



2012-13

MEMBER INFORMATION BOOKLET

Del Monte Place, Copacabana

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www.copacabanaslsc.org.au

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1. Welcome

A very warm welcome to Copacabana SLSC "The Club" for the 2012-13 season to both new and returning members. If you're new to the Club, the Committee and members trust that your experience at The Club will be both enjoyable and fulfilling. Whether you have joined for recreational & fitness, sporting, educational, social or community purposes, we're certain you'll be rewarded with new friendships and experiences unique to Surf Life Saving.

Memberships are available for Juniors, Masters, Seniors and Families, either Active or Social. Surf Life Saving is open to everyone, no matter your age, gender, cultural background or even your swimming ability. There is a role for everyone in Surf Life Saving Clubs.

Club members voluntarily patrol the beach every weekend (and public holidays) from October to April. An extensive selection of training courses is available to teach both children and adults the latest surf safety and survival skills that will remain with you forever. The Club has a reputation for both fun and training. Social activities held regularly in the clubhouse for both adults and the kids. The Club's Nipper program is highly focused on fun and participation, with more serious training opportunities for those needing a higher challenge. Over many years, The Club has developed many State and Australian champion athletes, while having one of the most enjoyable Nipper programs on the Central Coast.

We thank you for your Club registration, and also to the valuable contribution you will make to the local community, and wish you an enjoyable, safe and rewarding season.

With Kind regards,

Copacabana SLSC

2. Club Colour's

The Club's colours are red, white and blue.

Nipper caps are also coloured, and feature a unique single colour for each age group. Nipper caps (and other Club merchandise) can be purchased from the merchandise shop at the Clubhouse every Sunday morning.

Visit the club's [website](#) a check out prices and what's available.



3. The Committee

Contact person: Gay Langbridge, 0414 265 583

The Club is managed by an executive committee of volunteer members. The names and contact details of committee members can be found on The Club's [website](#). These positions are elected at the Clubs Annual General Meeting, usually around the middle of the year. The Executive Committee is charged with the management and development of the Club and its operational responsibilities to the community, as well as our commercial operations including the cafe and function centre. The Committee meets at 7:15pm on the 4th Thursday of each month at the Clubhouse. Members are more than welcome to attend. If you have an item you would like to discuss, please contact the [Director of Administration](#) at least three (3) days prior to the meeting.

The Club is a member of the [Central Coast Branch](#) of [Surf Life Saving NSW](#), which in turn is a member of [Surf Life Saving Australia \(SLSA\)](#), and conforms to the rules set by SLSA.

4. Membership

Contact person: Rowena Brooks, 0404 470 801

Surf Life Saving provides a unique environment for all ages, where members can have fun, play sport, keep fit and make friends, while gaining education about the beach and water safety.

4.1. Member Registration Fees

Registration fees are due on or before **September 16, 2012**.

2012-13 fee rates:

Nippers:	\$90.00
Active/Patrolling Members:	\$35.00
Associates/Social Members:	\$35.00
Family Membership:	\$270.00

Please Note: At least one (1) parent/guardian must register as an Associate Member when registering a child/children for Nippers.

Payment of registration fees can be made via:

- Online using [Surf Life Saving Payment Gateway](#)
- Direct Debit. Account Name: Copacabana SLSC. Account #: 270 218. BSB: 032 545. Insert your surname as Reference.
- Cheque payable to Copacabana SLSC

4.2. Member Categories

- Junior Active Membership (Nippers) is aged from five (5) to fourteen (14) years. Nippers participate in games, activities, education and competition to teach and enhance vital lifesaving skills
- Active Patrolling Membership are aged fifth teen (15) or older and have been awarded the Surf Rescue Certificate (SRC) or Bronze Medallion, and who undertake patrols and other Club obligations including an annual proficiency test
- Associate Membership are persons wishing to be part of the Club (perhaps in a social capacity) who may or may not have a SLSA award
- Life Membership is granted for distinguished service to the Club
- Award Membership is more persons who hold awards other than the Bronze Medallion, for example, Radio Operators, Spinal, Senior First Aid, ARTC and are active completing rostered patrols.

4.3. Member Benefits

All club members have access to the following; training courses, competitions, events, beach patrols and social functions in the Members Club Room, where you'll be able to benefit from discounted food & beverage at functions.

Benefits for active patrolling members are many. The club rewards active patrolling members with a number of exclusive benefits, including Hot Showers, Gym access, locker storage (pending availability), and craft storage. These benefits are only extended to those who fulfill their patrolling requirements.

