



Junior Activities Current 8/8/12

Information Booklet

2012/13

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Welcome to the BMD Northcliffe Surf Club.

Please find the following information that will assist you through the 2012/13 season. Throughout the booklet you will find information on the running of our Junior Activities program. We understand there is a lot of material covered and you may not read the entire book, but please refer to it if you are unsure of anything. If you have any further questions that aren't answered in this booklet please contact Tiarne Smith. (details pages 14-15)

Last year, the club had a great season, winning their first ever Junior State Championship. Although Surf Sports is a great recruiting tool for the club our main aim is provide the following -

- Instruction in surf safety & surf awareness
- Lifesaving & first aid skill development
- Competitive sport activities
- Platform to senior patrolling duties
- To increase fitness and be involved in an active lifestyle
- Enjoyable social activity for children & parents

BMD Northcliffe club days are the foundation from which we build our basic surf and competition skills along with awards and accreditations such as the Surf Rescue Certificate. Club days are held every Sunday between the months of September and March and begin at 8.15am. We also have a break over Christmas for a few weeks.

Each age group has an Age Manager with one or two assistants. The Age Manager is responsible for the education, training and organisation of the group during Sunday Nipper days and Carnivals.

The coaches of water and beach activities have overall control of the Junior Development Training Squad sessions, school holiday program and extra activities.

The BMD Northcliffe Junior Activities are controlled by the Junior Activities Committee consisting of our Junior Chairperson, Age Managers/Assistant, Team Manager, Registrar, Gear Steward, Coaches and Chief Water Safety Officer. They meet on a monthly basis to discuss future planning and current operations. All members are welcome to contribute at these meetings by contacting Tiarne.

MEMBERSHIP

Please find the following costs and what is included in your membership

Costs

Junior Membership (nippers)	\$105 per nipper
Junior Associate Membership (parents)	\$95 per adult
Family Membership	\$305 (2 nippers + 2 parents) (or 3 nippers + 1 parent)
U11-13s Board Levy	\$50 (for those who do not have own board)

Gives members use of a club owned nipper board during the season at scheduled training sessions and carnivals. This levy will enable us to purchase more craft, repair accidental dings and also encourage nippers to look after the boards.

We believe that BMD Northcliffe offers value for money considering what your membership entitles you to, especially compared to other activities and sports.

Nipper Membership - \$105

- Use of Club facilities
- Sunday Nipper Day activities
- Life Saving award training (excl. any manuals)
- Life Saving award fees
- Use of club foam boards & body boards (U6-10s)
- Christmas breakup day
- State titles uniform pack for those who compete
- U11-14S State BBQ function
- Presentation trophies & participation medals
- Insurance cover for all approved Surf Life Saving & Club training activities
- Comprehensive training program with professional coaches (excl pool entry)
- Carnival nomination fees if competing (which cost the club over \$10,000 last season)
- School Holiday Program (activities 9.-11.30am Mon-Fri each school holiday)

Junior Associate Membership - \$95

- Use of Club facilities
- Life Saving Award Training (excl. manuals)
- Life Saving award fees
- Insurance cover for all approved Surf Life Saving and Club Activities
- Membership to the Supporters Club incl 10% discount on food & beverages

Apparel

Club caps are compulsory and are to be worn at all Sunday nipper days. We encourage all members to wear the club swimming costume.
The club togs and the hot pink singlet is compulsory when competing at carnivals.

Club Cap (compulsory)	\$15		
Swimming Costumes	Boy's \$35	Men's \$40	
1 Piece (2 Piece add \$5)	Girl's \$55	Women's \$60	
Short sleeve rash shirt	\$40 (maroon)	\$10 (white)	
Long sleeve rash shirt	\$20 (maroon)	\$20 (hot pink)	
Singlet rash shirt	\$35 (maroon)	Pink Singlet \$TBA	

AGE GROUPS & SWIM PROFICIENCIES

All nippers are placed into their Age Group which is determined at midnight 30th September of that year. It is a pre-requisite that all members have the ability to swim / float (or show competency in water for U6/7s) therefore they must complete a swim proficiency prior to joining.

U6 & U7

These age groups are designed as an educational program that gives nippers a non-competitive understanding of Surf Life Saving through fun and games along with instructions on surf safety and surf awareness. Members in this age group participate only on Sunday. Nippers need to be at least 5 years old to participate.

