

# Waihi Beach

LIFEGUARD SERVICES INC

## Junior Surf



## Handbook 2019/20

## Important information for athletes & parents



Photographs taken by Kerri Hart

## Who's Who in our Junior Surf Sub-Committee

**Head Coach:** Ben Parker

**Assistant Coach:** Charlotte Hares

**Beach Coaching Support:** Neil Harray

**Coaching Co-ordinator:** Kate Morley

**Pool Swim Co-ordinator:** Nikki Pooley

**Learn to Swim Pool Coach:** Natalie Rochat

**Ocean Swim Co-ordinator:** Nicole Clare

**Competition Co-ordinators:** Lou Buckley & Sharlene Manukau

**Equipment Officers:** Adam Walter & Neil Harray

**Junior Surf Lifeguard Liaison:** Natalie Rochat

**Admin Support:** Jan de Faye, Sarah MacDonald & Ruth Butter

**Special Event Co-ordinator:** Vicki Robinson

**Ocean's Leadership Mentors:** Jayne Harray, Sharlene Manukau, Jan de Faye, Fiona Swain, Paula Jenner



## Age-group Coaches (TBC)

**5 year olds**

**6 year olds**

**7 year olds**

**8 year olds**

**9 year olds**



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## Club Administration Contact Details

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Waihi Beach Surf Lifesaving Club



Waihi Beach Junior Surf



# 1. Welcome to Waihi Beach Junior Surf

In this booklet you will find information to guide you through the upcoming season and the events and activities you and your children can be involved in.

## 1.1 Purpose

The Waihi Beach Junior Surf programme aims to provide children with engaging activities, encouraging active participation, leading to the development of personal, life saving and competition skills, in a safe aquatic environment.

We strive to provide the best possible life saving experience for all juniors with the view to encouraging long- term active participation in Surf Life Saving, teaching surf beach specific water safety skills and building confidence, as well as developing fitness, while having lots of fun in the process.

## 1.2 What we offer: Key areas of development

- Assist children to develop surf beach specific water safety knowledge and skills, plus an introduction to surf sport and to provide a pathway to lifeguarding.
- Educate children in water safety and rescue procedures for application on surf beaches.
- Improve the self-image of children by developing self-confidence and social interaction skills.
- Involve parents and interested members of the community as leaders, coaches and administrators and to provide training opportunities to enhance their skills.
- Prepare and encourage a competitive approach to surf life saving events that will extend through to higher levels in the sport.

## 1.3 What we do and how we do it

**Junior Surf activities:** Sunday Junior Surf Club sessions take place on Sunday mornings at the Surf Club, Waihi Beach, from Labour Day (registration) until the Waihi Beach Junior Club Championships at the end of February. These sessions involve both land-based and water-based activities, which are described in further detail in section 2.5. Oceans National Championships training continues into early March.

**Age categories:** Children are placed into age categories for the Sunday Club sessions, training and competitions based upon their age as at midnight on 30th September.

## 1.4 What we need

To promote safety, maintain Club equipment and ensure the club's activities are sustainable, we need Club members to comply with the Club's Code of Conduct, set out in section 8; and certain administrative matters, set out in the following sections 2 and 3.


The Club is critically dependent on volunteers to deliver what the Club offers. We need active participation by parents. Areas where we need assistance include: helping with Sunday Junior Surf sessions, fundraising, coaching or becoming a qualified Surf Sport Official. See section 9.2.

## 1.5 What we do not do

**Swimming ability:** We do not teach swimming during Junior Surf Sunday sessions. The Sunday sessions are structured appropriately for each age group, and children must be at the swimming level required for their appropriate age groups for surf sport. The local swim school offers swimming lessons during the summer season. Club Coaches conduct squad training for members who can swim 200m. Details will be published in the Junior Surf Newsletters.

## 2. Administration

### 2.1 Methods of communication

As a Club we will endeavour to be in contact with you in the most efficient and effective manner possible. We promote communication via e-mail and ask you to ensure that your correct email address is clearly written on your registration form. You can also do this on-line at [www.waihibeachlifeguards.co.nz](http://www.waihibeachlifeguards.co.nz). Remember to 'like' Waihi Beach Surf Club's facebook page.  [www.facebook.com/WaihiBeachJuniorsurf](https://www.facebook.com/WaihiBeachJuniorsurf) as many notices are posted on the facebook page first. Ensure you select the option to see our posts in your newsfeed first, or you may miss critical information.

Regular newsletters are sent out to all members on our email database (we do not post newsletters). Please check your emails regularly for the latest information and upcoming events.

### 2.2 Club fees

All children joining Junior Surf must become registered members of Surf Life Saving New Zealand, which is FREE, so that the Club has full insurance cover for them. Registration is done on-line at [www.surflifesaving.org.nz](http://www.surflifesaving.org.nz). Our Club fees, which are separate to this, are due on the first day of the season and must be fully paid before the 31st October 2019. At least one parent/caregiver must join the Club along with their children either as an Active or Associate Member. Discounts are offered for 2 or more children in a family.