- Training courses > a range of courses aimed at increasing your skills and knowledge
- Competition and/or physical training > Board, ski, boat, IRB, masters, etc train at various times of the week and year. If you wish to train and compete with these teams, please contact the respective Team Captain to find out more.
- Social Events > there are weekly, monthly and yearly social events hosted by the Club
- Use of Club water craft > members enjoy the use of racing boards and skis, marked 'Club Use'. If it is your first time using equipment, please ask an experienced club member for assistance.

4.4. Member Protection

Contact person: Adam Richards, 0415 123 564 or Bronwyn Selfe 0404 680 561

The Club conforms to the relevant NSW regulations with respect to child protection. As a club that actively encourages all family members to be involved we need to ensure that children are kept safe. For this reason it is mandatory that all members aged 16 and over must complete the necessary member protection forms. This form is available on the club website, SLSA website and on the Registration Days.

The Member Protection Officer is the first point of call in the club for any enquiries, concerns or complaints about harassment and abuse. The Member Protection Officer provides confidential information and moral support to the person with the concern or complaint and activates a process by which matters can be investigated and/or resolved.

5. Code of Conduct

Contact person: Paul Duignan, 0418 118 905

We adopt SLSA Code of Conduct which is available in the Clubs Operating Procedures and on SLSA website.

6. The Clubhouse

Contact person: David Brooks, 0414 431 340 and Warren Blackwell, 0411 671 821

The Club operates from a fantastic clubhouse that is split over two levels. The downstairs (ground floor) level is our patrol operations, training, first aid, gymnasium, and storage areas. The upper level occupies the observation tower, member toilets, the function room, members room, bar and kitchen facilities.

The Club is strictly a non-smoking venue. Children under the age of 15 should not be upstairs unsupervised and are required to exhibit appropriate behavior at all times. Appropriate footwear must be worn at all times, along with clean, dry clothing in the upstairs area.

6.1. Facilities

Active patrolling members can use the downstairs member's area that includes gear storage, the gymnasium, shower and toilet facilities, and lockers (pending availability). Access to the downstairs member's area is via an electronic fob. Please contact your Patrol Captain if you wish to obtain a fob to access these facilities.

6.2. The "Sand Factor"

Sand has a way of getting into everything and will damage equipment, floors and furniture and can block drains. To help minimize the amount of sand entering the Clubhouse, please wash sand off feet and shake from clothing before entering. Club equipment must be washed down to remove sand before storing it in the clubrooms.

Brooms can always be found around the clubrooms and we ask that if you see sand that needs to be swept out then please feel free to attend to this at your discretion.

6.3. 'Sundowners' Bar

The Club has an on-premises liquor license, and operates a Bar service during the patrol season. Commonly known as 'Sundowners', the Bar is open to members and non-members. Persons under the age of 18 must be accompanied by a responsible adult at all times. 'Sundowners' is open on Sunday's from 5:00pm for two (2) hours after the patrol finishes. Tap beer, wine, spirits and non-alcoholic drinks are available for purchase, along with a light meal offering. No 'take-away' sales of alcoholic beverages are permitted. No BYO is permitted.

6.4. Parking

No parking is available on the eastern side of the road. Parking is available along Del Monte Place or in the car park opposite the Clubhouse. The Club is liable for any damage to its premises and your intervention and reporting of actual and potential damage is encouraged.

7. Communication

Contact person: Matt de Ville, 0437 592 868

7.1. [SURFGUARD](#)

Surfguard is a web-based communication platform for Surf Life Saving members. All your membership details are stored here, including email addresses and mobile phone numbers. The Club uses Surfguard to notify you about upcoming events. If your managing a group of people, did you know that the Club can setup a mailing group (Email and/or SMS) for selected recipients, for example, Patrol Groups, Training Squads, Senior/Masters Competitors, etc. Contact Matt de Ville to find out more.

ACTION: Log onto Surfguard www.surfguard.slsa.asn.au and check your details are accurate....then you won't miss a thing!

7.2. **SMS (Text)**

The Club's SMS service is only used for urgent matters, for example last minute location/time changes for training, cancellations and patrol reminders.

7.3. **Email**

The Club's email service is used extensively when documents need to be forwarded to you. The Club's monthly newsletter will be distributed using email. You can opt out of the SMS and/or email services by logging into Surfguard and updating your details.

7.4. [Website](#)

The Club's website, www.copacabanaslsc.org.au is a great source of information and persons contact details.

