives late after 30 minutes or leaves more than 30 minutes early from a patrol, unless granted special leave by the Director of Life Saving.

PROFICIENCIES

Each year you are required to complete a proficiency for awards you hold prior to the 31 December.

Award	Proficiency
Surf Rescue Certificate	<ul style="list-style-type: none"> • Run Swim Run (100m run, 100m swim, 100m run in 5 minutes or less) • Resuscitation • Signals • Rescue (either board or tube)
Bronze Medallion	<ul style="list-style-type: none"> • Run Swim Run (200m run, 200m swim, 200m run in 8 minutes or less) • Resuscitation with oxygen and defibrillation • Signals • Rescue (either board or tube) • Radio
Advance Resuscitation Techniques	<ul style="list-style-type: none"> • Resuscitation • Oxy Viva Operation • Oropharyngeal Airways • Defibrillation • Suction
IRB Crew	<ul style="list-style-type: none"> • Questions on safety and the SLSA Powercraft Code of Conduct • Demonstration effective and safe crewing practice
Silver Medallion IRB Driver	<ul style="list-style-type: none"> • Knowledge on safety and SLSA Powercraft Code of Conduct • Demonstrate ability to apply safe driving practice

PROFICIENCY DATES

Proficiencies will be conducted on a number of set dates at the beginning of the season. Dates will be published on the Patrol Roster and on the website. Proficiencies must be completed by 31 December.





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LIFE SAVING

ROOKIE PROGRAM

The Rookie Program is developed to provide a smooth transition for 13 & 14 year olds (U14 & U15's) from nippers to senior surf lifesaving. The program provides hands-on beach patrol experience, learning essential rescue and lifesaving skills in a fun, non-competitive environment. Rookies begin training for their Surf Rescue Certificate (SRC) and in 2nd year may complete Radio Operators Certificate, Age Managers Assistant and other electives. Each Rookie is issued with a rookie pack from Hunter Surf Life Saving which includes a patrol shirt, patrol shorts, a hat and passport. Rookies are required to find a patrol buddy and complete a patrol checklist each patrol with their buddy. Rookies are invited to specific Hunter Branch events such as the annual Leadership Camp & Rookie Challenge. See the Rookie Coordinator or the Hunter Branch website www.hsls.org.au for Rookie events!

PATROL CAPTAINS MENTORING PROGRAM

If you are interested in becoming a patrol captain, please advise the Director of Life Saving. They will assign you to a patrol captain who will be your mentor for a season. You will also be required to complete Silver Medallion Basic Beach Management Course.

SURF LIFE SAVING NSW STANDARD OPERATING PROCEDURES

Surf Life Saving NSW has developed Standard Operating Procedures Manual. A copy of this manual is in the patrol shed near the log books.

FURTHER LIFESAVING AWARDS

If you are interested in gain further lifesaving awards, please read the Education section and Awards Chart and contact the Director of Education for further details on courses. Courses will also be advertised on the website and on the notice board in the patrol shed.



EDUCATION

There are many awards that you can gain in surf lifesaving. Awards can improve your life saving skills on the beach and in your everyday life. These awards are listed below.

Award	Minimum Age	Approx. Course Timeframe	Prerequisites
Surf Rescue Certificate (SRC)	13	35-45 hours	Swim 200M in 5 Minutes
Radio Operators	13	6-8 hours	Nil
Apply (Senior) First Aid	14	16 hours	(Fee applies)
Advanced Resuscitation Techniques Certificate (ARTC-AID)	15	8 hours	SLSA Bronze Medallion or Senior First Aid Certificate
Bronze Medallion (BM)	15	6-8 Weeks	Swim 400M in 9 Minutes
Inflatable Rescue Boat (IRB) Crewperson	15	10-16 hours	SLSA Bronze Medallion
Spinal Management	16	6-8 hours	PUAEME001B – Provide emergency care
Silver Medallion Basic Beach Management (Patrol Captains)	17	8 hours	SLSA Bronze Medallion
SSV Operator Certificate (Patrol vehicle)	17	3 hours	Drivers License SLSA Bronze Medallion
Silver Medallion Inflatable Rescue Boat (IRB) Driver	17	16-20 hours	SLSA Bronze Medallion SLSA IRB Crewman +10 hours IRB Crewman experience

TO REGISTER FOR COURSES

If you are interested in achieving an SLS award, please contact the Chief Training Officer.

BRANCH RUN COURSE APPROVALS

Hunter Surf Life Saving conduct SLS educational courses, for information on these courses see www.hsls.org.au. If you would like to attend a course, you need to register through the FBSLSC Chief Training Officer.

TO BECOME A TRAINER OR ASSESSOR

If you are interested in becoming a trainer or an assessor, contact the Chief Training Officer. You will need to complete a course and undertake training.

For further details please contact the Chief Training Officer,

STEVE WESTCOTT

0414 627 399

training@fingalbeachslsc.com

SURF SPORTS

SUNDAY CLUB EVENTS

A surf sports/ fitness program will be conducted for all 15+, active and reserve active members every Sunday morning whilst nippers is on. The events will commence at **8:30am** and will conclude prior to nippers 9:30am start.

Activities will include beach runs, flags, swim, board and Ski, and some boat rowing. These events will not be conducted when junior/master/opens carnivals are held. This is a great way to maintain your fitness and have some fun at the same time.

CLUB CHAMPIONSHIPS

Junior Club Championships will be conducted over three rounds:

- Round #1 Sunday 11th November 2018
- Round #2 Sunday 9th December 2018
- Round #3 Sunday 3rd February 2019

Senior Club Championships will be held once on **Sunday 10th March 2019**

Time – All rounds will commence at 9:00am

Events – sprint, flags, swim, board, ski, iron-person

Age groups – U15s, U17s, U19s, Opens, Masters

Awards – Age Champions & Club Champion per age group; Surf Sports Award for enthusiasm and effort.

CARNIVALS

To compete in carnivals you are required to be proficient in your Bronze Medallion and complete all your rostered patrols. If a carnival clashes with a rostered patrol you are required to find a substitute for your patrol (and pay it back). If you cannot find a substitute you are to attend your patrol. PATROLS MUST COME FIRST.

Upcoming Carnivals will be advertised via email and facebook. If you would like to compete in a seniors carnival, you are required to advise the Director of Surf Sports by email 14 days prior to the carnival date. Email surfsports@fingalbeachslsc.com

The 2018/19 Competition Calendar can be downloaded at

<https://bit.ly/2PQ8Zmg>

All major carnivals, events and dates are listed on the club calendar.

