



South Brighton SLSC

Junior Surf Handbook

Summer Season 2020/21



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WELCOME:

Hello and welcome to the 2020-21 season for the South Brighton Junior Surf Program. This handbook contains much of the information you will need to know as a parent of a junior surf participant to make this a successful summer for everyone.

Please have a look through and if you have any further questions feel free to ask us, your child’s coach or the Junior Surf Committee. We are here to help. The South Brighton Surf Club is situated on the corner of Marine Parade and Bridge Street, South Brighton:

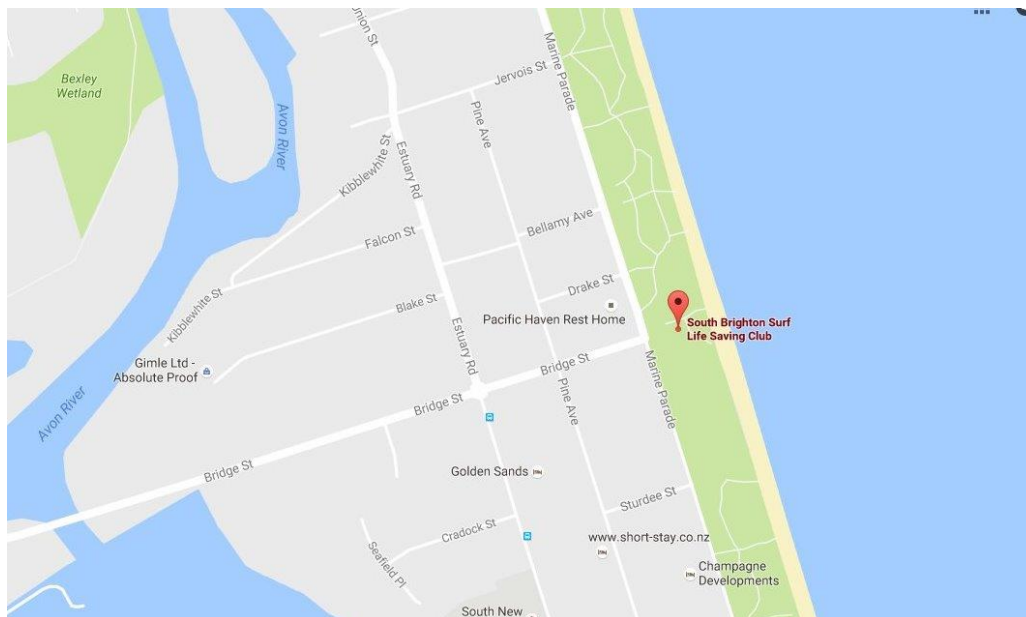


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BEING PART OF SOUTH BRIGHTON SLSC:

South Brighton Surf Life Saving Club's mission is to keep local beach safe. The club has 50 lifeguards who patrol this beach during the summer season. By joining the South Brighton Junior surf programme, you and your children are ensuring the life of the club and that the beach will continue to be a safe place to have fun with the family.

Along with the Lifeguards and Junior Surf there are many other aspects of the Club; we have a strong senior competition squad and a highly successful junior surf programme. Older guards compete across the SLSC sports spectrum with several trips to National events each year.

GOALS OF JUNIOR SURF

1. Make Surf Lifesaving an **enjoyable** sport for our juniors
2. Provide young people with the skills and development to **achieve** in the sport of surf lifesaving at local, regional and national carnivals
3. Help give young people the skills to become **lifeguards** and keep our beaches **safe**
4. **Retain** people in the sport of surf lifesaving from junior to senior ranks

WHAT TO BRING TO JUNIOR SURF:

- South Brighton SLSC Yellow hat! (No hat- no training)
- Hi-vis vest! (No hi-vis - no water training)
- Togs and wetsuits / vests
- Sunscreen & sun hat
- Towel & warm clothing to change into
- Goggles and Fins if required*
- Water bottle
- 200m badge sewn on hat if you have achieved this
- Parent or Guardian

South Brighton SLSC will make the required club gear available for purchase throughout the year. The following is a requirement for all juniors:

- Yellow hats
- Hi-vis vests.

