



Port Campbell Surf Life Saving Club

2016 – 2017

Junior Program

Parent Information Booklet



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Welcome

Welcome to the Port Campbell Surf Life Saving Club Junior Program for 2016-2017.

This information booklet has been produced in order to give junior members and their parents as much information as possible so that they may participate in the program fully. Please take the time to read this booklet and keep it in a safe place as it provides a variety of information about the Junior Program for the coming season.

The information contained in this booklet has been provided through combining Surf Life Saving Australia (SLSA) and Life Saving Victoria (LSV) information with information that we, the Port Campbell Surf Life Saving Club Junior Committee members believe will be of use to you throughout the season.

Additional information is available at the following Life Saving Victoria website - <http://lsv.com.au/clubs-members/nippers/>

The Junior Program provides members with a wide range of opportunities, including physical activity, water safety, surf awareness and fun. Junior activities programs are run all around the country. There are more than 280 Surf Life Saving Clubs located around Australia and the majority of clubs offer programs for junior members.

We look forward to seeing you on a regular basis on the beach and hope you enjoy the junior activities experience this year.

Please feel free to contact us any time if you have any queries.

PCSLSC Contacts

Brooke Barnewall	Junior Coordinator	0438 580 419
Scott McKenzie	President PCSLSC	0428 375 837

Keep up-to-date with what's happening at Nippers.

Find us on Facebook – Port Campbell Surf Life Saving Club

Port Campbell Surf Life Saving Club

The Port Campbell Surf Life Saving Club was established after a tragic day on 10 December 1958 when three members of one family lost their lives at Beacon Steps. The community was frustrated and helpless to the family's plight. The following summer, members of the Warrnambool Surf Life Saving Club were invited by Keith Gray, John Younis and Ron Street to demonstrate a reel-line and belt rescue at the annual Waarre Sherbrooke River Gala Day on 26 January 1959.

Leading on from this demonstration the first squad received their Bronze Medallions on 8 December 1963. These were the foundation members of the Port Campbell SLSC.

Port Campbell SLSC is managed by a committee elected from club members each year at the AGM. Each member of this committee has responsibility for a particular area of the club's activities, but all activities must be approved by the Committee of Management and meet the policies of the PCSLSC. In addition, decisions are determined by the regulations of Surf Life Saving Victoria and Surf Life Saving Australia.

Junior Program—Nippers

Within the PCSLSC the Junior Coordinator takes overall responsibility for the Junior Program, supported by a small sub-committee which takes on planning and organising each season's program.

Through Nippers, surf lifesaving provides a unique activity for young people to enjoy. It is a program that provides an environment where children can have fun and meet new friends, at the same time as providing them with education about the beach and enjoying the beach safely.

Age groups are determined by the age a Nipper is at midnight on 30 September each year. Port Campbell SLSC offers Junior Programs for children between the ages of 6 and 14.

Activities

The activities offered by surf life saving clubs in their junior programs vary around Australia. Essential to each club's activities is the delivery of programs that teach members the basic principles of beach safety and surf awareness, as well as the skills necessary to effectively negotiate the surf.

Skill Development

Nippers develop a number of skills in negotiating the surf. These include learning how to wade through the water, dive under waves, board paddling and also how to safely body surf a wave.

The Nippers program is not a replacement for a learn-to-swim program. We highly recommend parents to enrol their children in a learn-to-swim program.

Surf Education

The surf education program is a national education program, which is structured to provide a continual development of surf awareness throughout the Nippers program. Following the surf education program, participants should have a good awareness of beach hazards such as waves and rips, and also have a basic knowledge of resuscitation and basic first aid.

Competition

Participation in all competitions is voluntary and is offered in a number of different disciplines that not only assist members to maintain their surf skills, but also provide children with a regular physical activity that incorporates fun and team work. Events for juniors involve wading, swimming, board paddling and running, appropriate to the age and skill of the individual. Children can also participate in team events that incorporate a number of these disciplines.

For further information about competition this season see page 19 of this booklet.