### 2.3 Membership types

- Junior Surf – athletes between 5 & 13 years old
- Active – lifeguard
- Associate – use of Club's facilities, participate in programmes, vote at AGM, can be elected onto Committee
- Social – participate in social programmes & activities, use of some facilities

### 2.4 Sunday Junior Surf Club days – start time 10am

An attendance register (roll) is marked every Junior Surf day. This is not only a health and safety regulation but also has a bearing on many Club awards. You need to have attended at least 4 Junior Surf Club days to compete in our Waihi Beach Junior Surf Club Champs and we refer to these rolls to check that information. Please make sure you are marked on the roll every Junior Surf day you attend, even if you arrive late. Everyone must sign out prior to leaving the beach as this is part of our Water Safety Plan.

Focus is on skill acquisition and water confidence in ability/age-based groups. Friendly competition will also be encouraged on selected days of the season. All members must wear Club skullcaps and swimwear. The official hi-vis safety vest is also part of our club uniform.

Please remember that a parent or caregiver must be present, on the beach with children, up until the age of 12yrs.

On Club days the coaches will guide children through a series of activities, games and some events based on the races they will compete in at surf carnivals and competitions, as well as teaching surf life saving sport skills, encouraging water and surf confidence, encompassing surf safety and working towards the SLSNZ Achievement Awards (see Achievement Awards section of this booklet). Fun, friendly competition and sportsmanship will always be encouraged.

## 2.5 Junior Surf activities

As noted above, children are grouped according to age as at midnight on 30<sup>th</sup> September. Exceptions to this rule must be cleared by the Junior Surf Coaching Co-ordinator. Children must be at least 5 years of age to be able to join the Club. Children 10 years and over will be grouped in competition and development groups.

### Junior surf activities

#### comprise: Land-based

- Beach Sprint - A quick run along the beach, distance depending on the age.
- Beach Relay - Beach sprint with the exchange of a baton in teams of 4 or more.
- Beach Flags - An elimination activity, like musical chairs but with a twist and designed to teach the skill of quickly getting up from the sand, turning and racing for rescues.

#### Water-based

##### Wading

Entering and exiting the water quickly while negotiating waves. The depth of water increases with the child's age and capabilities. Skills will eventually include porpoise and duck dives.

##### Surf Swim

As appropriate for age group ability, swimming in the surf, negotiating waves, catching broken & unbroken waves with or without the use of fins.

##### Boogie Board

Entering and paddling through surf. Catching unbroken and broken waves. In competitions, events include single person and relay races.

##### Kneeboard

There are two types of kneeboards. From the age of 8-9 years, long foam kneeboards serve as an introduction to paddling on knees and negotiating surf without the use of a leash. This is an option for the more competent swimmers in these age-groups. Races with fibreglass kneeboards are longer and involve a lot more paddling in deeper water. Relay races and rescue races are also a feature of kneeboard events. Kneeboards are sometimes referred to as Malibu boards.

##### Combination

Races like the senior iron man races. The Diamond race includes a surf swim leg and a board leg before finishing with a run to the finishing line. This is a single person event. The Cameron Relay is an event where each member of a team completes the same disciplines as the Diamond Race.

## 2.6 Changing rooms and showers

Our Junior Surf members are entitled to use the downstairs changing rooms and showers. Parents are expected to accompany young children into the changing rooms and to supervise them. Showers must be limited to a maximum of 3 minutes, to enable all members to enjoy a hot shower. All members are required to use the footbath when entering the changing rooms and gear shed, to reduce the volume of sand tracked inside the Clubrooms. All age-groups are rostered on clean-up duty at the end of the Junior Surf sessions and we request that parents oversee this activity to ensure the tasks are completed to a good standard.

## 3. Uniform & Equipment Rules

### 3.1 Compulsory uniform

#### Skull Cap

A blue and white quartered skull cap is a compulsory part of our uniform. It must be worn on the head at all times. It is useful for coaches and helpers if your child's name is written on the skull cap with permanent marker.

#### High Visibility Vest

Compulsory for competitions and for all children during all water/surf training on Sundays or at any other time they are training or practising on Club equipment, including outside formal training situations.

#### Club Togs

Made to our club specifications and sign written with Club name. Club-branded or royal blue togs are necessary for competitions. The Club-branded swimwear is made from a top-quality chlorine resistant fabric, suitable for swimming in pools and are available for purchase from the Club.

### 3.2 Equipment hire & use

For athletes using foam or fibreglass boards there is a small equipment hire fee as per the Equipment Use Policy form. The fee is to cover damage and to provide the mechanism to invest in future board purchases.

Please ensure that equipment used by your child/children is washed and put away in the correct place at the end of each session. This ensures that the gear is well looked after and cared for. Due to the Club's investment in equipment, children who repeatedly do not wash down their gear down and return it to the appropriate place may lose the privilege for future use.

If you happen to damage any gear, please inform your coach or Junior Surf Equipment Officer as soon as it happens so that the necessary repairs can be arranged. If equipment is used when damaged it can sometimes result in permanent or irreparable damage. Due to the nature of the sport we understand that damage can happen, however we would rather know immediately than by discovering the damage later.