2018 FBSLSC CALENDAR

Date	Day	Event	Location	Time	Other events
15-Jul	Sun	Human Whale	Fingal	9am	
5-Aug	Sun	Online registrations for 2018 open			
9-Sep	Sun	Registration information day 1	Fingal	3pm-5pm	Friday 7th-Sn 9th Board Riding Championships
16-Sep	Sun	Patrol Captains Season Update	Fingal	3:00pm	
22-Sep	Sat	Trex Triathlon	Fingal		CVA 1/Stockton
23-Sep	Sun	Registration information day 2	Fingal	10am-12pm	
29-Sep	Sat	First Patrol Day	Fingal	9:00am	
30-Sep	Sun	Get fit training days 15+	Fingal	8:15am	
1-Oct	Mon	Public Holiday			
7-Oct	Sun	Get fit training days 15+	Fingal	8:15am	Sat 6th-Sun 7th Coolangatta Gold
11-Oct	Thurs	Run/Swim/Run (Carnival Competitors only)		TBA	
13-Oct	Sat	Rd 1 New Perm Series	Dixon Park		
14-Oct	Sun	Nipper day 1 - Pool Proficiency	Tomaree Pool	9:00am	
20-Oct	Sat	CVA 2	Stockton		Streets Boat Series (Rd 1) /Terrigal
21-Oct	Sun	Nipper day 2 Run/Swim/Run	Fingal	9:30am	
27-Oct	Sat	CVA 3	Blacksmiths		
28-Oct	Sun	Nipper day 3	Fingal	9:30am	
3-Nov	Sat	U8-Opens Rd 2 New Perm series	Blacksmiths	TBA	Patrol proficiencies 3 rd and 4 th
4-Nov	Sun	Kraka Board Challenge	Blacksmiths	TBA	Streets Boat Series (Rd 2) TGHN
11-Nov	Sun	Nipper day 4 Jnr Club Champs (Rd1)	Fingal	9:30am	
17-Nov	Sat	CVA 4	Stockton		
18-Nov	Sun	Nipper day 5/ Starfish Nippers Starts	Fingal	9:30am	Beach Accessibility Launch 11am/ Fingal
24-Nov	Sat	CVA 5	Blacksmiths		
25-Nov	Sun	Nipper day 6	Fingal	9:30am	
1-Dec	Sat	CVA 6	Stockton		
2-Dec	Sun	Nipper day 7	Fingal	9:30am	
8-Dec	Sat				Interbranch Championships Blackhead SLSC/ Boats (Rd 3) Scotts Head
9-Dec	Sun	Nipper day 8 Jnr Club Champs (Rd 2)	Fingal	9:30am	Interbranch Championships Blackhead/ Boats (Rd 4) Scotts Head
15-Dec	Sat	CVA 7	Blacksmiths	TBA	
15-Dec	Sat	Rd 3 New Perm Series	Stockton	8:00am	
16-Dec	Sun	Nipper and Starfish Xmas party	Fingal	9:30am	Denis Jones memorial 3pm-5pm TBA
23-Dec	Sun	Senior Christmas Party	Fingal	4:00pm	
25-Dec (Tues) Christmas Day					
26-Dec (Wed) Boxing Day					

2019 FBSLSC CALENDAR

Date	Day	Event	Location	Time	Other events
1-Jan (Tues) New Years Day					
6-Jan	Sun				Streets Boat series (Rd 5) Umina
12-Jan	Sat	CVA 8	Stockton		
12-Jan	Sat	U8-Opens Rd 4 New Perm Series	Catho	8:00am	
19-Jan	Sat	Masters Carnival	Fingal	TBA	
20-Jan	Sun				Streets Boat series (Rd 6) Stockton
28-Jan (Mon) Australia Day Public Holiday					
3-Feb	Sun	Nipper Day 9 Jnr Club Champs (Rd 3)	Fingal	9:30am	
9-Feb	Sat	Starfish Nippers start back	Fingal	8:00am	
10-Feb	Sat	Opens & Age Branch Championships	Fingal	8:00am	
10-Feb	Sun	Age /Masters/Boats	Fingal	8:00am	
17-Feb	Sun	Nipper Day 10	Fingal	9:30am	
24-Feb	Sun	Last Nipper Day (fun day)	Fingal	9:30am	23 rd & 24 Feb SLSNSW Surf lifesaving Championships
1-Mar	Fri	State Age Championships	Swansea/Bel	8:00am	
2-Mar	Sat	State Age Championships	Swansea/ Bel	8:00am	
3-Mar	Sun	State Age Championships	Swansea/Bel	8:00am	Wed 6th-Thurs7th State Masters Championships Swansea/Belmont
10-Mar	Sun	Senior Club Championships	Fingal	8:30am	Friday8th- Sun 10th State Opens Championships
16-Mar	Sat	CVA 9	Stockton		Streets Boat Series (Rd 7) Soldiers Beach
17-Mar	Sun	Nipper Presentation Day	Fingal	TBA	
6-Apr	Sat	CVA 10	Stockton		
19-Apr Good Friday (school holidays start 13 th Apr) 22 Apr Easter Monday					
25-Apr (Thurs) Anzac Day					
28-Apr	Sun	Last day of patrols			
25-May	Sat	Senior Presentation Evening			
16-Jun	Sun	Annual General Meeting			

NOTE: this calendar is correct at the time of printing, however it is a dynamic document and Subject to Change.
You must regularly check club communications.

Those who wish to attend Carnivals that are outside Hunter Branch require form signed by Director of Surf Sports

FINGAL BEACH SLSC ROSTERED PATROLS 2018-2019 (at 21st September 2018)

