



Junior Activities Parent Guide 2015/16

Current 16/7/15

Welcome to Surf Lifesaving	Page 2
Club Structure	Page 2
Your Membership	Page 4
Costs	Page 4
Club facilities	Page 4
Insurance Cover	Page 4
Supporters Club	Page 5
Lifesaving Award Training	Page 6-10
Bronze Medallion	Page 7
Resuscitation Certificate	Page 8
Advanced Resuscitation certificate	Page 8
Apply First Aid Certificate	Page 9
Observer's Award	Page 9
Surf Sports Official Accreditation	Page 10
IRB crewman	Page 10
Online Age Managers Award	Page 11
General Helper	Page 11
Child & Youth Risk Management	Page 12
Parent / Guardian Code	Page 12
Grievance	Page 12
Further information - links	Page 12

This booklet is designed to assist Nipper Parents and provide information on what their "Junior Associative" membership involves for the 2015/16 season.

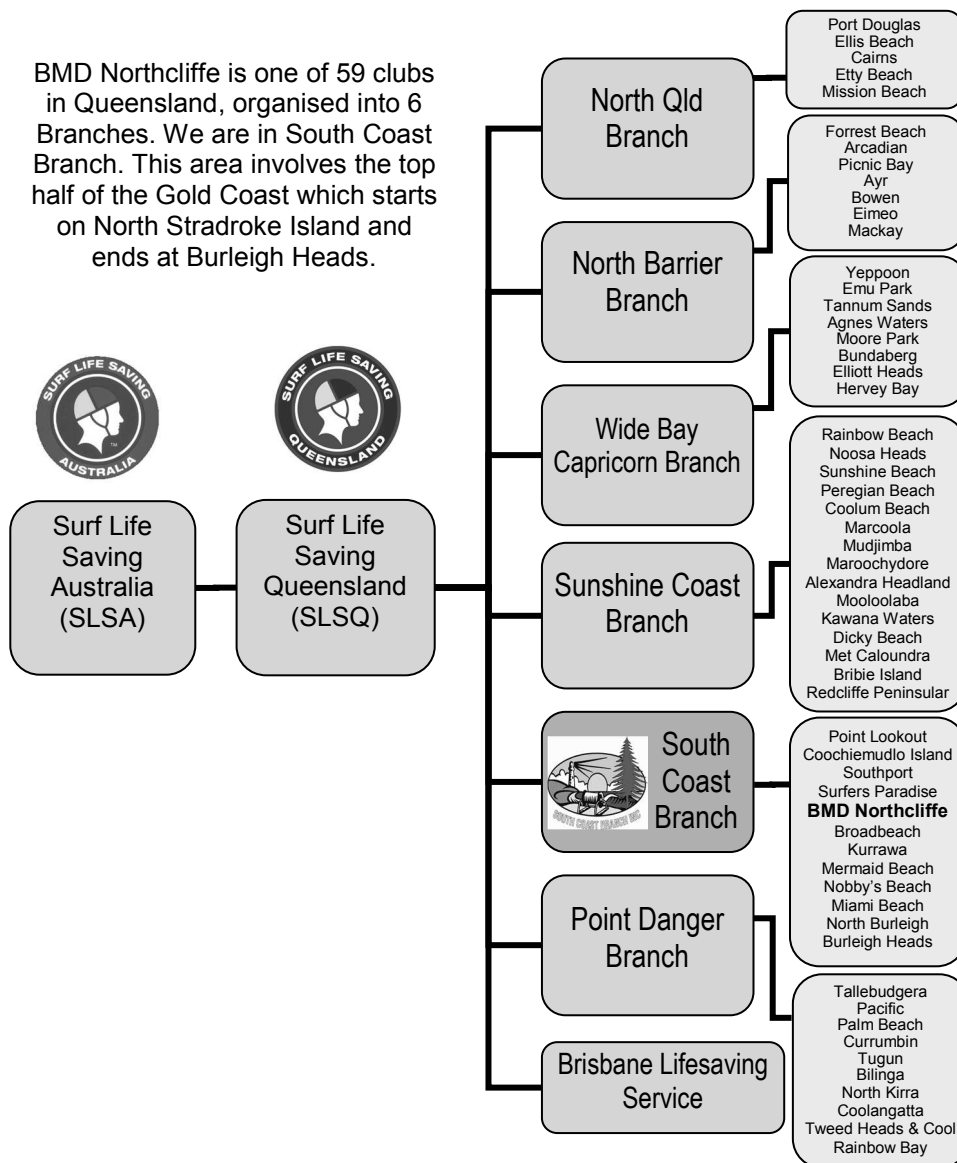
If you are looking for details on Nippers, this will be in the Junior Activities Information Booklet.