### 3.3 200m safety badge

All children wishing to be allocated a kneeboard must have successfully completed the following requirements. In both the ocean and pool, athletes must swim 200m **continuously, competently and confidently**, in freestyle stroke unless an exception to this is discussed and agreed with the Head coach and the assessing Patrol Captain. Immediately following the 200m swim in the pool, athletes will be expected to tread water for one minute, without stopping after the swim. This one-minute of treading water is included within the total time allocation. POOL TIME – total 8 mins (swim must be completed within 7 minutes) OCEAN TIME – total 9 minutes.

These requirements are re-tested on an annual basis, however coaches will ensure children swim at each session, to keep up their swim fitness. The times to achieve the Safety Badge differ to the target times for the Surf Life Saving New Zealand Awards and each level has a different time, appropriate to the age of the child.

#### Notes:

1. When measuring the 200m badge course in the surf, the start and finish point is in the water at the approx. waist height of an 8 year old child (0.9 m). The course is in a u-shape, 50m out to first buoy, 100m parallel to the beach to the second buoy and then 50m back to the beach.
2. If conditions are not considered appropriate, testing will not take place.
3. Times will vary due to surf conditions on the day of testing and this will impact decisions made on awarding the badge. All decisions are at the discretion of the Patrol Captain.

### 3.4 Board transition

Once an athlete can demonstrate the following they may be able to use a 'foamie' kneeboard;

1. can confidently swim 200m in the pool and in the ocean, as per section 3.3
2. show in Junior Surf sessions they have the strength to control a kneeboard
3. can hold their board in different surf conditions and if they lose their board are able to swim back to shore confidently
4. demonstrate they can look after their board all season (washing down, carrying the board, etc)

Older children may transition from a foamie to a fibreglass board once their 200m ocean swim time is within their age-appropriate SLSNZ Award time and they have shown their ability on a foamie to be strong and confident in a range of surf conditions. They must also demonstrate their knowledge and acceptance of the Board Policy in Section 3.5.

Boards will be allocated outside of coaching sessions by the Head Coach. Board allocations are not an automatic right as there are many safety issues to be considered. Please work with the Club regarding board allocation for your child/ren. Please make an appointment with the coach if you wish to discuss board allocation.

### 3.5 Board policy (applies to both foamie & fibreglass boards)

1. the criteria detailed in section 3.4 'Board Transition' must be met by the athlete
2. boards can only be allocated to athletes who attend a minimum of 3 sessions each month
3. athletes who competed in board events at Oceans 2019 automatically qualify for a board this season
4. treat all gear with respect
5. wash all gear down and return to storage, in correct place, immediately after each use
6. carry – DO NOT drag gear. If you need help ask a fellow athlete, parent or coach
7. notify the Equipment Officer immediately when gear is damaged
8. no stand-up surfing of waves on kneeboards
9. don't remove equipment away from the Club without permission from the Head Coach or Equipment Officer
10. don't leave gear in the sun, **ever**
11. when travelling to carnivals you must load and unload your gear onto the trailers OR find a person willing to and capable of doing this for you
12. any equipment in the 'damaged gear' rack at the back of the gear shed is under repair and cannot be used
13. board washing must be done on the grass area, not under the outdoor shower





## 4. Key Events

### 4.1 Pool & swim assessments

Pool day provides an opportunity for coaches to assess children's individual swimming skill in a tepid pool without the complication of surf conditions. There will be lots of fun games for the younger age-groups, aiming to increase confidence in the water. Athletes over the age of 9 years can bring fins. The criteria for each age- group certificate are set by Surf Life Saving NZ and the swim component must be completed in one continuous swim. Stopping is not allowed.

### 4.2 Junior Surf carnivals - competitions for the whole club!

There are several carnivals throughout the summer season, held at different locations in the Bay of Plenty and Coromandel. Some are for all age-groups (5 years+), while others are for children in the 7 years age-group and upwards. These are usually on Sundays, but occasionally held on weekdays or Saturdays during the holidays. Competing at competitions gains Club points. Waihi traditionally has a very impressive team in terms of both numbers and achievements and events are exciting and great fun! Races tend to be same at most Junior Surf carnivals and are divided by age and gender. All competitors earn Club points for participating at events. Athletes are required to be in official Club uniform for all carnivals.

### 4.3 U14 SLSNZ Championship (Oceans '19)

Oceans is the Junior Surf National Championships competition held for athletes 10 years and over from all over New Zealand. Competitors need to have passed their 200m swim badge to compete in the water events. All events follow the Junior Surf carnival procedures but with a higher level of competition. Additional training over and above the Sunday Junior Surf sessions is mandatory for all members wishing to compete at this national event. An information booklet is available about competing at Oceans.

### 4.4 Pool swim competitions (Pool Champs)

There are regional and national pool swimming competitions, known as Pool Champs, held in the off-season. Entries are accepted from athletes aged 10 years and over. Age-group categories are U12, U14, U16, Open Men and Women and Masters. Races include freestyle with fins, an obstacle course and tube rescue with fins. All races are timed finals, i.e. there are no heats, semi-finals and finals. Masters competitors in Pool Champs are not required to be qualified or refreshed lifeguards, so if you are a parent or caregiver keen on swimming, we encourage you to join our pool champs training sessions. They provide a huge amount of fun, as well as giving you fitness and skill development opportunity.