Listed below are Age groups & Pool Swim Requirements for the 2011/2012 season

Born Between	Age Group	Cap Colour
1 st October 2006 to 30 th September 2007 <i>Kicking on wall (face in water)</i>	Under 6 <i>30 sec float</i>	Fluoro Green
1 st October 2005 to 30 th September 2006 <i>Torpedo (push off wall with face in water)</i>	Under 7 <i>30 sec float</i>	Yellow

U8 to U14

These age groups are designed to give children and parents a firm understanding of beach rescues, resuscitation, carnival events along with preparation for senior level membership.

Born Between	Age Group	Cap Colour
1 st October 2004 to 30 th September 2005 <i>25m freestyle</i>	Under 8 <i>1 min float</i>	Light Blue
1 st October 2003 to 30 th September 2004 <i>50m freestyle swim</i>	Under 9 <i>1 min float</i>	Red
1 st October 2002 to 30 th September 2003 <i>100m freestyle swim</i>	Under 10 <i>1.5 min float</i>	Dark Green
1 st October 2001 to 30 th September 2002 <i>100m freestyle swim</i>	Under 11 <i>2 min float</i>	Star Cap
1 st October 2000 to 30 th September 2001 <i>200m freestyle swim</i>	Under 12 <i>2 min float</i>	Star Cap
1 st October 1999 to 30 th September 2000 <i>300m freestyle swim</i>	Under 13 <i>3 min float</i>	Star Cap
1 st October 1998 to 30 th September 1999 <i>400m freestyle swim under 9 minutes</i>	Under 14 <i>3 min float</i>	Star Cap

Please note that proof of age/birth certificate must be shown for all new children joining.

If your child cannot competently complete their swim proficiency we recommend they join or continue with swimming lessons to build their confidence and fitness and then try again. 4

NIPPER DAYS

First Day of Nippers – Sunday, September 23rd

- Nippers is held on Sunday. Meet at 8.15am in front of the surf club

What To Wear / Bring

- Club Age Cap is **compulsory**
- Club togs recommended, fluoro pink singlet & water bottle recommended
- Suncream and towel essential
- Goggles, club rash shirt optional

What to Do On Club Days

- Assemble on beach in front of the Clubhouse at 8.15am ready for activities
- There will be an age group bin to place towels and drink bottles in
- Age Managers will call a roll and mark off an attendance sheet.
- Nippers will rotate through activities (water, beach, games, education)

Safety measures to be undertaken to ensure the child's safety at all times ;

**Children must stay with their Age Manager at all times,
unless coaches take over for a specific activity.**

**If children must leave their group, to go to the toilet etc,
the Age Manager must be told prior to them leaving.**

No child is to enter the water unless authorized by the Age Manager.

U6 & U7s must have a parent/guardian remain with Age group at all times

All members must have a parent/guardian on the beach/surrounds

- At conclusion, children are again checked off the attendance roll.
- Each Age area is responsible for the pack down of their arena
- Children are not to leave the Club/surrounds until collected by an adult

There is a kiosk at the club selling BBQ items, drinks, coffee, lollies etc from 7am

Run Swim Run & Competition Requirements

As well as the swim proficiency, members must complete their run-swim-run. This is carried out within the first few weeks at the club and involves a continuous effort of sand running, freestyle swimming in the ocean and sand running which must be completed **competently**.

If your child cannot complete the run-swim-run they can only participate in knee high water activities until they can. The Age Manager / coach may recommend swimming lessons to increasing confidence.

To compete in a carnival, members must complete a competition evaluation.

Please see the Junior Preliminary Skills Evaluation Chart on Page 8-9.

AGE GROUP GUIDES

One of the main aims of nippers is to teach its members surf safety, surf awareness and lifesaving development. The following awards have been developed for each age group. To be eligible to compete at carnivals, nippers must obtain these awards.

U6 Surf Play 1 & U7 Surf Play 2

- Beach activities to emphasise games and group participation
- Water activities that are limited to shallow water near the water's edge
- No competition other than that involved in fun games

U6 & U7 1 - 2 sessions / week (learn to swim squad)

- Equal attention to water and beach events
- Learn beach awareness & water safety
- Learn event rules by the time they are in U/8 (Sprint, Flags, Wade, Relays)

U8 Surf Awareness 1 U9 Surf Awareness 2 U10 Surf Safe 1

- Recall surf awareness information and basic emergency care procedures
- Perform introductory self rescue skills • Has completed run-swim-run