Welcome to Surf Life Saving

Surf Life Saving Australia (SLSA) is nationally and internationally respected as a leader in developing and delivering aquatic safety, lifesaving, and associated services. Junior Activities plays a key role within Surf Life Saving as it is the foundation for the future of our unique organisation. It is important that we ensure the promotion of social, emotional and physical growth and development in a healthy, safe environment.

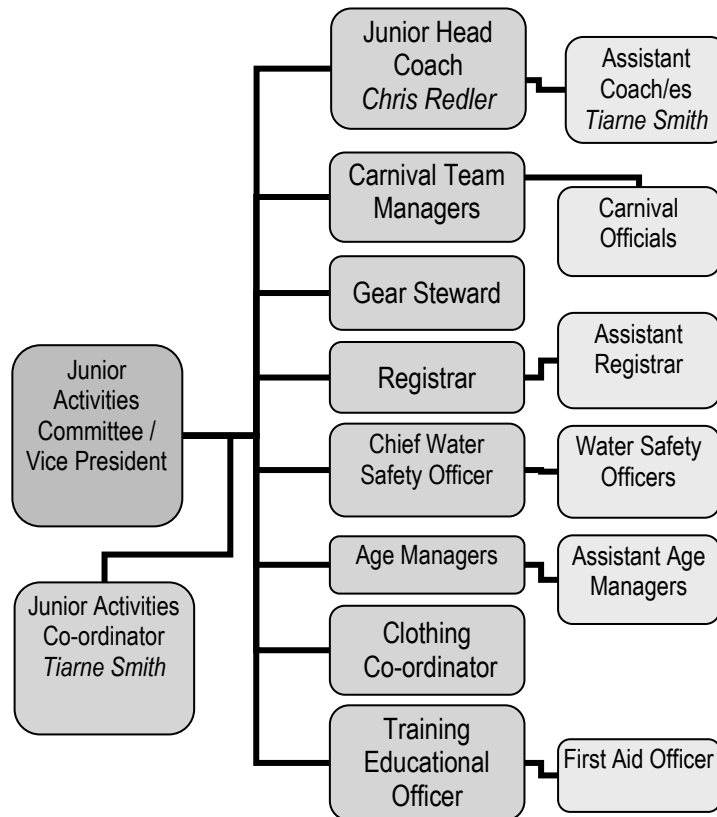
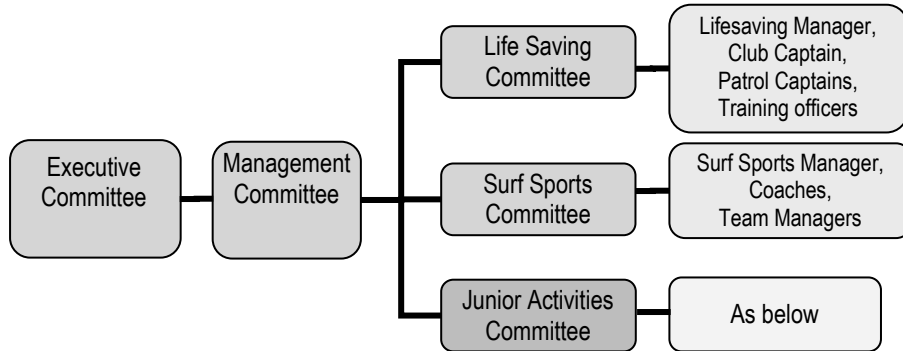
The Surf Life Saving Junior Activities Program has been operating in Queensland since 1965. Currently in Queensland, our junior members make up 33% (10,994) of our membership boasting the largest membership total of all membership categories.