The Club provides swimming training sessions outside of Junior Surf and off-season training. Information will be in the Junior Surf Newsletter



## 5. Club Programmes

### 5.1 Club Championships

This event is our own Club competition and open to all athletes. To compete in our Club Champs, you must be a paid-up financial member and have attended a minimum of 4 Junior Surf days. Races follow the traditional events as well as providing an opportunity for some team events. Medals and certificates will be given out to place-getters and participants. The Club's trophies are awarded for a wide range of achievements throughout the season and presented at prize-giving at the end of the season.

### 5.2 Ocean's Leadership Programme

12 and 13 year old Oceans squad athletes may apply to join the Ocean's Leadership Programme, which offers opportunities to be mentored, work alongside Junior Surf coaches in the 5-9 year old age groups and to learn more about leadership. Information on this programme and application forms are available from the Ocean's Leadership Programme mentors or from the admin desk.

### 5.3 Rookie Lifeguard Programme

Aimed at 12-13 year olds, to prepare for the Surf Lifeguard Award (previously known as Bronze Medallion) when they turn 14. To graduate from the Rookie Lifeguard Programme, participants are required to undertake and complete every component of the programme. It takes approx 20 hours (minimum) to complete and includes time on patrol under the guidance of a qualified lifeguard mentor. They must also complete their Surf Life Saving Certificate to pass this programme, which is overseen and examined by the Senior Lifeguarding team. Interested members should enquire to the Rookie Lifeguard Officer.



### 5.4 Lifeguard award – 14 years & over

To become a qualified lifeguard, you must be 14 years or older and pass your Surf Lifeguard Award exam. The exam comprises:



- 400m pool swim in under 8 minutes
- run/swim/run in the surf
- resuscitation test
- rescue test
- theory questions
- practical surf knowledge test

**For further information please contact the Club Administration Manager, Rookie Lifeguard Coordinator or Lifeguard Coordinator.**

## 6. Achievement Awards (set by SLSNZ)

Each level grows in skill and is seen as a **minimum** requirement for that age group. Coaching and testing for these awards is provided during the Sunday Junior Surf Club sessions.



### Level 1 (7 year olds)

- Pool swim 25 metres
- Ocean swim 25 metres
- Survival float for 20 seconds
- Wading and negotiating the waves in and out
- Dolphin or duck dives under waves
- Gliding onto a wave from standing position
- Run - Wade - Run 25m x 50m x 25m
- Body board using leash, catching a wave, paddling
- Six theory questions

### Level 2 (8 year olds)

- Pool swim 50 metres
- Ocean swim 50 metres shallow waters
- Wading with correct technique - clear knees at knee depth
- Negotiating waves in and out
- Survival float for 30 seconds
- Body surfing, catching a wave, stroke on wave
- Run - swim - run (or run - dolphin dive - run) 30m x 50m x 30m
- Paddling lying down, negotiating waves in and out
- Six theory questions

### Level 3 (9 year olds)

- Pool swim 100 metres
- Ocean swim 100 metres
- Diving under a wave
- Wade, dolphin diving to waist depth, swim
- Body surfing, on a wave, stroking on wave
- Tread water 1 minute
- Run-Swim-Run 50m x 75m x 50m
- Achieving three of the following on a board: Surfing on body board along a wave with fins, on either a body board or a foamie going over the top of a wave on the way out, going under a wave, Eskimo Roll
- Six theory questions



#### **Level 4 (10 year olds)**

- Pool swim 200 metres in 7 minutes
- Ocean swim 200 metres
- Swim with a tube, fins and patient
- Diving under wave, pushing off the bottom
- Body surfing, swimming to catch a wave
- Tread water 1 minute
- Run-Swim-Run 50m x 100m x 50m
- Board paddling, kneeling, negotiating surf, turning, catching a wave, and holding on, paddling with a patient
- Paddling with two on board
- Five theory questions

#### **Level 5 (11 year olds)**

- Pool swim 200 metres in 5 minutes
- Ocean swim 200 metres
- Diving under wave, 5 dolphin dives
- Body surfing, swimming to catch a wave
- Hand up for 30 seconds to signal for help - notify Patrol Captain before doing & put 'Training in Progress' sign on the beach
- Swim with tube, fins and patient following a patient pickup
- Tread water 2 minutes, assistance required
- Run-Swim-Run 100m x 200m x 100m
- Board catching unbroken wave, turning around buoy, punching through white water, recovering from falling off your board.
- Controlling your board and changing direction
- Paddle two to a board
- Pick up a patient on a board
- Four theory questions

#### **Level 6 (12 year olds)**

- Pre requisite - Level 5 Award
- 200 metre pool swim in 4.5 minutes
- Run-Swim-Run in the ocean (100m run including the wade, 200m swim, 100m run) in 7 minutes
- Tow a patient in a rescue tube a minimum distance of 30 metres. The rescuer must wear flippers
- Six theory questions

#### **Level 7 (13 year olds)**

- Rookie Lifeguard Programme



## 7. Carnivals & Competitions – fun for everyone

Competitions and carnivals are great for children to put all their Junior Surf learnings into action. These events are a lot of fun and build athlete's confidence.