Additional club clothing is available for ordering/ purchasing including hoodies, t-shirts and togs. We also encourage parents to purchase wetsuits for their children.

HAVING FUN AND STAYING SAFE AT THE BEACH:

South Brighton SLSC offers many opportunities to its members and their families. Our junior surf programme is a great opportunity for families to become involved in surf lifesaving. More importantly however, the junior surf program teaches kids how they can keep themselves and their friend's safe at the beach while having a heap of fun along the way.

It enables the kids to learn about being 'surf smart' and gives them the chance to pursue a sport which covers both land and water activities. Surf sports exists to allow surf lifesavers to practice and test their skills against each other and to ensure that our patrolling lifesavers can maintain their fitness for patrols. Surf sports also allow our young surf lifesavers to develop their lifesaving skills such as board paddling and catching waves. And just like their older club mates, they are given the opportunity to compete against their friends in a fun, safe and friendly atmosphere. While the program teaches everything there is to know about being a young surf lifesaver, we also focus our efforts to teach our members the importance of being a team player and improving their self-confidence.

JUNIOR SURF 200M SAFETY BADGE

Junior surf participants MUST achieve their 200m badge before they can train or compete in water events which go beyond waist depth. This is a mandatory safety requirement for all Under 11 – Under 14 age group kids which demonstrates that members are confident in the ocean and capable of returning to shore if they are separated from their equipment.

This test must be repeated yearly and must be sighted by a South Brighton SLSC coach or instructor. Athletes must swim 200m freestyle without stopping or touching the bottom of the pool or lane ropes in under 6 minutes and then immediately tread water for 1 minute to complete the test. Swimming in the ocean is very different to swimming in the pool.

If coaches are not confident that a child is a strong enough swimmer to tackle the conditions, whether it be training or at a carnival, they can stop the child taking part. This is not done lightly.