BMD Northcliffe is one of 59 clubs in Queensland, organised into 6 Branches. We are in South Coast Branch. This area involves the top half of the Gold Coast which starts on North Stradroke Island and ends at Burleigh Heads.



BMD Northcliffe Surf Club

Each club has their own committees and office bearers who meet on a regular basis to discuss the direction of the club and the running of its activities. Office bearers are voted in at the club's Annual General Meeting held late June.



YOUR MEMBERSHIP

It is compulsory for one parent to be a member when their children join nippers.

Costs

Junior Membership (nippers)	\$125 per nipper
Junior Associate Membership (parents)	\$105 per adult
Family Membership	\$360 (2 nippers + 2 parents) (or 3 nippers + 1 parent)

As a Junior Associate Member, you are entitled to -

- Use of Club facilities
- Insurance cover for all approved Surf Life Saving and Club Activities
- Supporters Club membership
- Life Saving Award Training (excl. manuals or apparel)
- Life Saving award fees
- Insurance cover for all approved Surf Life Saving and Club Activities

CLUB FACILITIES

- Use of toilet facilities - hot showers / lockers available
- Club equipment when enrolled in lifesaving courses (rescue boards, tubes, resuscitation manikins)

INSURANCE COVER

Members who are 14 years and older and covered by workers compensation. The club pays an individual registration fee for each member.



SUPPORTERS CLUB

As a Junior Associate member, you also gain membership to our Supporters Club.
The Supporters club recently won the
2015 Clubs Queensland Best Surf Lifesaving Supporters Club.

The club has the following facilities

- Award winning bistro (new winter menu available)
- Fully licensed bar
- Extended TAB area and facilities
- Keno
- Refurbished pokies area
- Two ATMs available
- Kids room (TV, play stations & games)
- Two free internet computers
- Outdoor balconies
- Uninterrupted ocean views



Being a member you will receive the following benefits :

- 10% off all bistro and bar purchases (just show your membership card)
- Entered into 2 weekly Membership Draws (Wednesday 7-8pm & Sunday 4-5pm)
- Reciprocal rights with other Queensland clubs
- Join by Sept 30th and be in the draw to win a holiday to Hamilton Island
- Bottle shop facility - convenience of purchasing take-aways

The club has also introduced "Member's Night" as below

- Every Wednesday between 5.30-9.00pm
- 20% off all bistro purchases
- \$5 jugs of soft drink
- Mega seafood & meat tray raffles
- 5 x member draws
- Beer of the week special

Breakfast	7.30am - 11.30am
Lunch	12.00pm - 2.30pm
Snack menu	2.30pm - 5.30pm
Dinner	5.30pm - 9.00pm

Open 7 days, 7.30am til late
(closed Good Friday & Christmas Day)
Bookings recommended



Dress Code

Must have footwear on at all times, No bikinis or swimwear
No dirty work wear
Shorts, singlets and thongs are fine
All minors (U18), must be accompanied by an adult

LIFE SAVING AWARD TRAINING

SLSA can offer a range of opportunities which will promote:

- A healthy lifestyle
- A sense of pride
- A sense of responsibility and purpose
- Positive social relationships

There are numerous courses (some listed below) that will provide you the with the skills to participate in a variety of rolls within the club.

Bronze Medallion
Resuscitation Certificate / Advanced Resuscitation Certificate
First Aid
Observer's Award
Official's accreditation
IRB Crew / IRB Driver

Whether you want to become or patrolling member on the beach, be an official at surf sports carnivals, or simply help out at Sunday Nippers, there are courses to suit all levels of participation.