There are rules and guidelines around the carnivals and competitions, but all are easy to understand, and we cover them off during Sunday Junior Surf sessions.

- Club uniform must be worn, with no exceptions (skull cap, club togs & hi-vis vest).
- 7-8 year olds will use a boogie board for their board events.
- 9-13 year olds will use a foam or fibreglass kneeboard for their board events.
- To compete on a kneeboard all athletes must have passed their 200m swim badge prior to the competition. The 200m badge must be sewn onto Club gear in a visible position, eg on the skull cap.
- A child's age is determined as at midnight on the 30th of September.
- Competitions incorporate both beach and water events. It is great for children to compete in as many events as possible, but we understand that young children may be too tired to complete every race.
- Before each event the marshal will explain the course to the athletes. Some marshals will confirm the rules; however, athletes are expected to understand the rules of events before the competition day.

### 7.1 Enrolling in competitions & carnivals

- Surf Life Saving NZ have imposed new rules around entering surf sport events.
  - ❖ No athletes will be allowed to register after the close-off date.
  - ❖ The Club must provide 1 surf official per every 10 athletes entered so we will ask you to commit to undertaking the new online Surf Official qualification and assisting in this role at some competitions.
- If you have enrolled your child in a specific event in a competition, the team manager/age-group manager must be notified if withdrawing so the marshal can be advised.
- Each age-group requires two parents/caregivers to act as the Age-Group Managers; one for boys and one for girls. The parent is given a list of competitors in their group and will have responsibility for looking after that group for the duration of the competition, liaising with the Club Team Manager and coaches, ensuring athletes know when and where their races are, recording their results and passing results to the Competitions Coordinators or Team Manager at the end of the competition.
- The Club is required to provide parent helpers and water safety support at every competition, so if your child(ren) are entered for a competition you will be asked to assist in an arena for a part of the day.
- Athletes compete in their age groups and each group is assigned their own event marshal. The athletes and marshal stay together for the whole competition. It is important to stay together so the athlete does not miss out on an event. The marshal will default the athlete if not ready for the event.
- The gear trailer is loaded the night before competitions. We ask parents and older athletes to help with this. If you can't make it, as many of our Club members do not live locally, we ask that you give someone your board lock number or details of a preferred foam board, so it can be loaded. Boogie boards will be taken from the Club, so there is no need to bring your own.
- If you are able, we ask that you return to the Club after the competition, or ask someone else, to wash down your board/boogie board and put it away.

## 7.2 Overview of competition events

**Beach Sprint** – This is a straight running race. 7-9 years run 50m, 10-11 years run 70m and 12-13 years run 90m.

**Beach Relay** (all age groups) – Teams of 4 (2 at each end of the course), run same distance as Beach Sprints. Team members run carrying a baton and pass to the next team member. Each baton must be received behind the line and if any part of the body crosses the line before the baton has changed the team will be disqualified. If the baton is dropped, it can be picked up and the team continues.

**Beach Flags** (all age groups) – This is a sprint up the beach to claim a baton. There will always be fewer batons than competitors; the competitor who does not get a baton is eliminated from the competition. All competitors lie face down with toes on the start line, heels together, hands on top of each other and head up facing out to sea. On the command “heads down” chins are placed on the hands and competitors must stay still. At the whistle competitors get to their feet as quickly as they can and run to get a baton. There is only one false start allowed, so the next competitor to false start is eliminated.

**Run-Wade-Run** (7-9 years) – This is a beach/water event. Competitors run from the starting line on the beach into the water then wade out and around two markers and back into shore where they sprint to cross the finish line.

**Run-Swim-Run** (9-13 years) – This is a beach/water event. Competitors run from the starting line on the beach into the water then swim out and around two markers and back into shore where they sprint to cross the finish line.

**Surf Race** (9-13 years) – This is a swimming race. The course length varies by age-group but will be no longer than 200m. All competitors must have completed their 200m badge. Competitors usually swim left to right around the course and return to shore to sprint across the finishing line.

**Boogie Board Race** (7-9 years) – The race starts at the water’s edge with each competitor’s board leash attached to their arm. They race out and around two markers and back into shore. Competitors must cross the finish line in contact with their board. No fins required.

**Board Race** (9-13 years) - This is a kneeboard race. Competitors start at the water’s edge holding their board. On the starter’s whistle they race out into the water, paddle out and around three markers and back into shore to the finish line. Competitors must cross the line in contact with their board. If a competitor loses their board after the last buoy/marker, they can swim the remainder of the course.

**Board Relay** (9-13 years) – Same rules as for the Board Race but with teams of 3. The first team member completes the water course and tags the next team member, not their board. The final team member must cross the finishing line in contact with their board.

**Diamond Race** (7-13 years) – This is a multi-discipline event. The order of events is swim, board, run. The competitor swims out and around two markers, returns to the beach and picks up their board. They return to the water, paddle out and around the markers, returning to the beach, dropping their board at the flags then sprint to the finishing line.