Patrol A		Patrol B		Patrol C		Patrol D		Patrol E		Patrol F	
Steve Westcott (PC) Jason Stewart (TPC) Rodney Limn (VC) Eden Clark Melinda Limn Craig Burrows Dimity Stewart Logan Stewart (SRC) Brady Stewart (SRC) Mikaela Burrows (SRC)	SBM IRB IRC ARTC SPN F/AID	Eddy Bergsma (PC) Scott Wright (VC) Grant Niddrie Stephen Bird Owen Hamilton Ariel Spencer Ian Clark Wayne Kemp	SBM IRB IRC ARTC SPN F/AID	Susie Anderson (TPC) Pat Hay Merrill Land Active Reserve 1 Active Reserve 2 Free Swap Patrol (Must apply to SLS Co-ordinator)	SBM IRB IRC ARTC SPN F/AID	Matt Campbell (PC) Lee Campbell (VC) Andrew Lange Ashlee Seale Emma Brown Jackie Fraser Toby Fraser Lea Seeto Cody Campbell (SRC) Cooper Luff (SRC) Reef Fitzpatrick (SRC)	SBM IRB IRC ARTC SPN F/AID	Matt Davis (PC) Christine Outeridge (VC) Noah Davis (TPC) Jim Hickey Jarrod Hickey Cheryl Hickey Addison Wilks Mathew Wright Emily Hickey Luke Murray (SRC) Riley Davis (SRC) Luke Wright (SRC)	SBM IRB IRC ARTC SPN F/AID	Julie Jennings (PC) Rodney Clarke (VC) Ethan Arndell Warwick Jennings Mason Jennings Morton Jennings Bailey Gauta Sienna Gauta Sandy Gauta India Gauta Kobe Gauta (SRC)	SBM IRB IRC ARTC SPN F/AID
Sun 14th Oct 9am-1pm Sun 4th Nov 1pm-5pm Sun 2nd Dec 9am-1pm Sun 23rd Dec 1pm-5pm Sun 13th Jan 9am-1pm Mon 28th Jan 1pm-5pm (PH) Sun 24th Feb 9am-1pm Sun 17th Mar 1pm-5pm Sun 14th Apr 9am-1pm Sun 28th Apr 1pm-5pm		Sat 29th Sept 1pm-5pm Sun 27th Oct 9am-1pm Sat 17th Nov 1pm-5pm Sat 15th Dec 9am-1pm Sat 29th Dec 1pm-5pm Sat 26th Jan 9am-1pm (Aust Day) Sat 16th Feb 1pm-5pm Sat 16th Mar 9am-1pm Sat 6th Apr 1pm-5pm Thurs 25th Apr 9am-1pm (Anzac Day)		Sun 30th Sept 9am-1pm Sun 21st Oct 9am-1pm Sun 18th Nov 9am-1pm Sun 9th Dec 1pm-5pm Tues 1st Jan 9am-1pm (New Years Day) Sun 20th Jan 1pm-5pm Sun 10th Feb 9am-1pm Sun 3rd Mar 1pm-5pm Sun 31st Mar 9am-1pm Sun 21st Apr 1pm-5pm (Easter Sun)		Sun 30th Sept 1pm-5pm Sun 28th Oct 9am-1pm Sun 18th Nov 1pm-5pm Sun 16th Dec 9am-1pm Tues 1st Jan 1pm-5pm (New Years Day) Sun 27th Jan 9am-1pm Sun 10th Feb 1pm-5pm Sun 10th Mar 9am-1pm Sun 31st Mar 1pm-5pm Mon 22nd Apr 9am-1pm (Easter Mon)		Sat 6th Oct 9am-1pm Sat 27th Oct 1pm-5pm Sat 24th Nov 9am-1pm Sat 15th Dec 9am-1pm (Boxing Day) Sat 5th Jan 9am-1pm Sat 26th Jan 1pm-5pm (Aust Day) Sat 23rd Feb 9am-1pm Sat 16th Mar 1pm-5pm Sat 13th Apr 9am-1pm Thurs 25th Apr 1pm-5pm (Anzac Day)		Sat 6th Oct 1pm-5pm Sat 3rd Nov 9am-1pm Sat 24th Nov 1pm-5pm Wed 26th Dec 9am-1pm (Boxing Day) Sat 12th Jan 1pm-5pm Sat 2nd Feb 9am-1pm Sat 23rd Feb 1pm-5pm Sat 23rd Mar 9am-1pm Sat 13th Apr 1pm-5pm Sat 27th Apr 9am-1pm	
Patrol G	SBM IRB IRC ARTC SPN F/AID	Patrol H	SBM IRB IRC ARTC SPN F/AID	Patrol I	SBM IRB IRC ARTC SPN F/AID	Patrol J	SBM IRB IRC ARTC SPN F/AID	Patrol K	SBM IRB IRC ARTC SPN F/AID	Patrol L	SBM IRB IRC ARTC SPN F/AID
Stuart Lowrie (PC) Jeff Burns (VC) Julie Smith Wayne Freeman Warwick Hewitt Damien Hurley Angela Helly Emily Freeman Eireann Hurley Elissa Burns (SRC) Charly Gertz (SRC) Grace Hewitt (SRC) Sam Mitchell (SRC) Niamh Hurley (SRC) Connor Freeman (SRC)		Dale Canning (PC) Jo Cooper (VC) Shannon Wood Carlo Labra Marguerite White Brae Fleming Kyle Gregory James Fleming Marshall Monin		Ryan Lange (PC) Tanya Squires (VC) Chris Lange Kate Phillips Blake Monley Dominic Grayson Karen Wilgar Olivia Squires (SRC) Maddy Grayson (SRC) Patrick Wilgar (SRC)		Andrew Bergsma (PC) Dave Affleck (VC) Grant Vincent Trina Affleck Kellie Vincent Darren Stewart Jay Bergsma Jack Stewart Mitch Affleck Harry Duncombe Kai Vincent (SRC) Lewis Affleck (SRC) Tori Stewart (SRC)		Jason Ross (TPC) Zac Thompson (VC) Larry Tonsen (VC) Kim Westcott Amy Clark Craig Clark Michelle Ross Ivan Jadric Piper McCleer Elliott Shore (SRC) Thomas Shore (SRC) Oliver Shore (SRC) Evie Shore (SRC)		Marty Thompson (PC) Vanessa Thompson (VC) Ben Freund Natalie Vogtmann Dougal Eadie Scott Sinclair Ken Rodney Adam Focic Kim Focic	
Mon 1st Oct 9am-1pm (PH) Sun 14th Oct 1pm-5pm Sun 11th Nov 9am-1pm Sun 2nd Dec 1pm-5pm Sun 30th Dec 9am-1pm Sun 13th Jan 1pm-5pm Sun 3rd Feb 9am-1pm Sun 24th Feb 1pm-5pm Sun 24th Mar 9am-1pm Sun 14th Apr 1pm-5pm		Mon 1st Oct 1pm-5pm (PH) Sun 21st Oct 9am-1pm Sun 11th Nov 1pm-5pm Sun 9th Dec 9am-1pm Sun 30th Dec 1pm-5pm Sun 20th Jan 9am-1pm Sun 3rd Feb 1pm-5pm Sun 3rd Mar 9am-1pm Sun 24th Mar 1pm-5pm Sun 21st Apr 9am-1pm (Easter Sun)		Sat 13th Oct 9am-1pm Sat 3rd Nov 1pm-5pm Sun 11th Nov 1pm-5pm Sat 22nd Dec 1pm-5pm Sat 12th Jan 9am-1pm Sat 2nd Feb 1pm-5pm Sun 3rd Feb 1pm-5pm Sat 23rd Mar 1pm-5pm Fri 19th Apr 9am-1pm (Good Friday) Sat 27th Apr 1pm-5pm		Sat 13th Oct 1pm-5pm Sat 10th Nov 9am-1pm Sat 1st Dec 1pm-5pm Sat 22nd Dec 9am-1pm Sun 27th Jan 1pm-5pm Sat 9th Feb 9am-1pm Sat 2nd Mar 1pm-5pm Sat 30th Mar 9am-1pm Fri 19th Apr 1pm-5pm (Good Friday)		Sun 7th Oct 9am-1pm Sun 28th Oct 1pm-5pm Sun 25th Nov 9am-1pm Sun 16th Dec 1pm-5pm Sun 6th Jan 9am-1pm Sun 27th Jan 1pm-5pm Sun 17th Feb 9am-1pm Sun 10th Mar 1pm-5pm Sun 7th Apr 9am-1pm Mon 22nd Apr 1pm-5pm (Easter Mon)		Sun 7th Oct 1pm-5pm Sun 4th Nov 9am-1pm Sun 25th Nov 1pm-5pm Sun 23rd Dec 9am-1pm Sun 6th Jan 1pm-5pm Mon 28th Jan 9am-1pm (Aust Day) Sun 17th Feb 1pm-5pm Sun 17th Mar 9am-1pm Sun 7th Apr 1pm-5pm Sun 28th Apr 9am-1pm	
Patrol M	SBM IRB IRC ARTC SPN F/AID	Patrol N	SBM IRB IRC ARTC SPN F/AID			Active Reserves	SBM IRB IRC ARTC SPN F/AID	See website (www.fingalbeachslsc.com) for most current roster			
Connor Linz (PC) Peter Linz (VC) Karen Lange Sean Hurdman Greg Turner Wayne Newton		Felicity Fizelle (PC) Dave Wiseman (VC) Ashley Woods (VC) Brett Woods Michael Glew Margi Galloway Anders Glew Alannah Galloway (SRC) Margaret Burns (SRC) Sophie Trewern (SRC)				Brett Allman Clint Brown Charlie Dunkley Glen Dunkley Mitch Fraser Kelvin Hawkins Andrew Parker Phil Rock Peter Sosso Paul Squires Gary Fleming Mike Kitcher		Christmas Day-Volunteers needed (PC) - Patrol Captain (VC) - Vice Captain (TPC) Trainee Patrol Captain (PH) - Public Holiday Easter 2018 - Fri 19th Apr to Mon 22nd Apr Tanya Squires Club Captain Mobile 0418 970 766 Email: lifesaving@fingalbeachslsc.com Sean Hurdman Surf Life Saving Co-ordinator Mobile 0413 880 122 Email: shurdman@bigpond.com			
Sat 20th Oct 9am-1pm Sat 10th Nov 1pm-5pm Sat 8th Dec 9am-1pm Wed 26th Dec 1pm-5pm (Boxing Day) Sat 19th Jan 9am-1pm Sat 9th Feb 1pm-5pm Sat 9th Mar 9am-1pm Sat 30th Mar 1pm-5pm Sat 20th Apr 9am-1pm (Easter Sat)		Sat 29th Sept 9am-1pm Sat 20th Oct 1pm-5pm Sat 17th Nov 9am-1pm Sat 8th Dec 1pm-5pm Sat 29th Dec 9am-1pm Sat 19th Jan 1pm-5pm Sat 16th Feb 9am-1pm Sat 9th Mar 1pm-5pm Sat 6th Apr 9am-1pm Sat 20th Apr 1pm-5pm (Easter Sat)						Patrol swaps are your responsibility to organise. Please make sure you swap with another member who has similar qualifications to ensure your patrol is not left short of the required qualifications. Once Patrol Swap organised, please notify SLS Co-ordinator (Sean Hurdman) via email of the swap.			
								SBM=Silver Beach Medallion, IRB=IRB Driver, IRC=IRB Crew, ARTC=Advanced Resuscitation, SPN=Spinal, F/AID=First Aid			
								ATV/SSV: You must be inducted			