The Nippers Team

2016-2017 Junior Committee Members:

Brooke Barnewall	Junior Coordinator	0438 580 419
Bronwyn Rantall	Deputy Coordinator	0418 139 975
John Ryan	Carnivals	0428 341 461
Sally Partridge	Apparel	
Maria Gordon	BBQ Co-ordinator	

Age Group Managers

Age Group	Age Manager Cap Colour	Group Leaders
U7	light blue	Bronwyn Rantall Rebecca McAuliffe
U8	red	Joy Morden Jason Beveridge
U9	purple	Debbie Dalziel Ingrid Rial
U10	yellow	Tracey Heeps Casey/Ash Ellemor
U11	white	Brooke Barnewall Andrew Vogels
U12	royal blue	Brett Wallace Brianna Thompson
U13	green	Tom Delaney Tate Copeland-Tregea
U14	black	Josh McKenzie Sean Lenehan

How does Nippers operate?

What and who are Age Group Managers?

An Age Group Manager is a member of the club who takes responsibility for the instruction of a particular age group throughout the season. Age Managers have undertaken additional training to prepare them for teaching children at Nippers.

Age Group Managers are usually other parents who volunteer their time.

Please treat them with respect and gratitude.

Who else is involved?

To ensure your child's safety there are SLSV rules about the number of children an Age Manager is allowed to supervise in the water. So we have extra Water Safety Officers (qualified Bronze Medallion or Surf Rescue Certificate members) to assist with water activities.

We also ask that all parents volunteer to assist at one or two sessions. Parents can help with games and supervision on the beach, freeing up the Age Manager to focus on teaching, especially water skills.

More Water Safety Officers with Bronze Medallions are always required. Please speak to the Junior Coordinator, Brooke Barnewall, if you can help

Who decides what Nippers learn?

The Nippers program follows lesson plans developed by Surf Life Saving Victoria—that way you can be confident that all Nippers around Victoria are learning similar skills and attitudes about the beach. However each Age Manager will choose which learning activities (and games) will best suit their group and the beach conditions on the day.

Understanding the limits of the Nippers program

- Everyone involved in Nippers, and the PCSLSC, are volunteers. Please be realistic in what you expect of them and support them.
- We encourage parents to be actively involved and reinforce what is being taught about beach safety. Parents are expected to remain during the program each day, participate and observe.
- Nippers is not a replacement for a learn to swim program. While water activities including ocean swimming are part of each week's program there is no formal instruction offered about different strokes or swimming technique. The Nippers program teaches kids basic life saving skills required to be safe around an aquatic environment as well as developing their skills to compete in surf sports.
- The focus of Nippers is about safety, learning and skill development, not competition. However, further opportunities are offered to those Nippers who wish to train and compete at carnivals.

We hope you and your Nippers enjoy their time with the club. If you have any ideas, suggestions or complaints, you can speak to your Age Manager, the Junior Coordinator or the PCSLSC President.

What is the Competition Skills Evaluation?

Each season Age Managers will do a preliminary evaluation of all the children in their group to assess their water confidence and skills. However, in order to compete in water events at Carnivals (swimming and board paddling) Nippers must complete a competition skills evaluation.

Any Nippers wishing to compete in carnivals must first complete an assessment where they are required to swim a specified distance within a time limit determined by their age group. Competition Skills Evaluation is mandatory for U12s – U14s to compete in ANY carnival events and for U9s – U11s to compete in water events.

For details of the preliminary and competition skills evaluation see page 19.

Where and When

The PCSLSC Junior Program operates on a Saturday afternoon from late November through to early February.

Each week registration is at 12:45 pm downstairs in the clubhouse where all Nippers must be signed in by their parents or nominated adult.

Nippers are asked to wait in their nominated age group lines to assist with organisation prior to starting.

Activities begin at 1 pm with Nippers breaking into their appropriate age groups where they will then be escorted down to the beach by their group leaders and prepare for warm-ups. The Nippers session finishes between 2-2:30 pm when all Nippers must return to the clubhouse to be signed off and collected by their parent or nominated adult.

At the end of each session a BBQ is provided for all Nippers and their families (Sausages \$2, Drinks \$2). This BBQ is used as a fundraiser instead of participants being required to pay a weekly fee. We ask that all families assist when needed. Each week, two parents with Nippers in the rostered age group (starting with U14s in Week 1) will need to help out with the BBQ.

Parents are required to be in attendance at the beginning of the sessions to sign on and to hear any important announcements. They are also encouraged to check the noticeboard at the front of the clubhouse and the pin up board inside the clubhouse each week for up to date information on Nippers activities.

Parental Involvement

Children love to see their parents having an active involvement in their activities! Parents are asked to remain at the beach so they can participate and observe the activities of their children. Parents may also quickly collect any child who is ill, hurt or upset. For the Nippers program to run smoothly, we need the support and assistance of parents.