7.5. **Social Media**

You can follow The Club on [Facebook](#) and [Twitter](#). Please note that these social media sites are monitored daily, and any inappropriate messages and/or images will not be tolerated.



7.6. **Neon Sign**

The Club's neon sign located on the outside of the building will feature information about the next Club or community event.

7.7. **Media Policy**

Any communication with media outlets, i.e. Television, radio, newspaper, online and any other media platforms made by members of the club in reference to Club matters, must have prior written approval from The Club's Publicity Officer publicity@copacabanaslsc.org.au

8. Nippers

Contact person: David Brooks, 0414 431 340

Every Sunday morning between October and March, loads of little Nippers flock to Copacabana Beach to participate in a variety of beach and surf activities. The Club's Nipper program is designed to teach valuable surf safety, survival skills, encourage teamwork and to ensure the Nippers have a great deal of fun. In fact, the Club is leading the way with interactive, unique ideas and equipment to ensure their interest is kept high all season, and that they leave each Sunday with a smile from ear to ear. The skills taught at Nippers are excellent preparation for an eventual transition (if desired), into senior surf life saving. All Nippers participate in a progressive Surf Education program designed by Surf Life Saving Australia. All Nippers aged 8 -14 years are provided with the skills and knowledge of beach safety and basic first aid.

The Club's Nipper program has a clear focus on participation and fun. Our Age Managers will endeavor to ensure every child improves their beach awareness and increases their confidence whilst enjoying their time at the beach.

8.1. Getting Started

The 2012-13 Nipper season **starts on Sunday October 07, 2012 and concludes on Saturday March 09, 2013**. Nippers are held from 9:00-10:00am, every Sunday. Please arrive no later than 8.45am to sign in. Twilight Nippers are held on Saturday afternoons, with details advised during the season.

8.2. Pool Fun Day

Certain age groups must complete a pool swim before they are permitted to participate in any ocean activities at Nippers, including board training. This is a ruling handed down from Surf Life Saving Australia for the safety of your children. The cost is approximately \$5.00 per child, payable on the day to your Age Manager.

The Nipper Pool Fun Day will occur on **Sunday October 14** at the Kincumber Pool (Kerta Road). All children who will be participating in the Under 8 to Under 14 age groups will need to attend to complete their Nipper Proficiencies. There are no beach activities for these age groups on this day.

Under 6 and Under 7 age groups will participate in their regular Nippers at the beach.

The table below outlines the requirements for each age group:

Age Group	Swim	Survival Float
U 8 & U 9	25m swim (any stroke)	60 seconds
U 10	25m swim (freestyle)	90 seconds
U11 & U12	50m/100m swim (freestyle)	120 seconds
U13	150m/200m swim (freestyle)	180 seconds
U14	200m swim (freestyle), less than 5 minutes	180 seconds

8.3. Uniform

Nippers wear the Club swimmers, rash vest and appropriate coloured age cap. It allows age groups to be easily recognized and for safety in the water. The club cap and club swimmers are required to be worn at all carnivals.

A complete range of club costumes, rash shirts, caps and clothing is available for purchase on Sunday mornings.

8.4. Parent Assistance

Nippers is operated by volunteers and rely on parents/guardians to assist on the day. You can assist in a number of ways:

Age Managers: overall responsibility for each age group, and are the most senior persons responsible for your child during Nippers. There are 2-3 Age Managers for each age group. Age Managers are appointed at the start of the season, and are required to fill the role for the entire season. Please contact the Junior Activities Officer if you're interested.

Water Safety Officers: these roles involve getting in the water as a swimmer or on a rescue board and monitoring Nippers participating in swim events. The Surf Rescue Certificate (SRC) or Bronze Medallion Award is a minimum requirement for persons wishing to become a Water Safety Officer. Please contact your child's Age Manager for further details. If you're not accredited, but would like to become accredited then please refer to Section 15. Training & Education.

Parent Helpers: these roles are very valuable in assisting your child's Nipper experience. Tasks include, supervising the children until their events start; participating in certain games; time keeping; and assisting with setup and pack up. There is no need to apply, just inform your child's Age Manager on the morning of Nippers.

8.5. Beach Setup and Pack up

Each week there will be a roster system in place for the setup and pack up of the beach for our Nippers program. Age Managers and Parent Helpers please check the roster (available on the website & at rego.) for the days you are rostered on. Your assistance is very much appreciated.

8.6. Child Minding

Nippers is not a child minding service! Parents and guardians are required to remain near their child/children should an incident occur, and to sign off immediately after Nippers concludes.