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SURF SPORTS

FINGAL BEACH SLSC CARNIVALS

Once again Fingal is hosting the Open and Age Hunter Branch Championships at our beach. This event will be conducted over two days on the 9th & 10th of February.

Each year Fingal hosts a Masters carnival in January. This carnival is for master competitors (30 years and older) in 5-year age groups. To be eligible to compete you need to be a proficient bronze medallion holder and complete your rostered patrols.

This is a great way to showcase our club, its facilities and our beautiful beach. To ensure that both carnivals run smoothly, we will require full support from all our members to ensure the carnivals run successfully. If you would like to be a part any of the carnivals and not compete below is a summary of jobs that you can assist with:

- Carnival registrations
- Recording event results
- Officiating
- IRB Water safety, providing you are proficient bronze medallion and IRB crew or driver
- Catering for officials, BBQ cooking and serving
- Carnival set up and pack up

SAFETY MEASURES

We are guided by safety measures that Surf Life Saving Australia (SLSA), has introduced to improve the safety of surf lifesaving competition and activities.

These include:

- ✓ introduction of compulsory high visibility lycra vests for all competitors;
- ✓ venue selection criteria and
- ✓ onsite risk managers to assess the suitability of competition conditions who have the authority to suspend any event on the spot.
- ✓ All surf boat rowers and sweeps must wear helmets.
- ✓ All surf lifesavers operating inflatable rescue boats, both on patrol and in competition, must wear lifejackets
- ✓ All competitors at the Australian Surf Life Saving Championships must hold the SLSA Bronze Medallion with Certificate II in Public Safety (Aquatic Rescue).

For Fingal Club Days and training, all competitors are to wear hi vis pink vests (available from Merchandising).

SURF SPORTS EVENTS

Beach Events include: Beach Sprints (90m), Beach Flags, Beach Relays and 2km run events. If not getting wet is your thing then this is the go.

Swimming Events include Surf Race, Surf Teams, Tube Rescues, Board Rescues, Belt Swims and many others. Swimming is a great way to get and stay fit for life.

Board Paddling races typically race around buoy's approx. distance of 350m. Events include individual Board race, Board relays and Board rescues.

Those with a background in surfing or swimming would be great at this event.

SURF SPORTS

Ski Paddling race involves a distance of about 500m length. Events include Single Ski, Double Ski, Mixed Double and Ski relays. Both board and ski events crossover to other events including iron man and taplin relay events.

Surfing involves both Short Board and Long Board Surfing. If surfing is your pastime then take up the challenge and compete in these events.

Surfboat Rowing involves 4 rowers and a sweep per boat, race distances are around 800m, rowing in surf is something boaties can never get enough of. For those that like excitement, this event is for you. Open to men and women. If you have an interest in surf boat rowing or would like to give it a go, contact the surf boat captain whose details are listed at the beginning of this handbook.

Patrol Competitions. This event is quite unique and offers another level to your bronze medallion. The event is based on skills as a Surf Lifesaver in a practical way. Event includes, Resuscitation, First Aid, Theory paper and a rescue scenario. A great way to polish your skills as a Surf Lifesaver.

First Aid Competitions. This is an event based solely on your first aid knowledge; competition involves every facet of first aid practices as well as practical tests. A great event to fine tune your skills as a Surf Lifesaver.

We have been very successful in these events over the years.

March Past. Each team consists of 12 people and is generally recognised as a demonstration event. If low intensity exercise, with a strong focus, is your number this event is the one for you.

IRB Racing. For the warm blooded folk who don't mind getting in the water over winter. IRB racing has been around for years with great success within our club. You will need to complete your IRB driver's award to be a driver or IRB Crew award to be allowed to race, events for both men and women.

For those that like adrenalin and water, this one is for you.