"Completing our Bronze so we can participate in water safety and patrols has been life changing. Being involved in such a positive and safe environment has given us added confidence in the ocean, and allows us to be active role models for our children"

**Sally & Scott Davies (right)
Parents to Teal & Jarrah**

BRONZE MEDALLION

Are you interested in being physically fit, learning teamwork & aquatic safety skills?

The Bronze medallion is the minimum requirement for -

- Helping as water safety at Junior Activities.
- Becoming a proficient surf lifesaver on patrol (not compulsory)

BRONZE REQUIREMENTS

- Be 15 years of age by examination day.
 - Completed a 400m swim in 9 mins or less, before any training starts
- PLEASE NOTE:** A swimming training session plan can be provided to assist you in reaching your swim pre-requisite.

BRONZE COMPETENCIES

- Communicate in the workplace
- Provide Emergency Care (Basic first aid, CPR, anatomy & physiology)
- Participate in an aquatic rescue operation (Board, tube rescue)
- Work in a team (Carries & supports, patrols)
- Work effectively in a public safety organization
- Follow defined occupational health & safety policies & procedures
- Operate communication systems & equipment (radio operations)
- Apply surf awareness & self rescue skills (surf conditions, techniques)

COURSE DATES 2015-2016

1 Week courses (8am - 4pm Monday to Thursday, Friday exam)

Commencing Monday 29 June 2015

Commencing Monday 21 Sept 2015

Commencing Monday 11 January 2016

8 week course commencing Sunday 12 July 2015

Ideal for nipper parents.

Every Sunday 7.30am – 12noon.

Range of practical & theory sessions depending on conditions

Assessment date 30 August 2015

Extra 8 week course can be run if required due to demand

EXTRA COSTS?

Club swimmers: \$35.00 (M) \$65-\$75 (F)

Surf Manual: \$35.00

First Aid Manual: \$15.00

High Visibility singlet: \$25.00

Patrol cap if required: \$10.00

Water safety shirt if required: \$15.00



RESUSCITATION CERTIFICATE (HLTAID001)

Resuscitation is one of the most essential life saving skills to have.

COURSE REQUIREMENTS

- Be 13 years of age by examination day & hold SRC

COURSE COMPETENCIES

- Ability to demonstrate CPR skills and knowledge
- Explain chain of survival
- Casualty Assessment and monitoring
- Work in a team

COURSE DATES 2015-2016

1 day courses (8am - 11am)
Sunday 18th Oct

EXTRA COSTS?

None



ADVANCED RESUSCITATION TECHNIQUES CERTIFICATE (HLTAID007)

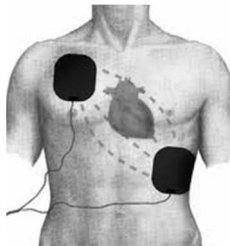
To provide basic first aid skills for a broad range of incidents that can be used in all facets of every day life.

COURSE REQUIREMENTS

- Be 15 years of age by examination day.
- Completed Resuscitation Cert, Bronze Medallion or Apply First Aid Cert

COURSE COMPETENCIES

- Ability to demonstrate Advanced CPR, first aid skills and knowledge
- Sessions: Defibrillation, Suction & OP airways, Oxygen Administration
- Casualty Assessment and monitoring
- Work in a team



COURSE DATES 2015-2016

1 Day courses (8am - 4pm)
Sunday 13th September 2015
Saturday 21st November 2015

EXTRA COSTS?

None

FIRST AID CERTIFICATE

This is the nationally accredited Provide First Aid (HLTAID003) that can be used in all facets of every day life.

COURSE REQUIREMENTS

- Be 14 years of age by examination day.

COURSE COMPETENCIES

- Online theory to be completed prior to attending course
- Ability to demonstrate First Aid skills and knowledge
- Sessions - CPR, Concepts of First Aid, Bleeding, Burns, Fractures & soft tissue injuries, Cardiac & respiratory, Head injuries, Medical emergencies, Heat/cold extremes, Poisons, bites & stings
- Casualty Assessment and monitoring
- Work in a team

COURSE DATES 2015-2016

Full day course (8.00am - 4pm)
Sun 2nd August & Sat 14th November 2015

EXTRA COSTS?