8.7. Water Events

Child safety and happiness is our number one priority. Under no circumstances are water events compulsory. The Water Safety Officer, Junior Activities Director or Patrol Captain are the only people authorised to allow water events to start or continue. When Nippers are in the water there must be a minimum of one (1) Water Safety Officer for every eight (8) Nippers. If the ratio is not obtained, then the water event will not proceed.

8.8. Surf Education

The Club believes that Surf Education the most important part of a Nippers development. Our goal is ensuring that all Nippers gain the confidence to swim and paddle a board in the surf.

The Age Managers spend much time throughout the season in educating their Nippers about surf awareness in order for each Nipper to attain the Surf Education Certificate. The skills learnt and developed during your child's time as a Nipper will be invaluable in their ongoing development as future life savers.

8.9. Competition

Under 6 and Under 7 age groups also participate in Point Score days and will be awarded place ribbons on the day. Both age groups do not have Age Championships..... they're all Champions!

Under 8 to Under 14 age groups compete in three (3) Club Championship/Point Score days throughout the season. Points are recorded for each event the child participates, the best two (2) Point Score days results will be used to award age champion. Team selection for carnivals is based upon the results achieved during Point Score days AND training attendance.

Under 9 to Under 14 age groups are also required to undertake proficiency testing on the beach if they intend competing at carnivals (even for beach events). They must complete an open water swim; this will be done during Nippers.

8.10. Participation

Children who attend 50% or more Nippers days will receive a participation trophy at the presentation. To ensure your child doesn't miss out on this trophy and recognition, it's vital that you sign on and off each week.

8.11. Calendar

DATE	EVENT	LOCATION
Sunday 7 th October	First Day of Nippers!	Copacabana Beach
Saturday 13 th October	Newcastle Permanent Rd 1	Terrigal Beach
Sunday 14 th October	Nipper Pool Fun Day	Kincumber Pool, Kerta Road
Sunday 21 st October	Nippers	Copacabana Beach
Sunday 28 th October	Nippers (Point Score Event #1)	Copacabana Beach
Sunday 4 th November	Nippers & Junior Carnival	Copacabana Beach & Terrigal Beach
	Carnival Presentation	Copacabana SLSC
Sunday 11 th November	Nippers	Copacabana Beach
Saturday 17 th November	Newcastle Permanent Rd 2	Umina Beach
Sunday 18 th November	Nippers	Copacabana Beach
Sunday 25 th November	Nippers & Junior Carnival (Beach only)	Copacabana Beach & Wamberal Beach
Sunday 2 nd December	Nippers & Junior Carnival	Copacabana Beach & Toowoona Bay
	Carnival Presentation	Copacabana SLSC
Sunday 9 th December	Nippers (Point Score Event #2)	Copacabana Beach
Saturday 15 th December	Twilight Nippers – COPA SURVIVOR	Copacabana Beach
	BBQ on the Beach!	
Sunday 6 th January	Nippers	Copacabana Beach
Sunday 13 th January	Nippers & Junior Carnival	Copacabana Beach & Shelly Beach
	Carnival Presentation	Copacabana SLSC
Sunday 20 th January	Nippers	Copacabana Beach

DATE	EVENT	LOCATION
Sunday 27 th January	Nippers	Copacabana Beach
Saturday 2 nd February	Newcastle Permanent Rd3	Copacabana Beach
Sunday 3 rd February	Nippers	Copacabana Beach
Sunday 10 th February	Nippers & SLSCC Junior Branch Carnival	Copacabana Beach & Soldiers Beach
	Carnival Presentation	Copacabana SLSC
Sunday 17 th February	Nippers	Copacabana Beach
Sunday 26 th February	Nippers (Point Score Event #3)	Copacabana Beach
Friday 1 st – 3 rd March	SLSA Junior State Titles	Umina Beach
Sunday 4 th March	Nippers	Copacabana Beach
Saturday 9 th March	Twilight Nippers	Copacabana Beach
	Entertainment/Meals/Drinks	Copacabana SLSC
Sunday 7 th April	Nippers Presentation	Copacabana SLSC

9. Inter-Club Competition

Contact person: Shane Greenwood, 0416 015 775 (Junior) and David Brooks, 0414 431 340 (Senior)

There is separate Senior and Junior carnivals (inter-club competition) held on weekends at various beaches around the Central Coast during the season (October to March). Carnivals are comprised of both individual and team events. While competitive, participants compete in a healthy sportsmanlike manner, while at the same time having heaps of fun. Competitors and their families often enjoy a great day or two together representing the Club as a team! They are a great source of Club Spirit!