Rescue & Resuscitation (R&R). This event is basically a drill exercise that involves retrieval of a patient from the water, pick up and carry to beach and then perform resuscitation. Teams are five man and six man and are judged on technique. Great event if you're keen on low physical activity, great for a group of younger crew, men and women



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JUNIOR ACTIVITIES

NIPPER PROGRAM OVERVIEW

Surf Life Saving is a great activity for growing a child's confidence, knowledge and skills in the beach environment. Not only will your child have fun and meet new friends, they will become part of an iconic organisation that has served the Australian community for over 100 years.

Fingal Beach Surf Life Saving Club offers a program of surf awareness, skills coaching and competition over various levels, similar to the events Australia's Surf Life Savers participate in.

While competition and fitness are an important element, the surf awareness and education aspect are the primary aim. Children are taught from the youngest ages how to respect the surf, read the surf and use the surf to their advantage, as well as basic first aid and rescue techniques. Sun Smart messages are reinforced weekly. **Slip, slop, slap and wrap.**

This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf lifesaving.

HIGH VISIBILITY LYCRA VESTS FOR ALL NIPPERS

Surf Life Saving Australia has introduced safety measures to improve safety of surf lifesaving competition and activities. As such, all Nippers are to wear high visibility lycra vests, **AT ALL TIMES** during Nippers. They are available to purchase from our Merchandising Office in the Clubhouse. They will be unable to participate if they are not wearing these vests. Our U6 & U7 age groups are also to wear hi-vis green caps during nippers. This enables them to be distinguished from the other nippers.

AGE GROUPS

A child may join nippers as soon as he/she turns 5 years of age but not before. Nippers are divided into 9 age groups. Age is determined as at midnight 30th September each year. If a child is 10 years of age on or before 30th September, they will be in the Under 11 age group for the entire season. Participation outside your own age group is not possible as this is against SLISA regulations and makes point scoring difficult for both your child and the age manager involved.

SPECIAL NEEDS AND MEDICAL REQUIREMENTS – “STARFISH PROGRAM”

FBSLSC Junior Committee has commenced a “Starfish” program for children with special needs. The season will run from October to December. Please contact the Mitch Fraser or Nikki Morrow for more information.

U6 and U7 nippers do not enter the surf but do play age related surf games. They must not enter the surf without the permission of their age manager whilst in their care. This age group does not compete at carnivals. Parents are encouraged to assist the age manager in the coordination of these age groups.

U8 do not participate in the surf or board races but do the wade event. They are required by Surf Lifesaving Australia to pass a 25-metre pool swim and a survival float prior to commencing junior activities. The swim can be any stroke, even dog paddle. Surf education lessons are compulsory. All under 8's are encouraged to attend carnivals, which are just big nipper days with other Hunter clubs. A great place to meet new kids!

U9 to 13 participate every club day in both beach and water events and surf education lessons are compulsory. At no time will an age manager force a child to enter the surf; they will encourage them to have a go. Parents are asked to encourage their children only, as scare tactics almost always fail. Friendly bribes as we all know sometimes work.

U14 while completing their Surf Rescue Certificate, U14's will be encouraged to be self directed in setting individual goals for their surf lifesaving experience.

U15 will continue to be involved on Nipper Days, whether it be competition or fitness activities, Club Championships, Water Safety, Age Manager Assistant, Mentoring young nippers and fundraising.

JUNIOR ACTIVITIES

JUNIOR PRELIMINARY, COMPETITION EVALUATION AND DEVELOPMENT PROGRAM

Preliminary Evaluation

Depending on the age group and prerequisites required by Surf Life Saving (SLSA & SLSNSW), all juniors need to be proficient every season with a minimum preliminary swim. This will allow them to contest all events at our beach only.

Competition Evaluation

If your child passes a 200m timed pool swim and ocean swim in accordance with SLSA and FBSLSC rules, they are encouraged to attend carnivals to compete in team or individual events. It also enables them to contest at the Club Championship days.

Junior Development Program (Surf Education)

Surf Education is a major component of Surf Lifesaving that every child must complete for their relevant age Surf Education Award. These modules are conducted during Nipper days and must be completed prior to 31st December.

The junior development program is designed to ensure children from ages of 5 to 12 have fun at the beach while participating in lessons that will pathway them to becoming a lifesaver.

The specially designed program pathways knowledge and skills with learning outcomes through lessons that are tailored to each of the age groups; ensuring the content is relevant, in line with lifesaving and surf sports and to the most up to date training standards.

Each Age Group has its own individual set of lessons – between 10 to 16 lessons depending on the age group.

The lessons will be coordinated by the Junior Education Officer in conjunction with the Age Managers.

An easy way to fundraise!

Mention Fingal Surf Life Saving Club when applying for a Newcastle Permanent home or business loan (over \$100,000), and for each eligible new loan they will receive \$600 through our Introducer Program!*

For more information or to arrange an appointment with a Newcastle Permanent home or business loan expert, call 13 19 87.

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JUNIOR ACTIVITIES

PRELIMINARY, COMPETITION & JUNIOR DEVELOPMENT PROGRAM SUMMARY 2018/19

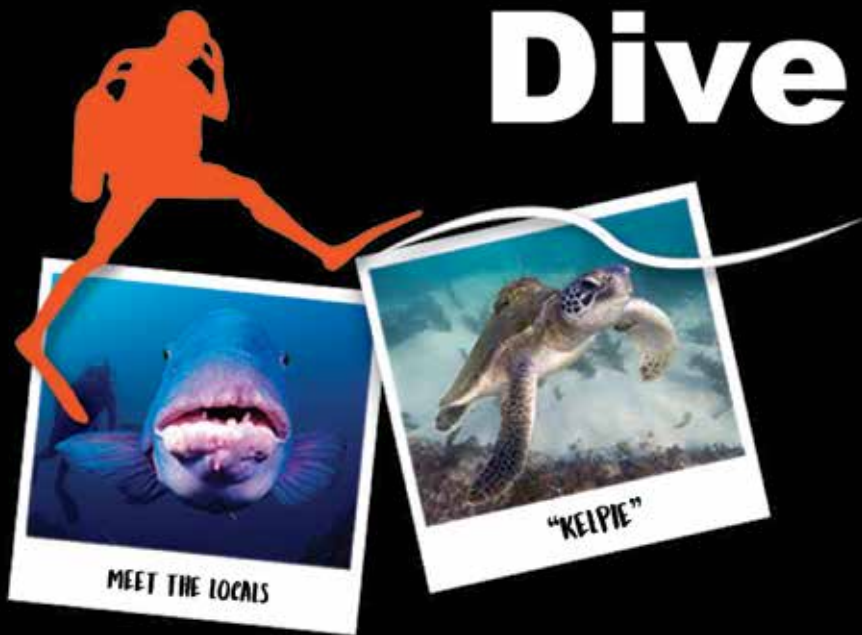
	Preliminary Skills Evaluation	Timed Pool Swim	Competition Skills Evaluation	Junior Development Program (Surf Education)
Requirements	Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken.	The timed pool swim and competition evaluation must be achieved before being eligible to compete. This is a minimum standard water proficiency requirement.		The relevant age Surf education award must be completed each year prior to 31 December.
Assessors	JAC personnel inducted and approved by Hunter Branch or Approved SRC/Bronze Assessor	Approved SRC/Bronze Assessor (may be assisted by inducted JAC personnel Age Manager, Level 1 Coach or Official, Training Officer SRC Bronze)		Age Managers Trainers Patrol Members
Under 6	From waist deep standing position, front glide, then recover. Float with aid for 5 seconds then recover.			Surf Play One
Under 7	From waist deep standing position, front glide, kick for 3m, then recover. Float with aid for 5 seconds then recover.			Surf Play Two
Under 8	25 metre swim (any stroke) 1 minute survival float	Nil (no competition)	Nil (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	25 metre swim (any stroke) 1 minute survival float	200 metre pool swim within 6 minutes	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware Two
Under 10	25 metre swim (freestyle) 1.5 minute survival float	200 metre pool swim within 6 minutes	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe One
Under 11	50 metre swim (freestyle) 2 minute survival float	200 metre pool swim within 5 minutes	Minimum 288m open water swim (competition course as per competition manual)	Surf Safe Two
Under 12	100 metre swim (freestyle) 2 minute survival float	200 metre pool swim within 5 minutes	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart One
Under 13	150 metre swim (freestyle) 3 minute survival float	200 metre pool swim within 5 minutes	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart Two
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float	200 metre pool swim within 5 minutes	Minimum 288m open water swim (competition course as per competition manual)	Surf Rescue Certificate