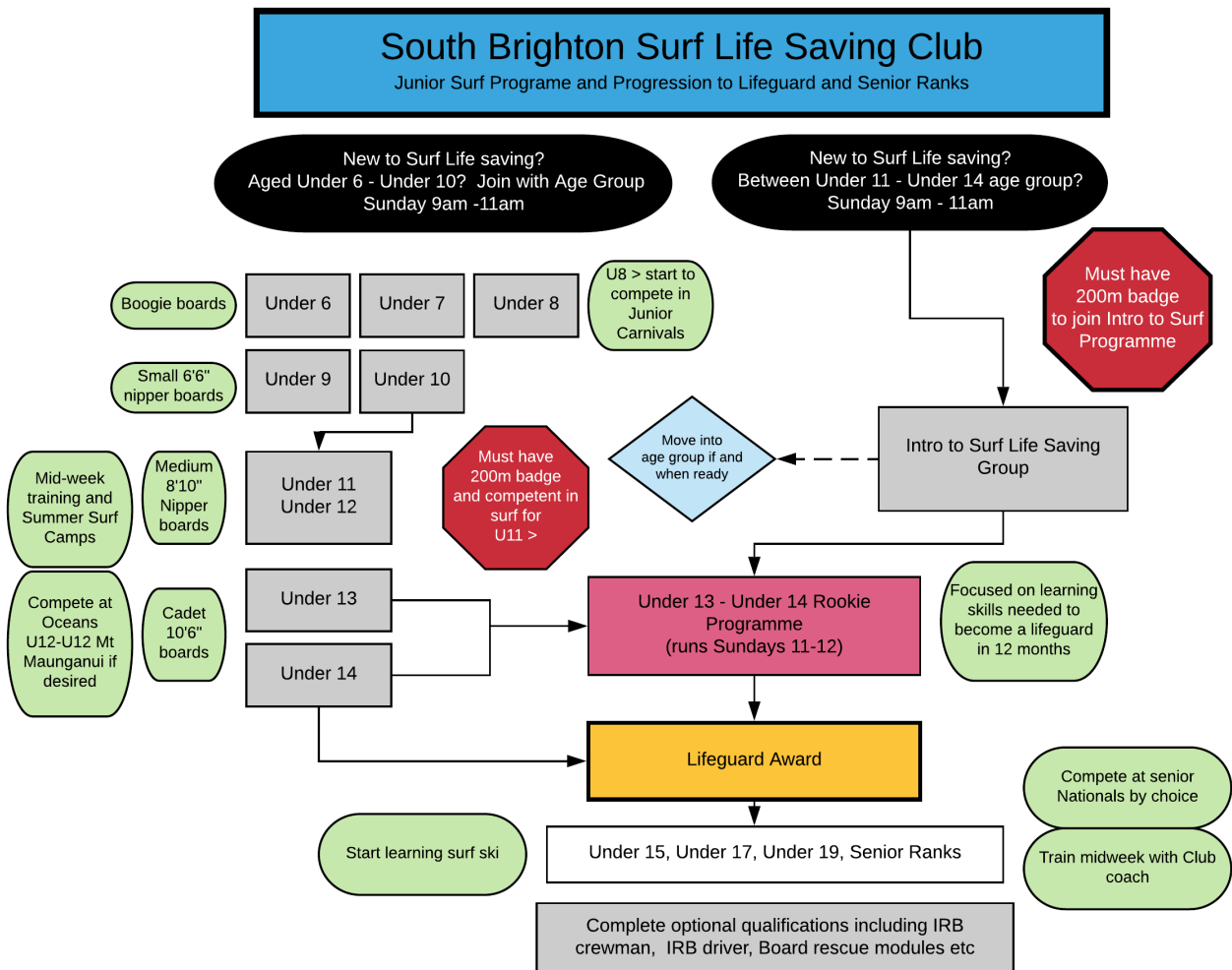
5:1 RATIO SUPERVISION

As another STRICT mandatory safety requirement, we require a minimum supervision ratio (in any water activity, regardless of depth) of 1 adult IN THE WATER per 5 children. On rough days, we will increase this number. If we cannot reach the required ratio, the water events will be cancelled.

PARENTS (YOUR INVOLVEMENT):

Parents play a huge role in Junior Surf. South Brighton SLSC encourages all parents and your help during training sessions is always required and appreciated by the coaches whether setting up equipment, cleaning and packing away the gear, helping on the beach or being involved in the water. Please check with your child's coach or coordinator at the start of each session to find out if they require any extra help. Any concerns can be discussed with the coach. Parent involvement is also crucial when it comes to attending surf carnivals.

JUNIOR SURF PROGRESSION EXPLAINED:



Under 6 and Under 7

Fun and games at the beach. With a strong focus on play, kids will also have a go at boogie boarding, body surfing and much more, often for the first time. The basis of team games such as relays will be explored along with other fun activities. A great time for parents new to surf to learn the basics. ***We run Under 6 and Under 7 as their own groups.*** Requirements:

- Must have a parent/guardian actively participating alongside their child during nipper sessions or the child cannot participate (in and out of the water)
- No other requirements. Parents coach this group.

Age Group Coaches: – Under 6 TBC and Under 7 Nick Yuki with help from parent coaches

Under 8's

Encouraged to participate in water games and become more confident in the water, whilst learning about water safety. All U8's is the first year that children can compete at club and inter-club competitions. Children use boogie boards in the water on Sunday's and at carnivals. Children don't go out beyond their waste/chest deep and never beyond their level of ability

Age Group Coaches: Graeme Ellis

Under 9:

Under 9 and Under 10 groups paddle on 6'6" Nipper paddle boards. Coaches teach paddle board skills, ocean swimming and body surfing skills once they achieve their 200m badges, building on the skills learnt already. Sessions have a higher fitness component and spend more time in the water. Children don't go out beyond their chest deep in the water and never beyond their level of ability. Under 9s are encouraged to train for and attempt their 200m swim test by the end of the season.