It is not appropriate for parents to drop off their children and leave the beach area while their children are participating in the Nippers program. Parents can become involved in many areas of club activity. Areas you may be interested in are—manning the BBQ, fundraising, training, age group leader, assisting Age Manager, water safety (if you gain your Bronze Medallion or Surf Rescue Certificate), bar duty or beach patrol.

Code of Behaviour

All children participating in Nippers are expected to conform to the club's Code of Behaviour when participating on Saturdays and at Carnivals. Parents are encouraged to remind their children that they need to:

- Demonstrate respect toward their Age Managers and all other helpers (remember they are volunteering their time)
- Listen carefully to instructions (safety is imperative)
- Demonstrate respect toward their fellow Nippers
- Look after the clubrooms, facilities and equipment
- Walk within the clubrooms

Nipper Safety

It is important that any Nipper who needs to leave the beach for any reason during the Nippers session informs their Age Manager. Nippers who need to leave the session earlier than the normal finishing time will only be allowed to do so if their parent has arranged this and is present to collect them and sign them off.

All Nippers must return to the clubhouse after the session to be collected by their parent or other responsible adult, and have their names signed off.

Photographs

The designated photographers for this year are Brooke Barnewall, Raelene Wicks, Prue Cashmore and Scott McKenzie. They will be taking photos during the season. If for any reason you do not wish to have your child's photo taken, please inform Brooke Barnewall.

Cost

The cost to members varies from club to club, however all membership fees include a component which covers members for public liability insurance whilst participating in club activities.

Nippers memberships are \$50 and are due by the end of the first session 26 November 2016. All Nippers must also wear the following items during each session:

- Nippers cap - \$20
- High Vis Safety vest - \$15
- Wide brimmed hat - \$10

Nippers do not have to pay weekly when they participate in a session. The cost of running Nippers is covered by fundraising efforts through a weekly BBQ at the end of each session.

Nippers Social Events

As part of our fun and fundraising activities, Nippers and their families are invited to attend movie nights and any other social events which may be organised. Information on these nights will be included in the club newsletter. We have an emphasis on families having fun together so please support these functions.

Member Protection

The SLSA Member Safety & Wellbeing Policy aims to ensure SLSA core values, good reputation and positive behaviours and attitudes are maintained. It assists to ensure that every person involved in surf life saving is treated with respect and dignity, in a safe and supportive environment.

Surf Life Saving Australia's "Member Protection Policy" is available on the Internet at: http://lsv.com.au/wp-content/themes/abomb/pdf/members/policies/SLSA_Member_Protection_Policy_6.05.pdf

Information for new parents

What age group will my child be participating in?

The age group that your child is designated to be in, is the age they are as of the 30 September 2016. They are considered to be this age during this Nipper season despite the fact they may have a birthday during this time (after 30 September).

Children born after 30 September 2010 will be accepted into the program only if they are in Prep in **2016**. This aims to allow children who may miss the cut off date of 30 September to still participate with their school peers.

Age Group	Age at 30 Sep 2016	Birth Date from -	Age Group Manager
Under 7	6	1 October 09 to 30 September 10 OR Younger children accepted only if in Prep in 2016	Bronwyn Rantall Rebecca McAuliffe
Under 8	7	1 October 08 to 30 September 09	Joy Morden Jason Beveridge
Under 9	8	1 October 07 to 30 September 08	Debbie Dalziel Ingrid Rial
Under 10	9	1 October 06 to 30 September 07	Tracey Heeps Casey/Ash Ellemor
Under 11	10	1 October 05 to 30 September 06	Brooke Barnewall Andrew Vogels
Under 12	11	1 October 04 to 30 September 05	Brett Wallace Brianna Thompson

Under 13	12	1 October 03 to 30 September 04	Tom Delaney Tate Copeland- Tregoea
Under 14	13	1 October 02 to 30 September 03	Josh McKenzie Sean Lenehan

Children may be able to participate in a different age group for Nippers sessions, but must compete in Carnivals in their designated age group. If your child wishes to participate in a different group, please discuss this with the Age Manager or Junior Coordinator.

Does my child change age groups if their birthday is during a season?

No. They stay in the same age group and compete in their designated age group for the whole Nippers season.

How often do I bring my child to the beach for Nippers?