AGE MANAGERS

Your age managers for the season have volunteered their time to help make your child's age group an enjoyable 'surf learning' experience. Please respect their decisions and trust that they have your child's best interest at heart. Many are Surf Lifesavers themselves.

If you are interested in being an age manager please contact the Age Manager Coordinator. There is a SLSA Age Managers Course which will provide you with the skills and knowledge to become an age manager.

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JUNIOR ACTIVITIES

Recognised Swim/Survival Stroke: (i.e. front crawl, breaststroke, backstroke, sidestroke, survival back skull, butterfly) may be demonstrated using one or more combination of strokes. Both Preliminary & Competition evaluations should be undertaken in a continuous fashion.

Notes:

- Every junior member is required to participate in the preliminary evaluation conducted by the club, prior to any junior water activity training or competition undertaken. Any child that does not meet required evaluation level will require a higher level of supervision when involved in water-based activities at the discretion of the club.
- Every junior member must achieve the relevant Surf Education Award appropriate to their age group to compete in competitions.
- The open water competition evaluation must also be achieved before any members are eligible to compete
- Every junior member should achieve the relevant surf education award appropriate for their age group.

SUNDAY MORNING NIPPERS

In order for nippers to run smoothly on Sunday please take note of the following:

- Nippers commence at 9.30am. Children are required to be assembled behind the age group signs with sunscreen applied at 9.15am so age managers can mark the roll. It is important that your child is ticked off as present for safety numbers and attendance awards.
- Children must wear a club skull cap and high visibility lycra vest to participate, sun hat and long sleeve shirt for sun protection.
- U6 & U7 are required to wear a hi-vis green skull cap.
- Please assist your child's age manager by helping with flags, buckets, judging etc
- Collect your child promptly at end of nippers and sign them out. This is a safety requirement.
- Please assist with BBQ and beach set up when rostered on

Depending on the age group, nipper activities include:

- Surf safety education
- Beach flags
- Board races, rescues and relays
- Beach sprint and relays
- Surf races and surf team races (swim)
- SRC for under 14s & 15s
- Lots of fun!

NIPPER SCHEDULE	
7:30am	Water and boat setup
8:30am	Beach and BBQ setup
9:00am	Age Manager Meeting
9:10am	Nippers Roll Call
9:20am	Briefing
9:30am	ON the Beach
11.30am	Sign Out, clean boards Water, Beach, BBQ packup

WEEKLY ENCOURAGEMENT AWARDS

The Age Manager will award weekly to a child who displayed a positive attitude, who strived for personal development, showed good sportsmanship, are willing to help others and showed respect for their Club and gear.

JUNIOR ACTIVITIES

JUNIOR CLUB RULES

1. No child will be able to participate on club days until they are fully registered. Must have PASSED Preliminary Evaluation.
2. All events that are conducted will be in line with the National Surf Sports Manual.
3. To compete in Water Events at Carnivals members must have completed the minimum standard water proficiency requirement (see Preliminary, Competition Evaluation Chart p.18).
4. Fingal's competition cap and high visibility lycra vest is compulsory for all members and must be worn on Club Days and at Carnivals for identification and safety.
5. The Patrol Captain is responsible for the management of the beach and will determine the most suitable area for nipper activities and has the right to cancel Junior Activities if the conditions are unfavorable.
6. Members who represent the Club at another endorsed Surf Life Saving related venue and cannot attend a Club Day, can receive their attendance points for that day. It is the responsibility of members to inform the Recorder to obtain a letter of attendance that can be signed off. When representing the Club at non – programmed venues or out of branch carnivals, approval must be sought from the Committee.
7. Flag and Sprint events will be contested separately for males and females. Surf race and Board events will be contested as an Age Group and, where possible, points will be allocated males and females separately.
8. To be eligible to compete in Club Championships at Fingal Beach, the member must have competition rights with Fingal Beach Surf Life Saving Club.

PARENTAL INVOLVEMENT AND MEMBERSHIP

Parents are invited and encouraged to share the experiences of Junior Activities with their children, especially with the younger age groups. Involvement within other aspects of the Club also welcomed.

This may include: the gaining of awards to assist in providing water safety, coaching specific disciplines, officiating and administration along with participating in social and fundraising activities.

Parent membership is encouraged and is vital for the operational success of the club. There are many ways you can assist in both the juniors and/or the club in general.

- Assisting in setting up of beach and carrying down equipment.
- Washing off boards or helping pack up the beach equipment at the end of training
- Assist the Age Group Leader during training
- Assist in fundraising activities
- Volunteer to help with the BBQ
- Gain your Surf Rescue Certificate or Bronze Medallion to become a Water Safety Officer.
- Become an Official. Clubs are required to supply Officials at all carnivals. Short training courses are provided by SLISA.

100% ATTENDANCE

1. **Club Attendance** – A certificate of 100% attendance will awarded to members who have attended all club days and club championship rounds at Fingal Beach.
2. **Club Days and Carnivals Attendance** – 100% attendance will be awarded to members who have attended all club days, club championships and carnivals, excluding State Championships and the “optional events” listed on the program.