**Cameron Relay** (7-13 years) – This is a multi-discipline team event. Order of events is the same as the diamond race but done in team of 3. The first competitor swims out and around two markers, returns to the beach and tags the paddler who runs to the water and paddles out and around the markers, returning to the water's edge, tagging their runner who then sprints to the finishing line.

**Tube Rescue** (10-13 years however 10-12 year olds only contest this event at some competitions) – Teams consist of a patient and rescuer. The patient lines up at the start between their flags. On the starter's whistle they swim out to their buoy. On reaching the buoy the patient places a hand on the top of the buoy and raises their other hand up. On seeing the signal from the patient, the rescuer, who stands on the seaward side of the start line, runs up the beach to get the rescue tube and fins. These are put on as soon as the rescuer is ready, and they then swim out to the buoy.

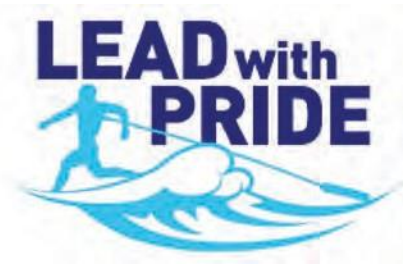
The rescuer swims left to right around the buoy, clipping in the patient behind the buoy. The patient can help clip on the tube before they cross the buoy line and swim into shore. The patient must remain on their back while being towed and can assist by kicking and/or sculling underwater. When they are in shallow water, the rescuer removes their fins and the team runs up the beach to finish in between their flags.

10-12 year old patients are taken out to the buoy in an IRB. The race then starts with a whistle, signalling the rescuer to run and pick up their tube and fins.

**Board Rescue** (12-13 years) – Teams consist of a swimmer and a paddler. On the starter's whistle the swimmer races out to their allocated buoy; on arrival signals that assistance is required. The paddler begins at the swimmer's signal. On reaching the swimmer the paddler rounds the buoy from left to right, picks up the swimmer, making sure that they are on the seaward side of the buoy. The team jointly paddles back to shore. The paddler and swimmer run to cross the finishing line with both competitors in contact with the board.



## 8. Code of Conduct:



### 8.1 Expectations of the Junior Surf athlete...

- To have fun, make friends and learn!
- To show respect to others always
- To comply with the instructions of the coaches and their assistants always
- To give your best efforts always, being competitive yet fair
- To join in Club competitions where possible
- To show care & respect for equipment used in training & competition

### 8.2 Expectations of the parent and caregivers...

- To ensure your child is signed in and out at each session
- To assist with the supervision of your children at all times and be prepared to help the coach as required. Parents should expect to be participants in each session, not spectators
- To support all Health and Safety policies and procedures
- Be prepared to be in the water with your child during all water sessions for children under the age of 10
- Encourage your own and others' children and praise their attempts: "They are all winners; only a few become champions"
- Be a good role model to your child and to others
- Provide the opportunity for your children to extend and practice their new skills outside of Junior Surf
- To ensure that registration details are completed, and fees paid promptly
- Take a turn on the BBQ roster at least once during the season
- Participate with fundraising activities to the best of your ability
- Consider being a coach or committee member: become involved, support your children and the Club Community
- If you wish to discuss your child's progress or have other questions, please arrange a time to discuss with the Coach or Junior Surf Coaching Coordinator outside of the session time

### 8.3 Expectations of the Junior Surf team and coaches ...

- To provide Coaches who will teach to the age group level required
- To provide role models, inspiration and encouragement
- To operate in a safe environment and always comply with adult/child ratios
- Have the confidence to deal with injuries and seek assistance where required
- Provide a structured training regime that enhances skills and confidence
- Communicate clearly with both children and parents/caregivers
- Be fair and encourage fair play in competition
- Be sensitive to gender, race or cultural differences
- Encourage participation of both children and their parents/caregivers
- To provide integration through all levels of the Club with assistance from senior members



## 9. Volunteering is very rewarding

1. We need support for many aspects of our programme. As everyone is time-short, we ask you for just 5 voluntary hours over the season. We have a list that you can add your name to and we only ask for 5 hours. If you are prepared to assist, please see the Registration Desk on a Sunday.
2. The most critical **fundraising activity** is the beach collections, late December and the New Year's Day. We would really appreciate part of your 5 hours dedicated to these events if possible.
3. Every Sunday and at many events, we provide a **BBQ** as a part of the Junior Surf fundraising programme. This consists of sausages in bread with tomato sauce. Parents may be called upon to assist in some situations. If you are available to provide help during the season, please let the admin support team know. (at the desk under the deck on Sundays).
4. Junior Surf relies heavily on **donations, grants and sponsorship**. We are continually looking for new sources of funding so that we can continue to provide the very best coaching and surf sport opportunities for your children. We welcome your support in fundraising, offering sponsorship or brokering partnerships for us. Please contact the Chair, Donna Pfefferle 027 4940 282, if you have ideas or can assist in this extremely important area.

### 9.1 Coaches

We are enormously grateful to all our Junior Surf Coaches, as they provide a wonderful service on an entirely voluntary basis (except for our Head Coach for the 10+ age groups).