Every Saturday during the season, except for the Christmas - New Year period, any public holidays and Carnival days. Participation in carnivals is not compulsory—it's up to the individual child and family. However we do encourage all Nippers to go to one carnival each season—they're good fun and another opportunity to practise their skills that they have learnt during Nippers. In the younger age groups our focus at carnivals is participation, not 'winning'.

What does my child need to bring each week?

Club cap, high vis safety vest, wide brimmed hat, bathers, swimming goggles (if needed), drinking water, sunscreen and a towel. In Port Campbell it is also advisable to have a wetsuit!

Our Sun Smart policy requires all parents to ensure that their children are sun screened and are wearing the wide brimmed Nippers hat and a long sleeve rash vest (or wetsuit) prior to commencing the Nippers session.

A Nippers cap, high vis safety vest and wide brimmed hat must be worn at all times during the sessions. The uniform helps Age Managers know who they are responsible for on the busy beach. It is also better for their comfort if they are DRY before commencing Nippers. Often those who have already been swimming before Nippers get cold and don't enjoy or participate fully in the activities.

What forms do I need to fill out?

A membership form needs to be completed which must be signed by parents and/or guardians. **This form must be completed correctly and submitted before the child can participate**, as it will cover your child for insurance purposes.

If you have joined as a family then each individual family member must fill out one of these forms.

If your child has a medical condition or special learning needs that require monitoring, please notify the Junior Co-ordinator, so that the appropriate Action Form can be filled out and precautions taken.

To meet our duty of care requirements, parents must sign each of their children IN and OUT. For us to assume responsibility of your child while at Nippers, we cannot include children who have just been dropped off at the club, and we cannot allow them to meet you 'at the beach' or somewhere else except the clubhouse.

What do they learn at Nippers?

The ultimate aim of our Nippers Program is to encourage children to achieve their Bronze Medallion at 15 years of age. In the meantime we aim to teach them the skills and attitudes to be safe at the beach and to care for the beach environment.

Under 7 - In Surf Play participants will:

- Have fun at the beach safely
- Develop ocean water confidence appropriate to their varying abilities
- Learn how beach conditions change, how to be safe at the beach and who can help them if they get in trouble

Under 8 - In Surf Awareness 1 participants will:

- Develop an understanding of who goes to aquatic venues and what they do there.
- Develop an awareness of SLSA, and what surf life savers do and who can be a surf life saver.
- Understand and develop introductory running, swimming and paddling skills in a surf or aquatic environment.

Under 9 - In Surf Awareness 2 participants will:

- Develop basic beach, ocean and aquatic sense.
- Develop a basic awareness of the various beach or aquatic environments.
- Expand their understanding and development of running, swimming and paddling skills in a surf or aquatic environment.

Under 10 - In Surf Safety 1 participants will:

- Develop an awareness of aquatic usage and trends and activities at local aquatic venues.
- Develop an awareness and knowledge of the safety services in the local area.
- Develop running, wading, dolphining, swimming and paddling skills in a stable to moderate surf or other aquatic environment.

Under 11 - In Surf Safety 2 & CPR Awareness participants will:

- Develop an awareness of self survival concepts in the surf or aquatic environments.
- Be introduced to basic airway management techniques and initial first aid procedures and CPR awareness.
- Expand running, wading, dolphining, swimming and paddling skills in a stable to moderate surf or other aquatic environment.

Under 12 - In Surf Smart 1 & Resuscitation Certificate participants will:

- Develop an enhanced understanding of life saving and functions of life saving services.
- Develop an enhanced knowledge of the physical characteristics of beaches and other aquatic environments.
- Develop an awareness of basic rescue skills, safety planning and activities.
- Enhance running, wading, dolphining, swimming, paddling skills.
- Further develop skills in Basic Airway Management (CPR) and initial first aid procedures and attain their Resuscitation Certificate once assessed and passed.

Under 13 - In Surf Smart 2 & SRC Awareness participants will:

- Develop an understanding of the principals of first aid.
- Further develop basic knowledge of resuscitation skills.
- Develop introductory rescue skills in aided or unaided approaches.
- Be introduced to and have an awareness of Surf Rescue Certificate (SRC).
- Enhance running, wading, dolphining, swimming, paddling skills.

Under 14 - In Rookies 'Surf Rescue Certificate' Introduction

- Patient management and assessment
- Introduction to first aid and resuscitation
- CPR
- Beach patrols/signals
- Surf skills and fitness
- Rescue techniques
- Resuscitation / Basic oxygen
- Communication

Use of Club equipment

It is every member's responsibility to take care of club equipment they use while at the club or in competition. At the beginning of the season all junior members will be advised on how to care for club equipment.