The Club must supply approximately 10-12 Water Safety Officers for each carnival, and one beach official for every 7 competitors. Parents need to assist with these roles. Age Managers and officials training courses are held each year and parents are encouraged to attend.

Age groups in life saving are generally determined by the age that you are, as at midnight on the 30th September at the beginning of the season (i.e. if your 9 years old, then you will be in the Under 10 age group). Surf Life Saving Australia publishes the [Surf Sports Manual](#) that contains all the rules and regulations of the various Surf Sport events. Nippers competing in inter-club competitions must wear the Club cap for all events. For water events, a water safety vest must also be worn.

The Club's junior competitors are coached on focusing more on fun and learning rather than winning. A child's best is always good enough. Health, improvement and good sportsmanship should be seen as the primary goals.

Club Championship points are awarded via competitor performances at carnivals. These points are used to determine the annual Club Premiership. Winning clubs are recognised at the annual CCSLS Awards Night.

Under 6 and Under 7 age groups do not compete in carnivals. The Club will conduct Nippers (if possible) on carnival days for these age groups, and for others who prefer not to compete.

It is important that you inform your Age Manager of your intention to compete at least two (2) weeks prior to the carnival to allow for registration of the competitors, selections of teams, allocation of officials and water safety personnel.

9.1. Officials for Competitions

We need parents who are willing to do training to obtain accreditation that will allow them to become an official at competitions. We are required to supply officials according to the number of competitors we send, so more assistance is always gratefully received. If we do not have the appropriate number of officials some of our children will be turned away.

9.2. Costs of Carnival Participation

Entry fees for local nipper carnivals are included in your membership. If you wish to compete at the State Age Championships, entry fees are payable. Seniors and Masters competitors pay for every carnival they enter. Entry fees are set by the Host club. Nippers are to advise their Age Managers two (2) weeks before each carnival if they wish to compete. Seniors and Masters, please advise your Team Manager at least one week prior to competition if they wish to attend. Entries close the Wednesday prior to the Carnivals.

10. Surf Sports

Contact person: David Brooks, 0414 431 340

10.1. Board & Surf Training

Board and surf swim training starts at 4:30pm sharp, every Wednesday and Friday. All Nippers must sign on at the club-house before commencing training. A number of different training programs are available; but all involve fun and exercise!

10.2. Training Programs

- **Brooksy's Beginners**
This session is for Under 8 Nippers and older age groups, and combines fun activities with essential board and surf swimming skills
- **Phil's Foamies**
This session focus on improving surf skills with a focus on carnival competition skills
- **Intermediate**
This program is designed for Nippers who have some competition experience, and is focused on further developing more specific surf skills, while incorporating both strength and fitness components
- **High Performance**
This squad is for experienced Nippers who wish to compete at a higher level of competition. Experience with the use of fiberglass boards is desirable, but not essential. Training focuses on refining individual surf skills, racing strategy, strength and conditioning. Ideal for Nippers interested in competing in ironman events.

If the beach is closed board training will not be held at the beach. Training will either be located or cancelled, depending on the conditions. It's essential that SurfSport training sessions be supervised by Water Safety Officers.

10.3. Beach Training

Beach training starts at 5pm sharp, every Friday. This program is focuses the unique skills required for beach sprinting, flags, wade and beach relay. Nippers must sign on at the beginning of training and have a supervising parent present. For more information regarding training or competition contact our Director of Surf Sports.

10.4. Club Nipper Boards/ Equipment Handling

Training equipment is very expensive to both purchase and repair, and should be handled with care. Nipper boards can only be used by members. Please remember the following:

- Assist younger members to carefully remove and replace boards and equipment in their appropriate places and on the racks provided
- Always ensure fiberglass boards are carried and not dragged across the sand. The sand has a very damaging effect on boards, much like sandpaper. Malibu boards should be laid on the beach with the fin up. Do not allow children to sit on skis or boards while they're on the beach.
- If you use equipment, it's your responsibility to clean it when finished and place in its correct storage place.

11. Rookie Program

Contact Person: Phil Anderson, 0416 057 616 and Rowena Brooks, 0404 470 801

11.1. Who can be a Rookie?

- Registered members eligible to participate in the Under 13 and Under 14 age groups
- Rookies do not have to participate in carnival competitions, or be a Nipper
- Rookies must gain their pool proficiency swim (200m freestyle in less than 5 minutes); complete a run-swim-run at the beach (100m-100m-100m); and complete their required surf education. Surf education is usually conducted over several Sunday mornings at Nippers.
- U13 must complete Surf Education plus the Basic Resuscitation Certificate
- U14 must complete the Surf Rescue Certificate (SRC).