U8, U9, U10 Start at 2 sessions / week & increase by 1 session each age group

- Equal attention to water & beach events, beginning to specialize in by U10s
- Develop basic skills in events & have basic knowledge of rules
- Improve confidence in surf
- Ability to train in a group situation and develop "road rules" of squad training
- Understanding training terminology

U8

- Wading, duckdiving, grabbing sand under waves, swim to behind shorebreak
- Boogie board paddling, catching broken waves, correct position on board, able to change direction
- Understand rules, demonstrate sprint, flags, wade and relay

U9

- Catch broken waves from standing, swim in surf with head down, swim into gutter
- Board starts with skim, sit/pop, eskimo roll, catching unbroken wave, able to correct board position
- Develop technique in beach events, able to do relay changeovers at speed

U10

- Catching unbroken waves from swimming, swim to back break
- All above with confidence and speed, slipstream
- Continue to advance skills in all events, Knowledge of tactics in flags and wade

AGE GROUP GUIDES

U11 Surf Safe 2

- Apply surf awareness information
- Operate communications systems

U12 Surf Smart 1

- Provide emergency care
- Has completed run-swim-run

U13 Surf Smart 2

U11 & U12 4 – 6 sessions / week

- Begin to concentrate more on specific area (beach/water) but still train at both
- Work on “intermediate skills” and have reasonable knowledge of rules
- Begin moderate endurance training to help with Iron and extra events now available
- Increase confidence in surf and surf awareness
- Promote good training ethics and desire to train to improve

U11

- Catch unbroken wave, swim in pack with head down, know when to wade/duckdive
- Introduce board rescue skills, angle across wave, chasing runners
- Beach relay changes at speed, correct sprint starts, correct flags technique and dive

U12

- Hold body wave using arm, correct wading
- Advanced board rescue skills. Negotiate surf using correct choices, late take offs
- Speed drills introduced, fine tune skills on beach

Resuscitation Certificate (U13 compulsory for competition)

- Demonstrates resuscitation skills by the following
- Assessing an unconscious patient by checking for danger
- Assessing patient’s airway and breathing
- Identify ‘signs of life’
- Assessing patient’s response
- Work in a team

U14 Surf Rescue Certificate (U14 compulsory for competition)

(need to be 13 years of age on exam date)

- Apply surf awareness information
- Operate communications systems & equipment
- Communicate in the beach environment
- Participate in an aquatic rescue operation
- Demonstrates resuscitation skills
- Provide emergency care
- Work in a team
- Has completed run-swim-run

This SRC award is compulsory if members wish to compete beyond this age and into the Senior Club and to fulfill their patrol obligations.

U13 & U14 Daily training. 6 or more sessions / week

- Understand how to regulate training around school, holidays, exams
- Provide serious trainers with log book to monitor training
- Promote training with Senior squad & attend senior carnivals once SRC is obtained.
- Understand competitive pathways from Junior to Senior (Branch – State - National)

SWIM, BOARD, BEACH

Technique/skill acquisition becomes more individual & correlated to carnival performance

2012/2013 JUNIOR PRELIMINARY SKILLS EVALUATION

*The distances below are the minimum requirements.
Please note competition evaluation is still to be approved*

	Pool Evaluation	Competency Beach Evaluation (Run-swim-run)	Competition Evaluation	Age Award
U6	Kick on wall with face in water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 1
U7	Torpedo (push off wall) with face in the water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 2
U8	25m freestyle swim 1 minute survival float	25m-25m-25m Run-Wade-Run	25m-25m-25m Run-Wade-Run	Surf Aware 1
U9	50m freestyle swim 1 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Aware 2
U10	100m freestyle swim 1.5 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Safe 1
U11	100m freestyle swim 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Safe 2
U12	200m freestyle swim 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 1

U12	2 minute survival float	Run-Swim-Run	(competition course distance as per competition manual)	Surf Smart 2
U13	300m freestyle swim 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	
U14	400m freestyle swim 3 minute survival float SRC 200m freestyle in 5mins	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	SRC

Every junior member must participate in both the Pool and Beach Evaluation, conducted by the club, prior to undertaking any junior water activity training or competition. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water-based activities at the discretion of the club. The competition evaluation must be achieved before being eligible to compete in inter-club competition. This is a minimum standard water proficiency requirement. Distances may be adjusted by the Chief Assessor dependent on surf conditions. If a child wishes to compete in a Branch and/ or State Championship event, their respective age award must be completed prior to close of nominations.