Rules for Board Use

- Only registered Nippers can use Nipper boards.
- Fibreglass or competition boards can only be used by U11 and older Nippers who have been trained in their use
- All boards must be carried, not dragged
- Boards must never be left unattended in the water or on the beach
- No boards under, on or past the pier
- When finished, boards must be hosed down and placed on the board trolley or board rack.
- All fibreglass boards must be hosed down and placed back in their protective covers.
- Any damage must be reported to the Junior Coordinator
- Nippers who wish to use any equipment outside the supervised Nippers program times (1.00—2.30 pm) can do so with the permission of the Age Managers, Water Safety Officers, or the Patrol Captain.

and on Nippers session days...

- Boards cannot be used prior to Nippers sessions
- Boards are to be returned to the clubhouse by 3.30 pm.

Competitions for Nippers U8 – U14

Any Nippers wishing to compete in events at carnivals must undergo a Competition Skills Evaluation.

- U12 – U14 Nippers must pass this assessment to compete in any carnival events
- U9 – U11 Nippers must pass this assessment to compete in water events. They may compete in the beach activities at carnivals—beach flags, beach sprints and relays, wading events without this assessment.
- U8 nippers do not need to undergo a Competition Skills Evaluation as they have no water events (except wade) at carnivals.

Beach conditions vary at the different Carnival locations. While your child may have gained passed his/her Competition Skills Evaluation, the Age Manager may decide that conditions on a particular day are too dangerous for your child's capability. We ask that you respect their judgement in this as they all have experience with the carnival situation and potential dangers.

It is compulsory for all junior members to wear a High Vis Safety Vest for all water activities.

There is an expectation that at least one parent from each family who enters a Nipper in a carnival will assist on the day. At Carnivals parents are required for: Age Manager roles (assists children in a particular age group in marshalling for their events etc.); water safety (assist with water events- must have Bronze Medallion or Surf Rescue Certificate); and officials (assist with recording, marshalling or placing etc of Nippers in events).

Parents must provide the following for their child to carry from location to location on Carnival day: water bottle, snacks & fruit, towel, hats and goggles (if in swimming events). We also recommend a warm coat as conditions may be cold.

Carnival programs are published on the LSV website or contact John Ryan for more information.

State Junior Carnivals

1. South Melbourne – Sunday 4 December 2016
2. Cosy Corner – Friday 6 January 2017
3. Ocean Grove – Sunday 15 January 2017
4. Chelsea – Saturday 21 January 2017- (qualifying carnival 1)
5. Mt Martha – Sunday 5 February 2017
6. Lorne – Sunday 12 February 2017 – (qualifying carnival 2)
7. Hampton – Sunday 26 February 2017

At a State Junior Carnival any club is eligible to compete. Competition ranges from U8 age group to U14. Each age group will stay with their age area referee for the entire day and complete their program of events as competition areas are available. The carnivals usually start at marshalling at 8.15am but this can vary. Always check each carnival's program for start times and list of events as this will differ slightly at each carnival. U8 - U11: Events are heats only, focused more on participation rather than place getting. U12 - U14: Events will progress to finals. Points are allocated for the first six place getters.

State Carnival Qualifiers - 21 Jan and 12 Feb

The Chelsea and Lorne state carnivals have been designated as qualifying carnivals for the State Championships for the following events; flags, iron, aqua cameron, board rescue, board race and board relay. Nippers need to qualify at one of these carnivals to compete in these events at the Junior Championships in March. Nippers can attend both carnivals if they wish to have two opportunities to qualify. Nippers can enter the non qualifying events at the State Championships without attending these carnivals.

Vic Junior State Championships – 11-12 March 2017 at Warrnambool

Junior competition ranges from U9 age group to U14. To compete at the State Junior Championships, all competitors must have completed the Competition Skills Evaluation. In addition they must complete the LSV Surf Education Requirements. Under 14 competitors must also complete the Surf Rescue Certificate prior to the close of entries. All junior competitors must have competed in at least one prior carnival that season.

U13 and U15 Development Camps

These camps are for one person each by invitation only. The U15 candidate is usually that season's junior club champion. Participants have the opportunity to attend a 2 or 3 day camp to advance their life saving and leadership skills.

Victorian Squad & Development Team

Nippers from U13 to U15 years are eligible to apply for the Junior Training Squad. The squad trains throughout winter in locations around Victoria.