Coaching appointments are made prior to the start of the programme; however, we are always keen to welcome new coaches, parents interested in coaching or assisting a coach to develop their surf-coaching skills. We also encourage our lifeguards to participate in the junior coaching programme to provide leadership opportunities for them as well as fabulous mentoring and as role models for our children.

Professionally run courses in coaching skills are offered through Surf Life Saving NZ and we facilitate our coaches attending these courses. If you are interested in being involved, please contact any of the Junior Surf Leadership Team.

### 9.2 Surf Sport officials

Each Club is responsible for supplying qualified officials at regional and national carnivals & competitions at a ratio of 1 official per 10 athletes entered. This is a great opportunity for parents to be on the beach with their children during competitions. It is a very rewarding pathway for parents and provides significant support to our Club. There is no expectation that individuals will be required to attend all events but two or three per season would be outstanding. Of course, the more officials we have, the less each person will need to be called on.

Please contact us for information on becoming a qualified surf sport official.

## Interested in attending carnivals and competitions?

Refer to the two other reference documents that explain what is involved, what you need to know, how to enroll and how much fun these events are.

Collect a copy of the information booklets from the administration table or the office or download from our website. Dates and times of events are on the calendar on the back page of this handbook.



## Guide to Competitions & Carnivals Booklet



## Guide to Oceans Booklet

Photographs taken by Kerri Hart

# Become a Rookie

## Course overview:

The Rookie Lifeguard Programme has been designed to help Junior Surf members prepare to be a Surf Lifeguard. The Rookie Programme aims to promote "practical lifeguarding" to the younger members and develop strong ties between senior and junior members as a result of involvement.

The target audience for this programme is 12-13 year old Junior Surf members wishing to become a Surf Lifeguards in the next season.