Only a current SLSA Assessor (SRC/ Bronze), SLSA Level 1 Surf Coach, Swim Coach can determine if a child is competent at the pool evaluation. Surf or Swim Coaches must sign the necessary pool swim evaluation form. SLSA Assessors must sign the necessary SurfMate form. Note - swim or surf coaches must provide proof to their local branch of their accreditation.

Only a current SLSA Assessor (SRC/ Bronze), can determine if a child can competently complete the Beach Evaluation. The Assessor must personally view all competencies performed.

For the flow chart head to the last page.

WATER SAFETY

Our club endeavors to provide the safest environment for all members participating in club activities to ensure minimal injury. This is done through complying with SLSA Water Safety Policies, providing high quality water safety services and having club contingency plans in place. If you want more information regarding our Water Safety procedures please contact Tiarne. If you have any concerns over the safety of your child, please talk to your Age Manager or contact Tiarne.

HIGH VISIBILITY SHIRTS

From Sept 22nd, all nippers competing at SLSQ events will need to wear a fluoro pink singlet. From October 1st, all nippers participating in open water training sessions and the School Holiday Program will need to wear a fluoro pink singlet. Nippers will be encouraged to wear their singlets at Sunday Nipper days.

CLUB COACHING

BMD Northcliffe Surf Club have what we believe is the best coaching facility in Australia under the direction of Head Junior Coach Chris Redler and Assistant Junior Coach Tiarne Smith. Below is a short profile on our coaches.

Head Junior Coach: Chris Redler

Chris joined our coaching team in 2010 guiding our members to their first ever Junior State Title. He joined Northcliffe in 1985 rowing boats before switching to individual board and iron competition winning numerous State and Australian Masters medals. He has over 6 years Junior coaching experience and is also an avid endurance athlete (100km trail race anyone?)

Assistant Junior Coach: Tiarne Smith

Tiarne has won 11 Australian Open Gold medals predominately in the Short and Long Board Riding events as well as 15 Australian Masters Gold medals. She joined Surf Lifesaving as an U6 year old and as a nipper was a keen board paddler. She is also the Junior Co-ordinator.

Assistant Junior Coach: Bonnie Hancock

Bonnie is a current athlete competing in the Kellogg's Nutri Grain Series. She is a multiple Australian champion with a wealth of information and experience to pass on all stemming from her nipper days in Sawtell.

Junior Development Training Squad Programme 2012/13

This programme is available to all junior activities members in the U8-14 age groups who wish to improve their skills and fitness. Current training schedules are available from the club or can be viewed at our website on the Junior Calendar page.

- BOARD** : Stroke correction, skills and race preparation
: Some craft provided. Suggested that competitors purchase their own craft
- SWIM** : Must be able to swim 200m freestyle competently to attend fitness sessions
: Will require goggles and flippers (other equipment is provided). No fees required
- IRON** : Changeovers, transitions, ins & outs, body surfing and surf skills
: Will require goggles and craft
- RUN** : Running sessions include technique and fitness
: Will require running gear including shoes, shorts and drink bottle
- TRANSITIONS:** Ocean swimming, running transitions, board paddling, surf skills.
- SHP** : School Holiday Program - activities / training each weekday of holidays
: Sessions held at the club between 9-11.30am for U8-14 members

Any U8 wishing to train in open water must be able to complete the U9 beach evaluation. 10

COMPETITION

Competition is quite possibly the most successful recruiting tool for the Surf Life Saving Movement. The Surf Sports program offers a wide range of competition events for all ages culminating in the Junior Queensland Championship each year.

If you are unsure about whether or not your child should be entered into a carnival please speak to your Age Manager. Carnivals can be an exciting change from the normal nipper day but with so many clubs attending, it can also be a daunting event for new nippers.

Who can compete?

- U8-U14s who have completed their run-swim-runs & competition evaluation
- Nippers who have obtained their age award can attend Branch or State
- Carnivals are divided into U8-10 carnivals and U11-14 carnivals
- Participants need to wear a fluoro pink singlet (high visibility vest) from Sept 22

Where are carnivals held?

- Mainly held on the Gold Coast although some are held on the Sunshine Coast

How long do the carnivals go for?

- U8-U10 Carnivals are usually held over one day
- U11-U14 carnivals can be either 1 day, 2 day or 3 day events
- Club warm up is at 7am, with marshalling at 7.45am, carnival starting 8am
- Most carnivals involve long hours so be prepared to be at the beach most of the day.

How to enter?