JUNIOR ACTIVITIES

RECOGNITION OF ABSENCE WILL BE ACCEPTED AS AN ATTENDANCE ONLY:

If any member is disadvantaged due to medical, joint custody or similar reasons, the member can appeal to the Committee for consideration. A letter describing the member's disadvantage must be lodged with the Recorder the next week following the absence or at the beginning of each season, with the dates listed that the child will be unable to attend for Attendance points to be awarded. Nippers may attend other surf clubs and can still claim 100% if they obtain a letter from the visiting club of their attendance and submit to the Recorder as soon as practicable.

NIPPERS & PARENTS BEHAVIOUR

1. Members will be required to appear before the Committee for use of bad language or improper behavior on the beach, at the Clubhouse or at Carnivals.
2. Any interference to another competitor in any event will mean instant disqualification to the offending party. Final decision on disputes will be adjudicated on by club officials

See Member Services section for “Code of Conduct” that ALL members are to abide by.

CLUB CHAMPIONSHIPS

- Club Championships will be run over three (3) rounds and are open to all Proficient Competition Qualified Juniors.
- Club Championships Events will consist of the surf swim, board race, beach sprint, flags for U9-10 with the addition of Iron person for U11-U14s. U8s compete in beach spring, flags and wade only.
- Points gained over the 3 rounds will be totaled to determine placing overall for each age group U8-U14.
- Points will be allocated as follows:

1 st	6 per event
2 nd	5 per event
3 rd	4 per event
4 th	3 per event
5 th	2 per event
6 th	1 per event

CARNIVALS

Competing at carnivals is a good means of increasing fitness, surf skills and educating our future lifesavers whilst making lots of new friends who also enjoy the beach from other Clubs. Carnivals held in the Hunter Branch region will finish at 2pm.

For carnival dates, please see the calendar in this handbook

How to enter carnivals?

This year there are two options in relation to carnival registrations:

- 1) Purchase of a carnival pack (U9 -U14) at the start of the season which includes entry into all the relevant carnivals (at a reduced rate) and the branch carnival. You WILL still need to advise Carnival Co-ordinator / Junior Administrator of your attendance at least one week prior to the carnival to assist in planning of relevant official and water safety ratio requirements.
- 2) If you want to select which carnivals you wish to attend you can register for carnivals individually and pay the full fee (there is no fee subsidy / fee reduction offered by the club for registrations outside the carnival pack). This option will also apply to U8 due to carnival limitations

JUNIOR ACTIVITIES

You WILL still need to advise Carnival Co-ordinator / Junior Administrator of your attendance at least one week prior to the carnival to assist in planning of relevant official and water safety ratio requirements

The costs for carnival packs are as follows:

Carnival Pack: **U9-10 \$55** includes entry to 3 carnivals and Branch Championships

U11-14 \$70 includes entry to 4 carnivals and Branch Championships

Carnival Notes

- Any Parents of carnival competitors that DO NOT hold a position within the club as committee member or age manager are required to complete the officials course with Hunter SLSA, officiate in at least 3 carnivals per season in order for their child to compete.
- Club swimwear is required to be worn at carnivals and in Team Events as all team members must be attired the same.
- Competitions caps - must remain on and securely tied under the chin, particularly in competition
- SLSA have made wearing high visibility lycra vests compulsory in all competitions
- Jewellery – watches, earrings, chains, bracelets etc must not be worn
- Alcoholic Beverages - SLSA has banned the consumption of alcoholic beverages whilst a carnival is in progress. Licensed areas may be available at the conclusion of the carnival.
- The Team Manager is the only person from our club eligible to lodge a protest regarding any alleged infringement of the rules
- No parents are allowed into the competition arena
- Adverse Conditions – if conditions are adverse, the Carnival Referee will cancel or relocate the carnival. The Club Team Manager will notify competitors via a text message from SurfGuard.
- All club competitors can compete at the Branch Championships, however State selection will be based on club championship results and commitment to the training schedules.

What to pack?

- Competition cap (compulsory)
- Club swimmers
- Sun hat
- Sunscreen
- Beach chairs
- Wet weather jacket
- Warm clothing
- Towels
- Plenty of fluids i.e. water or sports drinks
- Towels
- Swimming cap & goggles
- Rash vest/singlet

Officials

For every ten (10) competitors that compete for Fingal Beach SLSC, the club is required to supply one (1) official. The more officials from FBSLSC the less time parents will have to spend officiating, so please participate in officiating and share work load, it is a great experience and you have the best vantage point on the beach to watch events! To become an official, you are required to complete a Level 1 Surf Officials Course, which is conducted by Hunter Surf Life Saving. Please let the Junior Education Officer know if you are interested in completing an official's course.

Water Safety

For every ten (10) competitors that compete for Fingal Beach SLSC, the club is required to supply one (1) proficient and financial water safety personnel. Water safety must have Bronze Medallion and are supplied with a fluoro orange skull cap and rash vest, if you are assisting the club with water safety at Carnivals you are required to supply your fins, rescue tube or rescue board.

JUNIOR ACTIVITIES

Carnival Day

- Allow plenty of time to get there on time, find a park and get down to the beach
- Parents can assist with carrying carnival gear down to the beach i.e. tents, boards etc, march past reel and at the end of the carnival assist with carrying back to the trailer
- When competitors arrive, they are to report the Team Manager to be signed for attendance and then see their Age Manager.
- All competitors must have their name marked off by the Carnival Host Club & have an age colored leg band attached prior to competition. There will be a designated area near the Clubhouse for this registration.
- NO BAND - NO MARSHALL.
- Competitors should remain around the Fingal tent, advise your Age Manager if leaving the beach for any reason.
- Events will not be held up for late comers.
- The program can change on short notice and the Water or Beach areas could move. You will need to listen to the carnival announcements for your child's age group and events. Please advise others if you hear something.
- Carnivals are lots of fun and require the patience and cooperation from everyone!
- See the Team Manager for any concerns on the day – do not approach Officials or Starters
- Remember that Carnivals should be fun – IT IS NOT THE IRONMAN SERIES - and that everyone are VOLUNTEERS, giving up their time for the Carnival.

Team Events

The Junior Selection Panel will select Teams based on results of recent club days and club championships, and in consultation with Age Managers. In some age groups we are fortunate to be able to field two teams. We also have the option if teams are short or because of injury, to run children 'up' an age group, you cannot go down.

Teams will be selected prior to each carnival and parents will be notified of your child's selection. If your child is selected and unable to attend please notify your age manager so that another child may have the opportunity to compete.

TRAINING

Training is offered to junior members who are **carnival qualified** and intend on attending carnivals.

Nippers must be assessed by the Head Coach prior to attending to determine most suitable group and to ensure appropriate water safety ratios, depending on skill level of each individual. Please note that the focus of Junior Activities is to introduce surf skills and not to provide how to swim lessons. It is strongly recommended that parents place their children into a swimming squad or lessons at their local pool/s.

Parents must remain with child at all times during training sessions.