First Aid Manual : \$15



OBSERVER'S AWARD

Provides the tools to be able to observe the ocean and beach environment, and identify hazards and risks and preventative measures.
We require observers at Nipper Days to achieve high water safety standards.

COURSE REQUIREMENTS

- Be 15 years of age by examination day.

COURSE COMPETENCIES

- Ability to demonstrate knowledge and identification of hazards
- Scenario assessment and monitoring

COURSE DATES 2015-2016

3 hour courses
To be confirmed

EXTRA COSTS?

None



SURF SPORTS OFFICIALS ACCREDITATION

Officials help with the running of carnivals either judging, marshalling competitors, recording results or starting races. The club needs officials so our nippers can compete. For every 10 nippers we need one official.

COURSE REQUIREMENTS

- Be 18 years of age by examination day.

COURSE COMPETENCIES

- There is a DVD to watch and booklet to complete prior to the course
- Demonstrate race knowledge, rules and course layouts
- Official's code of ethics, the officials role & risk management
- Work in a team
- After course, attend at least one carnival where an accredited officials "works with you" and signs your third party report



COURSE DATES 2015-2016

Approx 4 hour courses
Saturday 7th November 2015
Attend 2 practical carnival days

EXTRA COSTS?

None

IRB CREWMAN

We require IRB drivers / crew at Sunday Nipper days, patrols and carnivals.

COURSE REQUIREMENTS

- Be 15 years of age by examination day & have Bronze Medallion

COURSE COMPETENCIES

- Surf Safety, IRB care and procedures
- Risk Management
- Work in a team



WINTER DATES 2015– 2016

2 theory evenings, 2nd & 9th June 6-9pm
6 practical mornings
7, 14, 21, 28 June, 5, 12 July 7-11am

EXTRA COSTS?

None

Once you have been an active crew member for one season you can become an IRB Driver

ONLINE AGE MANAGERS ACCREDITATION

If you are wishing to help the Age Manager we recommend completing the online Age Managers Accreditation.



Head to
www.lifesavingonline.com.au
You will need to create an account and then click the following
“My courses”
“Go to Online Learning Now”
“Personal Learning Plan” on left panel
Select “Age Managers Course”
Double click module “Age Managers Course”

Once completed, go to the left hand panel to select certificates to print and bring to the club.

An “On the Beach” session must be completed before gaining accreditation

GENERAL HELPER

Beach Setup Task Force

- Responsible for the set 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.

REQUIRE FURTHER INFORMATION

Head to the following websites

Surf Life Saving Queensland — www.lifesaving.com.au

Head to “Members Hub” - “Resources” - scroll down to Junior Activities

Surf Life Saving Australia - www.slsa.com.au

Head to the members portal - create an account if needed

<https://portal.sls.com.au/wps/portal/member/>

www.youtube.com - there are many videos available on technique which can be useful for both yourself and your children.

OceanFitVideos have some great technique videos for swimming & wading

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.

Grievance

BMD Northcliffe SLSC has a grievance handling procedure. If a Club member (parent of child) has a grievance, there are a number of people in which the grievance can be referred to. Options within Junior Activities are -

- The section head in which the grievance may have occurred (Age Manager, Team Manager, Coach, Water Safety Officer)
- The Junior Activities Vice President

A person may sometimes feel they have experienced unreasonable treatment, disadvantage or distress which they would like to complain about. A statement of concern becomes a grievance when it is reported to a member of the JAC. A grievance can be about a situation, a process, a person or people. In dealing with a grievance the management of BMD Northcliffe SLSC would recommend that we should try and resolve the grievance at the lowest appropriate level of management.

When raising a grievance, it is important that the person making the grievance is aware of the BMD Northcliffe SLSC Constitution and By laws, policies and procedures.