- For some endurance carnivals, members need to enter themselves
- For SLSC carnivals, an online entry form will be emailed by Tiarne approx 2-3 weeks prior and needs to be filled in before the closing date or your child may miss out
- It costs \$11 per nipper to enter into a carnival but these costs are covered in your membership fees. The club does not get a refund if you don't compete.

What to Bring?

- BMD Northcliffe tents are provided for our members and families
- You are more than welcome to bring your own umbrella/tent/chair and sit nearby
- You will require plenty of water and good nutritional food to last the whole day
- Suncream, nipper cap, club costume and warm clothes if the weather/wind turns

Club Craft

- Foam boards are available for U9-10s
- Limited fiberglass boards are available for U11-13s who've paid the \$50 board levy
- There are no mals available for U14 members
- Club craft will be transported to the carnival via our board trailer
- You are required to bring back any craft used to the tent immediately after your race.

Team Selections?

- Selection into teams are made by a selection panel made up of Club Coaches and Age Group Managers with the ultimate decision lying with Head Coach Chris Redler
- Based on performance at previous carnivals, championship days, nipper days, training sessions.
- Surf conditions and time table also considered
- General carnivals : participation, Branch carnivals : qualifying, State : performance
- Teams may include younger age group members if required

Complete Selections policy found on Junior Notice board

CARNIVALS & EVENTS

There are a range of carnivals that members can enter throughout the year
PLEASE NOTE THE FINAL CARNIVAL SCHEDULE HAS NOT BEEN RELEASED

Club run events

Junior Winter Series –4 round series for club members held at Southport Enclosure
Championship Days - 3 nipper days throughout the season are designated Championship Days. To be eligible for Age Champion, the nipper member must attend at least 50% of Sunday nipper days. The best 2 overall days will determine the age champion. Points are awarded as follows 1pt = 1st place, 2 pts = 2nd place etc. The nipper with the lowest points total wins. Championships days are to be advised when the carnival schedule is available

Endurance & Specialty events (need to be entered by member)

Dolphin Classic - 1km swim and/or 2km board race, held Sept 29th at Northcliffe
Lennox Head Enduro - U10-17 Endurance ironman held at Lennox Heads, 13th Oct
Cudgen Classic - U10-17 Endurance events held at Cudgen, 27th Oct
Wave Warriors - U11-U16 carnival held at TH & C, 6th Oct

SLSQ & Branch Carnivals (enter via online entry form sent with newsletter)

Qld Endurance Champs - U11-Masters endurance events held at TH & C, Oct 20
Maroochydore - selected water events held at Maroochydore 17th Nov
U11-14s Gold Coast City Titles - all events for all Gold Coast Clubs, 15-16th Dec
U11-14 Young Guns - water events for U11-13s at Miami, 19th Jan
U11-14s Branch Champs - all events, only Branch clubs at Miami 9-10th Feb
U11-14s State Champs - all events, all Qld clubs held at Hervey Bay 1st-3rd March

U8-10s Little Dudes - all events involving Gold Coast clubs at Nth Kirra 18th Nov
U8-10s Little Squirts - team events incl Branch clubs held at Northcliffe 24th Nov
U8-10s Branch - all events involving Branch clubs held at Pt Lookout 16th Feb

South Coast Branch (SCB) Point Lookout (North Stradbroke) to Burleigh Heads
Point Danger Branch (PDB) Tallebudgera to Rainbow Bay (near NSW border)
Surf Life Saving Queensland (SLSQ) - State centre comprises of over 36,000 members from 59 surf clubs within 6 Branches.

Events

Beach - Flags, Beach sprint
Team Beach - Beach relay, All age relay
U8-10s Water - Wade race, Surf Swim (U9-10), Board (U9-10)
U11-14s Water - Surf Swim, Board, Ironperson
U8-10s Teams - Wade Relay, Swim Teams (U9-10), Board Relay (U9-10)
U11-14s Water Teams - Board relay, Surf teams, Cameron Relay, Board Rescue

U8-10s teams can be mixed gender

For more information on specific information on events ask Tiarne to email you the pdfs or head to the following website and click on the appropriate section

<http://www.slsa.com.au/default.aspx?s=adminresources&id=383>

PARENTAL INVOLVEMENT

Parents are encouraged to assist in the running of the club days with tasks such as age group managers and assistants, fundraising activities and administration. We ask parents who are members to volunteer as either an official, water safety officer, observer or part of the beach setup taskforce. These volunteers are required for specific activities, mid-week training, surf carnivals and nipper days, so it is of great importance that BMD Northcliffe has a depth of personnel to call on during the nipper program.