11.2. Program Objective

The program aims to provide participants with the basic skills and knowledge required in preparation for becoming senior surf life savers. The program exposes participants to the everyday workings of actual patrols, community-focused activities and further surf life saving training courses.

11.3. Code of Conduct

Participants are expected at all times to be courteous, respectful and cooperative to everyone with whom they come into contact when participating program and Club activities. This applies not only to activities on the beach but to any situation in which rookies are representing the program or wearing the rookie uniform.

11.4. Duties and Patrols

To successfully complete the two (2) year program, participants must undertake the following activities under the guidance of the Club Captain and the Rookie Coordinators:

- Complete a minimum of twenty (20) hours of beach patrol. Twelve (12) hours of this MUST be completed before December 31
- Undertake training and courses as requested by the Club Captain and Rookie Coordinators
- Participate in club, sponsor and community activities as requested, for example, help at BBQs, functions and fund raising activities

11.5. What do Rookies need?

Participants will be presented with a patrol uniform (shirt and shorts), broad brimmed hat, and a handbook. This will contain the necessary information as well as charts and checklists to complete to ensure participants learn all facets of surf life saving.

Rookies can choose which Patrol they join (they can do patrols with other Rookie friends!)

11.6. Lots of Fun!!

Rookies have lots of fun and make new friends along the way. There are heaps of activities to attend like the Rookie Sleepover, pizza & movie nights, overnight camps, discos, stand-up paddle boarding, etc, etc, etc.

Let us know what you would like to do! Also think of the type of fun equipment you'd like to see/use at the Club. No one will say no if money is raised to buy it!

12. Duke of Edinburgh's Award Scheme

Do you want to experience things you've always dreamed of, but never thought you could? The Duke of Edinburgh's Award offers you a framework to do the most amazing things, on your own, with your mates or with members of other surf lifesaving clubs.

12.1. Background

The Duke of Edinburgh Program comprises five (5) components: Skills/Interest, Service, Physical Recreation, Adventurous Journey and a Residential Project (Gold Level Only). The program consists of three stages or awards:

- Bronze minimum age 13 yrs 9mths
- Silver minimum age 15 yrs
- Gold minimum age 16 yrs to 25 yrs

The Duke of Edinburgh's Award has a direct relationship with Surf Life Saving, as the components of the award can be completed within the Surf Life Saving environment. For example, awards achieved through Surf Lifesaving such as Surf Rescue Certificate (SRC) and the Bronze Medallion can also contribute towards the achievement of the Duke of Edinburgh's Award as can the volunteer hours you put in patrolling the beach.

The Duke of Edinburgh's Award is not a competition between participants but focuses on individual performance and encouraging the development of personal interests and personal development.

12.2. Why do the Duke of Edinburgh's Award through Surf Life Saving?

- Personal achievement
- Discover your sense of adventure
- Meet other participants from other surf life saving clubs
- Unleash your talents and broaden your abilities
- Improve your physical fitness
- Connect with your community

12.3. What's involved?

The Duke of Edinburgh's Award Scheme is a non-competitive programme for people aged 14 to 25 years. It is FUN and encourages participants to GET INVOLVED with different activities and brings young adults together to work as a team.

You choose your activities for each of the four sections and do them in your spare time. The four sections are Skills, Physical Recreation, Community service and Expedition.

For further information visit <http://www.dukeofed.org.au> or contact the Junior Activities Co-ordinator.

13. Seniors & Masters

Contact person: David Brooks, 0414 431 340 (Senior) and Mick Stone, 0422 838 665 (Masters)

SENIORS include all members who fall into the following age groups:

- U14's (who have completed their Surf Rescue Certificate & 25 hours of Patrol.)
- U15's (born on or after 1 October)
- U17, U19 and OPEN Ages

MASTERS are all those members who are over 30yrs.

The Club is committed to increasing the number of Senior members. If you're new to our club, and would like to be an active patrolling member, then please contact the Director of Life Saving.

As a senior member of the Club, you're expected to be responsible with your patrols. It's a requirement that you hold, and re-qualify annually, your Bronze Medallion, as a minimum. You are encouraged to gain other Surf Life Saving Awards. We have an excellent program for study of awards and a great team to guide you along the way. Many of these awards are certainly an asset to have on your resume!