Parent helpers at training must have bronze medallion to assist in water event training.

NIPPERS TRAINING SESSIONS 2016/17						
		MON	TUES	WED	THURS	FRI
MORNING	TIME SESSION LOCATION		6am Board Training Fingal Beach SLSC			
AFTERNOON	TIME SESSION LOCATION					4:30pm Board Training Fingal Beach SLSC

JUNIOR ACTIVITIES

Below is a brief description of the main events conducted at Carnivals. For more details on event rules please refer to the 35th Edition of the Surf Sports Manual, which can be downloaded on the Hunter Branch website www.hsls.org.au

Beach Events		
Event	Age Group	Description
March Past	U8 to U14	The March Past Team is made up of 12 members all of whom are provided with a costume from the club. Points are deducted for drill, dress, marching, turning, reel discipline and self-control.
Beach Sprint	U8 to U14	Beach sprint races are the most closely contested events at any Carnival. Competitors in these events sprint 70m.
Beach Relay	U8 to U14	Teams of four (4) runners make up the beach relay team. The relay is run over the same course as the beach sprint, with the runner using a piece of rubber hose as the baton.
All Age Relay	U8 to U14	The All Age Relay is run the same as the beach relay with seven (7) runners representing one (1) runner from each age group U8 to U14.
Beach Flags	U8 to U14	Competitors in this event lie face down on the sand (looking the opposite direction to the flags), after the whistle blasts, competitors spring to the feet, turn around, sprint and dive for the baton located in the sand. The beach flags are a knock out event and each round one or more competitors are eliminated after each heat until there is only one (1) competitor remaining who is the declared winner.
Water Events		
Wade	U8	Competitors line up on the beach approximately 10 meters above the water line. On the start signal, run into the water and then proceed to wade through waist deep water around water safety personnel and finish between to flags 15 metres above the water line.
Wade Relay	U8	This is a team event of four (4) competitors who repeat the wade event. One (1) runner at a time starting from the same point, completing the course and taping the hand of the next runner, the last runner has to finish between the flags 15 metres above the water line.
Surf Race	U9 to U14	Competitors sprint from a line on the beach into the surf where they swim around a set of buoys and return to the beach. The finish line is approximately 15 metres from the water's edge.
Surf Teams	U9 to U14	Surf Teams consists of four (4) swimmers and may be all male, all female or mixed. Team members must be clearly identified by a marking. Points are awarded for the position the swimmer finished e.g. 1st=1 point, 2nd=2 points, 3rd=3 points etc. The points of each team are then added and the team with the lowest number of points is declared the winner.
Board Race	U9 to U14	On the starters command competitors will run to the water with their board, paddle out through the surf around the course set by the referee and return to shore and finish between two flags approximately 15 meters from the water's edge. U9 & U10s paddle a foam board, U11s to U13s paddle a fibre glass board and U14s paddle a mal
Board Relay	U11 to U14	This is a repeat of the board race with three (3) competitors to a team each entering the water after being tagged by the previous paddler. The final paddler is required to run to the finish line between the flags with their board.
Ironperson	U11 to U14	This event is conducted over a course which shall include a swim leg, a board leg and a run. The order will be decided at the Team Managers Meeting prior to the carnival.
Board Rescue	U11 to U14	Each team consists of two competitors, one swimmer and one board paddler. On the starters command the swimmer will swim to an allocated can, when they reach the can they are to raise one arm in the air to notify the rescuer that they have reach the can. The rescuer (board paddler) paddles out to the swimmer. On the seaward side of the can, the swimmer mounts the front of the board. The swimmer and rescuer then paddles to shore, they both carry the board across the finish line.
Cameron Relay	U11 to U14	Each team consists of four (4) competitors, a swimmer, a board paddler and two runners. The sequence of legs shall be a ballot. The first competitor (swimmer/board paddler) completes the set course, when returning to the shore they tag a runner, the runner then completes the run course and tags the second water competitor, who completes their set course, on returning to shore they tag the second runner who completes the run course and finish between the finishing flags.

For Branch Carnival programs & list of events see www.hsls.org.au
For State Championship program & list of events see www.surflifesaving.com.au

END OF SEASON AWARDS

END OF SEASON NIPPER AWARDS

Club Champion of Carnivals

The Carnival Champion Trophy is decided on individual performances by a male and female at Hunter Branch Carnivals only.

Club Person of the Year

- Club Person of the Year is an optional annual award. It does not have to be awarded every year and it can be awarded to any child or an adult who stands out as a Club Person of the Year.
- Club Person of the Year will be voted on by the Committee. Final decision will be by secret ballot of the Committee with votes being scrutinized by two selected Committee Members.
- General attitude, behavior and Club involvement will be considered when determining the recipient.

U12 Boy & Girl Encouragement Award Perpetual Trophy

This award is especially for an U12 boy & girl who demonstrates skills and attributes to become a future lifesaver, and whom will benefit from encouragement to continue to U13's and 14's to gain their SRC and into the senior ranks.

Team of the Year

Awarded to the Team who have displayed sportsmanship; outstanding achievement and commitment.

Club Spirit Award

Club Spirit Award will be awarded to a male and female in the U8-U13s and is determined by Age Managers.

Age Group Championship Trophies

Age Group Championship Trophies will be determined by adding results of the Championship Rounds and will be awarded to 1st, 2nd and 3rd places for each Age Group (Male & Female) U8-U14.

U6 & U7 Age Group

U6 & U7 Age Group will be awarded a Medallion provided they have attended 75% of Club Days.

Junior Surf Life Saver of the Year

All U14s should submit an application to the Director of Junior Member Services by the end of November, outlining achievements, interests and involvement in surf and the community for consideration in this award. A male and female will be selected by the Junior Committee for submission to Hunter Branch. This is awarded at the Branch Championships in February.

Junior Club Captains

A male and female from the U14s will be selected by the Junior Activities Committee to become the Junior Captains. The Junior Captains take on a leadership role within the Club, attending presentations, educating and mentoring younger kids and addressing the morning assembly with important messages. They are encouraged to put forward ideas to the Committee that will promote youth and nipper activities. Applicants must apply in writing to the Junior Committee by 9th October, detailing why they would like to be considered for Club Captain. Applicants may be asked to attend an interview for final selection.

BBQ & BEACH SET UP

BBQ & BEACH SET UP

The BBQ is an integral part of any Surf Club. It is a major fundraiser and a great way to meet other families and members too. There will be a BBQ every club day as well as on Special events or when we host carnivals. Funds raised through the BBQ go towards new gear and equipment for the Club. Please see BBQ roster on the FBSLSC Calendar. You may like to assist your Age Manager by developing a roster for your age group ie/ the week before talk to other parents and determine who is available at what time to share the load.

For the Nipper BBQ you will need at least 2 cooks and 3-4 servers from 9am (rotational basis to share the load)

For Nipper Beach Set up, as many as you can, from 7:45am



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