Officials

- Help with the running of the carnivals either by judging, marshalling competitors, presenting medals, recording results or starting races.
- You will need to complete a Level 1 Surf Official course.

Water Safety

- Water safety mainly spend their time monitoring nippers in the water/shoreline on nipper days and/or carnivals either on rescue boards, swimming with tubes/ fins
- You need to have either a current Surf Rescue Certificate or Bronze Medallion
- Either 1 week course (4 full days plus exam), or 8 week course (Sunday mornings)

Observer

- Required for Sunday Nipper days, observers “keep an eye on” water activities from the beach of their Age Group.
- You will need to complete an Observer Certificate course.

Beach Setup Task Force

- Responsible for the set up and pack up of equipment at carnivals and nipper days
- Depending on the amount of volunteers we have, you may be asked to help on a few nipper days setting up and/or putting away of equipment and/or at a carnival.

Child and Youth Risk Management Strategy (CYRMS)

BMD Northcliffe is committed to protecting children from harm and promoting their wellbeing. An important child protection initiative of the Surf Life Saving movement is the participation in the working with children check as set up by the Commission for Children and Young People (ensuring all volunteers who work with children undergo a criminal history check). A blue plastic suitability card is issued to the applicant which remains valid for two years. All members who help with nippers need to apply for a blue card by contacting Tiarne. There is a CYRMS folder including detailed information found in the administration office.

Parental/Guardian Code

- Remember that their child participate in surf lifesaving for their own enjoyment
- Focus on their child's efforts and performance rather than winning and losing
- Show appreciation for good performance by all participants
- Never ridicule or yell at their child or other children for making a mistake.
- Respect officials decisions and teach their children to do likewise.
- Not physically or verbally abuse or harass anyone associated with the activities (eg. coach, official, age manager, etc.)
- Be a positive role model for others.

Who To Know?



NAME: Tiarne Smith
POSITION: Junior Activities Co-ordinator
Assistant Junior Coach
EMAIL: tsmith@northcliffesurfclub.com.au
PHONE: 07 5539 8091 (club)
If you have any questions about Junior Activities
Tiarne is the person to ask



NAME: David Shields
ALIAS: Shieldsy
POSITION: Club President
EMAIL: dshields@northcliffesurfclub.com.au



NAME: Lee Vrolyks
ALIAS: LeeLee
POSITION: Office Administrator
EMAIL: info@northcliffesurfclub.com.au



NAME: Mark Williams
ALIAS: Wally
POSITION: Director of Surf Sports
EMAIL: mwilliams@northcliffesurfclub.com.au



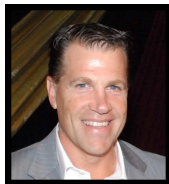
NAME: Lea Cooke
ALIAS: Cookie
POSITION: Lifesaving & Education Manager
EMAIL: lcooke@northcliffesurfclub.com.au 14

Communication

- **Email** - the most effective form of communication is our emailed newsletter which is distributed regularly. A monthly senior newsletter is also emailed. If you don't receive these emails, please advise Tiarne of your address.
- **Website** - Our website provides all information regarding club news, upcoming, events, training etc. It also provides information on our Supporters Club.
- **Notice board** - is located within the club near our training room. Events are posted on here as well as copies of the training schedule.
- **Facebook** - Become a friend of BMD Northcliffe Surf Club
- **Texts** - If we need a message to be communicated quickly, we will send out a text message. Eg if a Sunday Nipper day is to be cancelled

Contact Details

BMD Northcliffe Surf Club
Cnr. Garfield Tce. & Thornton St, Surfers Paradise
P.O. Box 980, Surfers Paradise, Qld, 4217
PH: 07 5539 8091 FX: 5531 7071
Email: tsmith@northcliffesurfclub.com.au
Web: www.bmdnorthcliffe.com.au



NAME: Nick Rosato
POSITION: Chairman Junior Activities Committee



NAME: Chris Redler
POSITION: Head Junior Coach
EMAIL: credler@northcliffesurfclub.com.au
MOB: 0424 257 112



NAME: Andrew Moore
POSITION: JA Chief Water Safety Officer



NAME: Karyn Wood
POSITION: Junior Secretary / Club Registrar

Junior Preliminary Skills Evaluation Process for U8-14s