13.1. Competition

- Senior members do not have to compete at Carnivals. Many surf life savers engage in regular competition to maintain their skills and fitness. These carnival competitions are held at club, regional, state, national and international levels.
- Competition is both fun and fierce, and conducted in the highest standard of sportsmanship, as is befitting of surf life savers regarded by many as pillars of the Australian community.
- All competitors and their clubs agree to compete according to the Surf Sports Code of Conduct as set out in the SLSA Surf Sports Manual. These rules apply to all members who wish to compete at Local, State, Aussie or any other carnivals. Most apply to every member, regardless of their competition status. It includes U14 members who wish to compete in U15 competitions, U15, U17, U19, Open and Masters Members.
- You must be proficient, i.e. hold the appropriate award.
 - U15 Surf Rescue Certificate (SRC)
 - U17, U19, Opens and Masters Bronze Medallion
 - March Past participants Either SRC, ARC or Bronze Medallion
- You must requalify (commonly known as 'Requal') each season, before December 31.

- You must complete a minimum of 25 PATROL HOURS in each calendar year. These hours should be done on your rostered patrol. There are absolutely no exceptions to this rule and SLSNSW do random checks!
- You must be a financial member of the Club. You cannot compete at ANY carnival until you have paid your annual membership fee as you are not covered by insurance until you do.
- If you are rostered for patrol on a competition day, you MUST arrange a substitute. Patrolling the beach is always our core responsibility.
- It is your responsibility to let the Club's Senior Teams Manager know which carnivals you wish to enter and to make sure you pay your entry fee by the due date. Information about events/competitions will be advertised on the Competition Notice Board so please check it regularly.
- Club competitors must wear the Club competition cap. These are available for purchase at the Uniform Shop on Sunday mornings during Nippers.
- Most of all HAVE FUN and compete fairly.
- Carnival dates are found on the [NSW Surf Life Saving Surf Sports Calendar](#)

14. Surf Life Saving – Patrolling our Beach

Contact Person: Bronwyn Selfe, 0404 680 561

The primary role of any Surf Life Saving Club is the protection of the public using the beach on weekends and public holidays during the patrolling season. Duties include, but not limited to, monitoring the beach, search and rescue activities, provision of first aid and surf awareness education. The life saving duties of the Club are carried out by surf patrols, consisting of mostly active members. There are approximately 75 patrolling members at present and more are always needed. Patrol dates and hours are set down by Surf Life Saving Central Coast. Traditionally the patrol season starts on the last weekend in September and finishes on the weekend after Anzac Day (April 25). Patrols are rostered every weekend and public holidays throughout this period.

To become a surf life saver you can undertake a number of awards with the main award being the Bronze Medallion (i.e. PUA21004 Certificate II in Public Safety - Aquatic Rescue). It doesn't matter if you are 15 or 60 you can become a surf life saver! There are numerous surf lifesaving qualifications you can obtain. Please refer to Section 15. Training & Education.

14.1. Patrol Obligations

All active members are required to meet their patrol requirements as rostered by the Club. Every patrolling member is also required to perform an annual proficiency test, in order to refresh & refine the skills and knowledge learned through their qualifications. The Bronze Medallion proficiency test includes a timed run-swim-run, resuscitation, signals & rescue scenarios.

14.2. Patrol Hours

Two patrols operate each day; one in the morning, and another in the afternoon. The morning patrol operates from 9:00am – 1:00pm, with the afternoon patrol operating from 1:00pm – 5:00pm. Extended hours (until 6:00pm) will operate from December 22 until January 28, with changeover at 1:30pm. Your patrol captain will provide details as they become available. The morning patrol should arrive at 8:45am to allow enough time to setup. Remembering that the time listed on your patrol is the time that patrols must operational on the beach.

14.3. Patrol Uniform

As a member of the Club, please wear your uniform with pride. The official uniform is NOT optional, for OH&S, visibility and professional reasons. The uniform includes:

- Patrol Cap: red and yellow quartered cap, you must bring your own every patrol & wear both in and out of the water.
- DHL Patrol Shirt: (yellow) and DHL Patrol Shorts (red) please ensure you pick up your own prior to the season beginning & wear at every patrol.
- Swimmers: (preferably club costume), hat & sunglasses (optional)
- Please do not wear casual clothes while on patrol

14.4. Responsibilities & Behavior

- All patrolling members must sign on and off in the patrol log, located in the patrol room
- Duties while on patrol include constant surveillance of the beach from the rock pool to the north to the lagoon to the south, prevention of potential dangers to the beach going public, treatment of any injured person, provision of public information, maintenance of equipment, skills & fitness, and any other duties deemed necessary by your patrol captain
- You're constantly under the scrutiny of the public, and they expect an extremely high standard. Please be aware of your language, action, appearance and general behaviour at all times.