Nippers who train with this squad are eligible to try out for the Victorian Junior State Team or the Victorian Junior Development Team. For more detailed information please see the Junior Coordinator.

Skills Evaluation

Nippers is about learning additional life saving skills and safety around the beach. It is not a program for learning how to swim.

Prior to being involved in Nippers each child will be assessed for the below Preliminary Evaluation competencies for their age group. This assessment allows the Age Manager to adapt the program according each child's abilities, while ensuring all their safety. Preliminary Evaluations are generally during the first session. If a child is away for the first session the Age Manager will conduct the assessment at the next session attended.

Any Nippers wishing to compete in carnivals must qualify by meeting the Competition Skills Evaluation requirement for their age group. Competition Skills Evaluation is mandatory for U12s – U14s to compete in ANY carnival events and for U9s – U11s to compete in water events.

Assessments will be conducted during Nippers on the fourth session 17 December 2016. If your child is unable to attend that day but wishes to be assessed, speak to John Ryan.

Age Group	Preliminary Evaluation (Pool or Open Water)	Competition Skills Evaluation - (Beach or Open water)
Under 7	Nil - (shallow water activities only)	Nil (No Competition)
Under 8	25 metre swim (any stroke) 1 minute survival float	Nil - (no water competition, except for wade which takes place in waist deep water)
Under 9	25 metre swim (any stroke) 1 minute survival float	150 metre open water swim within 12 minutes
Under 10	25 metre swim (freestyle/front crawl) 1 ½ minute survival float	150 metre open water swim within 11 minutes
Under 11	50 metre swim (freestyle/front crawl) 2 minute survival float	288 metre open water swim within 12 minutes
Under 12	100 metre swim (freestyle/front crawl) 2 minute survival float	288 metre open water swim within 10 minutes
Under 13	150 metre swim (freestyle/front crawl) 3 minute survival float	288 metre open water swim within 9 minutes
Under 14	200 metre swim (freestyle/front crawl) 3 minute survival float	288 metre open water swim within 9 minutes

Membership Categories

All new members must be nominated to the monthly committee meeting for ratification.

ACTIVE MEMBER Fee- \$75

- Must be at least 18 years of age
- Access to all equipment associated with SLSA guidelines
- Access to Members Room and Club key (A2)
- Will be classed as an active member whilst qualifying for Bronze Medallion – must qualify within 3 months of registration

JUNIOR MEMBER Fee- \$50

- Aged 15 –18
- Access to all equipment associated with SLSA guidelines
- Access to Members Room
- Has voting rights within club
- Key access must be approved by committee after nomination from senior member
- Will be classed as an active member whilst qualifying for Bronze Medallion – must qualify within 3 months of registration.

CADET MEMBER Fee- \$50

- Age 14 and 15
- No voting rights
- No access to keys
- Access to equipment only during organised training activities under the supervision of a club officer or coach
- Access to Members room

NIPPERS MEMBER Fee- \$50

- Aged 6 –13
- No voting rights
- No access to club key
- Access to Nippers boards and equipment only under supervision from a senior member or coach

FAMILY MEMBERSHIP Fee- \$200

- At least one member of the family must be registered as one of the following – Nipper, Cadet, Junior, Active or Associate.
- Voting rights and access to equipment will be determined by the individual's category
- All children must be under 18 years of age
- Family members have use of showers and change room facilities

SOCIAL & ASSOCIATE MEMBERSHIP Fee- \$75

- No voting rights or Key access
- Can attend Club functions
- Non patrolling social member who holds a position within the club on either a committee or sub committee
- Limited to 10% of Active membership
- Has voting rights
- Eligible for life membership
- Must apply to club for upgrade from social membership

LIFE MEMBER Fee- NIL

- Member who has made significant contribution to club over at least 15 years of service, must be a minimum of 30 years of age.
- Nominated by any club member accompanied by a written resume
- Nominations will be assessed by the executive committee before being passed on to Life Member to ratify.
- Access to Club Key and facilities
- Voting rights

The Port Campbell Surf Life Saving Club as an affiliated club of Surf Life Saving Victoria/Australia shall offer reciprocal rights to all other members of this organisation. When using the facilities each member shall adhere to our membership categories and subsequent regulations. Membership to another club must be proven before facilities and equipment is used.