Age group Coaches: Nigel Cox

Under 10:

Under 10 groups paddle on 6'6" Nipper paddle boards. Under U10's are encouraged to achieve their 200m safety badge. Additional Requirement: Have 200m badge to paddle a board out beyond their waist. Under 10's will be split into two groups

- A group – those with 200m badge confident in going out through waves beyond their depth
- B group – those without 200m badge or not confident paddling over depth

Age group Coaches: Matt Gutsell and Regan Shanks

Under 11 - Under 14 Overview

When the kids are U11-U14 age groups they have the option on a Sunday morning to train at a competitive/more advanced level or at an Introductory level with a more lifesaving/developing focus. When they turn 14 they can sit their lifeguard award.

Prerequisite for all children in any Under 11 – Under 14 Age group (including Intro to Surf):

- 200m swim award – assessed swim in pool of 200m under 6 minutes followed by 1-minute treading water up to 7 minutes. This is mandatory to pass at the start of the season for this group..

Under 11 and Under 12:

These children compete at Carnivals and continue to work on their life saving and surf skills. Kids paddle 8'10" Nipper Paddle boards - either foam or fibreglass boards based on skill level and availability of equipment.

Age Group Coaches: Under 11: Leanne McCallister and Under 12: Luke Johnstone and Craig Jorgensen

Under 13 and Under 14

At this level, training becomes more intensive but there are still plenty of opportunities for fun. The focus on developing skilled Lifeguards becomes clear but there is also an environment for becoming actively involved in Surf Sports and developing athletic ability. Training will also occur in tube rescues, CPR, First Aid and patient care. Additional Requirements for this Group include the 200m timed swim will also be run in the surf

Age group Coaches:

Under 13: Matt Sheppard and Kate Shanks

Under 14: Jason Trist

Intro to Surf Life Saving

This group will focus on developing kids skills with a lifesaving focus. Both beach and water based kids emphasis is on swimming in the surf out beyond the surf break, learning tube rescues, surf swimming, basic first aid and plenty more. It includes a small amount of board paddling. This group is perfect for kids that:

- Are new to Surf life Saving
- Are not interested in competing but want to be lifeguards in 1-2 years
- Aren't as confident and want to go at a slower pace in the water from their age group but are confident swimmers

Prerequisite for this group: All participants in this group will have their 200m badge prior to the start of the season

Intro to Surf Coach: Adam Leatherland

TRAINING:

SUNDAYS

South Brighton SLSC 9.15am (All Groups)

The main training session is the Sunday at South Brighton beach. Coaches will teach juniors techniques for surf sports, beach safety and understanding the conditions.

Training starts at 9.15 am sharp regardless of weather conditions, please meet at the front of the Surf Club, unless otherwise advised. Training will normally finish at about 11.00am, although this is dependent on conditions and at the start of the season will normally finish a little bit earlier for the younger age groups.

All parents are required to stay with their children throughout these sessions; at times coaches may ask you for assistance in the water or on the beach. If you are unable to have an adult present with your child on the beach, then please do not send your child unless the junior surf coordinator is advised beforehand.

MID WEEK COACHING

We run mid week coaching for our U11-U14 juniors who have their 200m badge and want some extra training for competitions and coaching under the guide of our Club Coach. These sessions run from Naval Point, Lyttleton from mid-October - end of November and then return to South Brighton beach for the rest of the summer. Training nights are Tues, Thursday and Saturday mornings, however some top juniors may be provided with the opportunity to train with the senior programme.