## Course information:

### Pre-requisites

Be 12 years of age by the 1<sup>st</sup> October

Be able to swim 200 metres in a pool in under 4:30mins by 13 years of age

Current member of a SLS club

### Duration

Variable depending on competence and instruction structure 2-8 weeks

### Delivered by

Club Rookie Lifeguard Co-ordinators

### Who should enroll in the programme?

Anyone interested in becoming a lifeguard in years to come

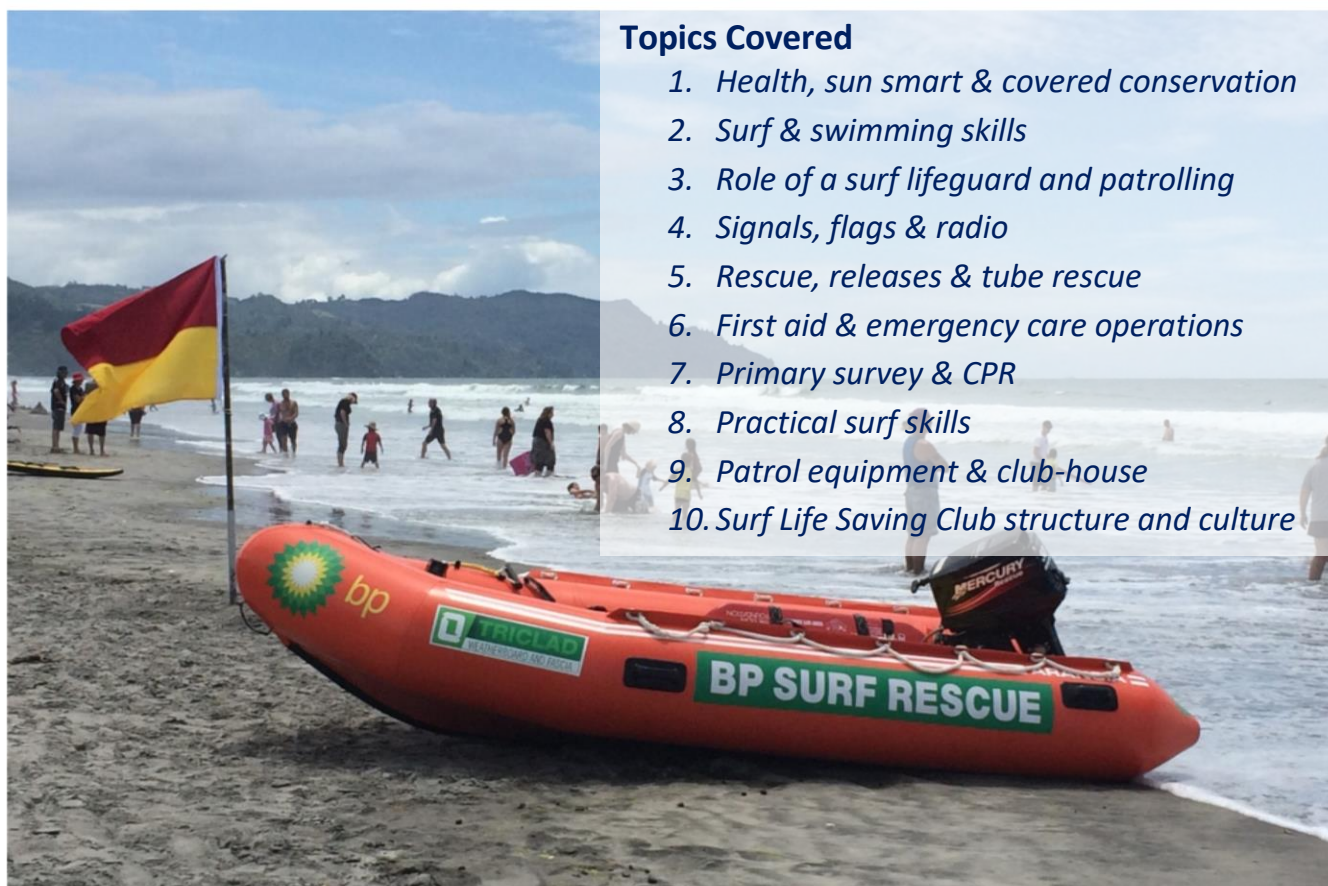
### Candidate requirements

Participate in four patrols (no less than 12 hours in total)

Complete all Rookie Lifeguard Log Book Modules

## Topics Covered

1. Health, sun smart & covered conservation
2. Surf & swimming skills
3. Role of a surf lifeguard and patrolling
4. Signals, flags & radio
5. Rescue, releases & tube rescue
6. First aid & emergency care operations
7. Primary survey & CPR
8. Practical surf skills
9. Patrol equipment & club-house
10. Surf Life Saving Club structure and culture



# Calendar of Events 2019/20 Season - to be confirmed

## October:

Sunday	21 <sup>st</sup>	9am	Junior Surf Open Day (9.30am for returning members)
Sunday	28 <sup>th</sup>	10am	Pool day – Dave Hume Pool, 28B Carisbrooke Street, Katikati – see page 8 for details

## December:

Saturday	1 <sup>st</sup>	3pm	Katikati Christmas Parade
Saturday	8 <sup>th</sup>	1pm	Waihi Christmas Parade
Sunday	23 <sup>rd</sup>	10am	Junior Surf Fun Day and Christmas Party
Thur/Fri	27 & 28 <sup>th</sup>		Street Collections (fundraising) followed by twilight games

## No Junior Surf 30th December

## 2018 January:

Tuesday	1 <sup>st</sup>	11am	New Year's Day Family Beach Sports Day
Wednesday	2 <sup>nd</sup>	7.30am	10km Fun Run (12noon enrol, starts 1pm) start Coastguard, finish at Club
Thursday	3 <sup>rd</sup>	9.30am	Sand-making Competition 9.30am enrol, 10.30am start in front of Club house
Sunday	6 <sup>th</sup>	10am	First day of Junior Surf for 2020
Sunday	6 <sup>th</sup>	7.30am	Orokawa Bay to Waihi Beach Swim (Katikati Masters SC), 7.30am reg, start 10am

## February:

Sat/Sun	8 & 9 <sup>th</sup>		North Island Surf Boat Championships & Trans-Tasman Test - Waihi Beach
Saturday	16 <sup>th</sup>		North Island IRB Champs - Waihi Beach

## March:

Saturday	3 <sup>rd</sup>		Junior Club Champs and Prize-giving
Saturday	17 <sup>th</sup>		Prize-giving Ocean Athletes

## April:

Saturday	20 <sup>th</sup>		Senior Club Champs
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## Regional & National Junior Surf Competitions

*Cut off dates are critically important as entries are completed online and late entries are not accepted.*

### November:

Sunday	25 <sup>th</sup>	Bay of Plenty Junior Carnival – Omanu
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### December:

Sunday	16 <sup>th</sup>	Bay of Plenty Junior Champs – Omanu
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### January:

Friday	4 <sup>th</sup>	Pauanui Junior Surf Carnival	21 <sup>st</sup> Dec
Sunday	6 <sup>th</sup>	Whiritoa Junior Surf Carnival	21 <sup>st</sup> Dec
Wednesday	9 <sup>th</sup>	Coromandel Cup, Whangamata	6 <sup>th</sup> Jan
Sunday	13 <sup>th</sup>	Pukehina Carnival	6 <sup>th</sup> Jan
Sat/Sunday	12 & 13 <sup>th</sup>	BOP/Gisborne Junior Champs, Whakatane	TBC
Saturday	19 <sup>th</sup>	Bartlett's Papamoa Junior Invitational	6 <sup>th</sup> Jan

### February:

Sat/Sunday	2 <sup>nd</sup> & 3 <sup>rd</sup>	Gisborne Junior Champs	
Sat/Sunday	16 <sup>th</sup> & 17 <sup>th</sup>	Eastern Regional Champs Juniors, Whangamata	22 <sup>nd</sup> Jan

### March:

Thurs-Sun	7 <sup>th</sup> - 10 <sup>th</sup>	Oceans '19 U14 NZ SLS Champs: Mt Maunganui*
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\*Oceans Squad members are confirmed by the Head Coach. Entry Cut-off is together with the Oceans Camp

**Please note:** Some dates may be subject to change, most carnivals and competitions have small entry fees, payable before the competition. Check out the SLNZ website for any further information regarding Junior Surf Competitions. <http://www.surflifesaving.org.nz/sport/calendar/>