In accordance with our liquor licence all non-members are required to sign in when entering licensed club premises. Each member may only sign in a maximum of six guests at any one time. Non-members are not permitted to remain on the premises when their 'host' has left. Non-member functions must adhere to club's alcohol management policy. Non-members may only be admitted as guests to a maximum of four occasions in any calendar year.

Surf Life Saving Awards

The following awards are offered within the Surf Life Saving movement to younger members. These awards will be offered outside the normal Nipper program. Further information about dates and times will be provided throughout the season.

Award	Prerequisites
Resuscitation Certificate	A candidate must be a minimum of 10 years old on the date of final assessment
Basic Emergency Care Certificate	A candidate must be a minimum of 11 years old on the date of final assessment
Surf Survival	A candidate must be a minimum of 12 years old on the date of final assessment
Radio Operator Certificate	A candidate must be a minimum of 13 years old on the date of final assessment
Surf Rescue Certificate	A candidate must be a minimum of 13 years old on the date of final assessment. Have completed a 200 metre swim in five minutes or less, in a swimming pool of not less than 25 metres, or over a measured open water course before any training starts in the surf and/or deep water
Bronze Medallion	A candidate must be a minimum of 15 years old on the date of final assessment. Have completed a 400 metre swim in nine minutes or less, in a swimming pool of not less than 25 metres or over a measured open water course before any training starts in the surf and/or deep water.

Nipper Nutrition Policy

Rationale

PCSLSC chooses to play a role in supporting the health and wellbeing of its members, supporters and visitors.

We believe that good food fuels better performance and that healthy eating will improve the physical ability of active members.

The Club is valued in the wider community as a healthy, active place to be. Nutrition is important to health throughout life and is particularly significant at times of rapid growth and development (Junior Development Program). Enjoying a variety of foods appropriate to the occasion is the key to healthy eating.

The Healthy Eating Policy complements the club's values and policies in relation to health and fitness.

Broad Aims

- Communicate a consistent message about healthy eating to members, supporters and visitors.
- Ensure a variety of healthy food choices is available at all Club functions and events, including meetings, training sessions, competitions, fundraising and social events.
- Expand the range of healthy food choices available at PCSLSC events.
- Encourage members to adopt healthy eating habits for life.
- Support local producers and suppliers.
- Improve competitive performance for the Club.
- Ensure any changes do not compromise the Club's financial resources.
- Demonstrate high standards of food safety and hygiene in relation to the preparation, storage and serving of food.

Strategies

Review food choices offered at PCSLSC events, specifically:

1. Post-Nipper BBQ
2. Fundraising
3. Social events

Consider whether each event makes a significant contribution to an individual's overall eating pattern and nutrition, or whether it can be regarded as a 'special occasion'.

Review cooking techniques to minimise added fat, salt and sugar. Substitute healthier ingredients and choices where available. Refer to The Australian Dietary Guidelines.

Structure pricing to make healthier choices cheaper than less healthy choices
Display healthier choices more prominently than other foods and drinks.

The weekly BBQ after Nippers is important for several reasons:

- Offers energy replenishment and rehydration after physical exercise.
- Opportunity for social interaction between Nippers, parents and Age Managers.
- An important fundraiser for the Junior program.
- Opportunity for promoting healthy food choices as part of an active lifestyle.

Specific strategies:

- Substitute wholemeal bread for white bread.
- Offer soft drinks in smaller (200ml) cans
- Encourage Nippers to bring their own prefilled water bottle
- The BBQ co-ordinator will be responsible for ensuring food safety and food hygiene procedures are followed.

Fundraising

- Avoid sponsorship from fast food chains or suppliers associated with less healthy food options.
- Seek sponsorship from organisations promoting healthy lifestyles.
- Avoid fast food vouchers as rewards or prizes; prefer vouchers that encourage activity or healthy food choices (eg gym membership).

Social events

At social events, such as movie nights, healthy food and drink options will be available while the variety of confectionery, potato chips, soft drinks and ice-creams will be limited and offered in small portion sizes. For catered Club social events, caterers will be asked to consider the Healthy Eating Policy Rationale and Aims when planning menus.

Promoting the Policy

The Policy will be available to any Club member who requests a copy. An article explaining and summarising the policy will be published in the Time and Tide. Key aspects of the Policy will be included in the Nipper Information booklet. Any person or organization providing catering services to the Club will be given a copy of the Policy.

Review

Annually review sales and food and drinks offered at Nipper BBQ.
Review and confirm Policy every 3 years.

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