14.5. Patrol Absences

If you can't attend a rostered patrol, you're required to arrange a swap with a member of another patrol. This is called a patrol substitution and to obtain 100% patrol attendance you must do the makeup patrol for the other person. If you cannot find another member to swap with, notify your patrol captain as soon as possible and at least 24hrs BEFORE the patrol that you will not be in attendance. This is vital for those who hold specialist qualifications such as IRB driver or crew, as we need a certain level of qualification on the beach for patrol.

14.6. 100% Attendance

Patrolling Members who attend every rostered patrol (or have an organised a substitute and make up the hours) may be recognised with a 100% Attendance award at the Senior Presentation. To gain 100% attendance, a member must be on patrol from the start of rostered patrol to the finish, for example, 9:00am to 1:00pm.

14.7. Club Facilities (Active Patrolling Members)

The Club rewards active patrolling members with a number of exclusive benefits. These include: hot showers, gym access, locker storage, use of Club boards and skis, and craft storage. These benefits are only extended to those who fulfill their patrolling requirements (as listed above). You're also entitled to discounted food and beverage at the clubhouse.

The Club has many members that participate in road and trail running, mountain biking and cycling, triathlons, and involved in Copa Board riders. The social side of being part of a team assisting the community should also not be underestimated. This is where lifelong friendships are made!

It's the Director of Lifesaving's role is to coordinate and oversee all life saving responsibilities of the Club, including patrol rosters, proficiencies and record of attendance.

15. Training & Education

Contact person: Paul Duignan, 0418 118 905

The Club conducts life saving courses throughout the year for new members and those existing members wanting to upgrade their skills. The NSW Vocational Education and Training Board (VETAB) have certified Surf Life Saving as a Registered Training Organisation (RTO) and therefore our awards are now nationally recognised. All courses are presented by qualified Trainers and our aim is to make them challenging, rewarding and fun. Keep an eye out on the club noticeboard, emails, the website and reminders via SMS for upcoming courses that you may be interested in.

15.1. Bronze Medallion

The Club is conducting Bronze Medallion (Public Safety Certificate II – Aquatic Certificate). The Bronze Medallion is well respected, formally recognized outside of surf life saving and is a valuable addition to any resume. As a prerequisite of obtaining this award you must be a Club member. Bronze Medallion candidates are required to complete a prerequisite swim of 400m in less than nine minutes before commencing the practical component of the program. This swim should be conducted in open water, or in a pool of not less than 25m length.

15.2. Inflatable Rescue Boat ("IRB") Driver/Crew Course

The Club is also conducting IRB Driver/Crew courses this season. Potential candidates are advised that a prerequisite for this course is the Bronze Medallion.

16. SunSafe Policy

The health and safety of Club members and supporters a key priority of the Committee. The Club actively promotes and supports a sun protection policy at meetings, training and competitions.

Where and when possible, the Club will:

- Promote sun smart practices by providing a good example to other members and supporters, especially the young members and supporters of the Surf Life Saving movement.
- Provide and encourage the use of a broad spectrum, water resistant sunscreen with a protection factor of 30 or higher and will make available for members and spectators use.
- Will incorporate sun smart clothing designs into our uniforms, in what ever position the person may represent our club, be it nipper, beach patrol or other.
- Encourage members and supporters to wear an appropriate hat that addresses the neck, ears and face.
- Allow and encourage members to wear sun glasses, when not participating in competition events, or activities that sunglasses may pose a hazard to the eye, face or other competitors.
- Endeavour to schedule activities outside the hours of 10.00 am and 2.00 pm or 11.00 am and 3.00 pm daylight savings time.
- Make use of existing shade facilities or the Club will provide portable shade structures, such as a tent and encourage the use of such a structure.
- Promote and educate aspects of sun safety through newsletters, brochures and over the public address system.
- Actively encourage seniors, athletes, coaches, referees, umpires, officials, members in prominent positions and parents to be sun smart role models.
- Endeavour to reward sun smart behaviour of our nipper teams and individuals throughout the season by attempting to provide certificates, weekly perpetual awards, trophies or announcement awards.
- Advise and display our sun smart policy and encourage the compliance with, by members and supporters of our club.
- Encourage yearly pre-season skin checks at an approved skin cancer clinic or GP.

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