HOLIDAY SUMMER SURF CAMP PROGRAM: January 2021

We also run a Summer Surf Camp for age groups U11-U14 over three weeks in January. Kids register and then attend Mon-Friday for three weeks. Some kids will attend for just 1 week, whilst others do all three. With 2 hours of training every day, we see real improvements from the kids that attend having so much time on the water in an intensive block. More information can be found on this on our website

JUNIOR SURF GEAR USAGE AND GUIDELINES:

All water equipment used in training and at the carnivals has been bought by South Brighton SLSC for use by its members through fundraising events & sponsorship grants.

Club gear (boards, boogie boards, tubes, etc.) is expensive to purchase and to maintain. Most gear damage is avoidable. Teach your kids to be careful and to be respectful of the hard work it has taken to get this equipment. This starts from juniors and works through to the older years. If we teach the kids to look after the gear from day one, we will have less to fix!

If you see kids struggling with the gear, please give them a hand. Every dent in a board costs time and money to repair. It is the responsibility of each and every member that this equipment is looked after to ensure its longevity and most importantly its integrity for safety.

Boards and equipment can only be used by registered Surf Club Members wearing the Club uniform (beanie, hi-vis vest etc.). Gear may only be used during coached surf sport sessions. Gear can occasionally be used by competent athletes outside of Junior Surf sessions when conditions are good as long as permission has been given by the lifeguards on duty and that person has a supervisor on the beach watching them. Only junior gear can be used and any damage needs to be reported as soon as possible.

Remember:

- Handle & carry equipment correctly. **DO NOT** drag boards, including boogie boards - carry them or if your child cannot handle the board, please carry with/for them.
- Standing on the boards is NOT permitted either in the water or on land.
- Use gear in designated areas.
- Take all precautions when transporting the equipment. If you are putting boards on a roof rack they must have padding and be tied down CORRECTLY! Ask a coach for help
- When you have finished wash equipment after use and put it away.
- No gear is to be taken from the club without approval by the junior surf coordinator.

If the gear is damaged the board must be removed from the water immediately and reported to your coach.

JUNIOR SURF CARNIVALS EXPLAINED:

Carnivals are a great opportunity to participate in both a fun and competitive environment, meet athletes from other clubs, and see other beaches. While it can be competitive at times, the emphasis is always on safety, sportsmanship and enjoyment.

JUNIOR SURF CARNIVALS CHECKLIST

On the day, arrive at the carnival 30 minutes before the first event and report to your Group Coordinator. Members are expected to stay in the club area during the Carnival. Children must tell their Group Coordinator if they are leaving the club area for ANY reason.

At carnivals there are a limited number of boards available, so ALL CLUB BOARDS ARE TO BE SHARED. Parent help is required for all carnivals, even little jobs like helping put up the tent or being there at the end of the weekend to take the tent down are crucial, please offer your time.

It is important that you always remember to bring:

- South Brighton SLSC beanie (if you do not have your beanie you cannot compete)
- South Brighton SLSC togs and hi-vis vest (if you do not have your hi-vis vest you cannot compete)
- Food & plenty to drink (snacks are easiest - sushi, sandwiches, fruit, muesli bars, yoghurts)
- Sun hat & sunscreen
- Towel & warm clothing, including a warm jacket to put on between events

JUNIOR SURF OFFICIALS:

There is a requirement that the club supply carnival officials and water safety officers for carnivals. If in the event there are insufficient officials, our club may be withdrawn from the carnival. Parents of athletes competing at carnivals are expected to help with water safety or officiating.

A surf official is the person helping to set up the flags arena, recording winners, marshalling children to the start lines, starting the races and more. To become an official, you must first do a Surf Officials Level 1 (one day) course which the club will pay for. Then you will be mentored on the beach and assessed in your role before being issued a qualification. Surf Official uniforms are issued so children and spectators may easily identify you and lunch and snacks are supplied at most carnivals. If you are interested please see the Junior Surf Coordinator.

Whilst we encourage all parents to help and be part of the Club activities, being an official is a full day's job on Carnival day and it is not advisable if you have small children.

Thanks.