

# Cottesloe Surf Life Saving Club



EST. 1909

## Juniors / Nippers Information Handbook 2016 / 2017

## Welcome

Welcome to the 2016/2017 season of the Cottesloe Surf Life Saving Club. I'd like to extend a very warm welcome to everyone for another great year at Cottesloe. For those of you that are new to the Club, Cottesloe SLSC is:

- Known as the Premier Club, the oldest Surf Lifesaving Club in WA, established in 1909.
- The place where Surf Life Saving started in Western Australia.
- The first Club in Western Australia to have females attain the Bronze Medallion, the cornerstone of Surf Life Saving qualifications.
- The only Club with a Pylon which some other Clubs envy!

Cottesloe Surf Life Saving Club offers something for everyone, regardless of your gender, age, cultural background or physical ability. Our aim is to teach new members the skills necessary to safely negotiate the ocean and one day become a qualified surf lifesaver capable of protecting and saving the lives of others should the need arise. This starts from when a potential new member comes into contact with the Club for the first time, through to members actively participating in Club activities. Surf Life Saving is an amazing activity for developing a child's confidence, knowledge and skills in the beach environment. Not only will your child have fun and meet new friends they will become part of an iconic organisation that has served the Australian community for over 100 years.

Our objective at Cottesloe SLSC is to educate your children to be competent and safe at the beach and in the surf. Surf knowledge and techniques are gradually introduced to the children. Ultimately at the age of 13 they can attain their Surf Rescue Certificate and later their Bronze Medallion at age 15. Training also incorporates developing first aid skills as well as the opportunity to be an active volunteer by undertaking Patrols to help keep our beach safe. Children aged 9 and above are also encouraged to test their surf skills in interclub competitions and can pursue a variety of different events at Surf Sports carnivals. Our aim is for the children to have fun at Nippers and enjoy coming to the Club each week.

The Club is a volunteer based organisation and needs your help. There are many ways you can get involved. Cottesloe SLSC is a community focussed Club which needs active members. On Sundays please assist your Age Group Manager in any way that you feel comfortable. Occasionally your child's age group will be rostered for BBQ and Cott Café duties. These are vital to our activities, so please make yourself known and assist when advised. A parent or guardian must be present on the beach throughout Nippers.

We have tried to include the everyday things you need to know about Cottesloe Nippers in this booklet. If you require any further information please feel free to ask any Age Group Manager, Committee member or simply call into the Club office. If you are new to the Club I urge you to get involved. Come along to the Club on Friday nights, use the BBQs and bar and get involved.

I hope you enjoy your season at Cottesloe SLSC.

**Glenn Eldon**  
**Junior Activities Officer**

## People

### Key Contacts

**Youth Development Officer**  
Samantha Cowie  
Email [development@cottsurf.com](mailto:development@cottsurf.com)

**Junior Activities Officer**  
Glenn Eldon  
[junioractivity@cottsurf.com](mailto:junioractivity@cottsurf.com)

**Member Liaison Officer**  
Jean Burling  
Email [jeanburling@hotmail.com](mailto:jeanburling@hotmail.com)

**Club Office**  
Monday to Friday - business hours  
Phone 9383 4400  
Email [sso@cottsurf.com](mailto:sso@cottsurf.com) for general enquiries

## The Club

### Who Can Join?

Any child may join Nippers who is a minimum of 5 years of age on or before the 30<sup>th</sup> September 2016. You don't have to be a competent swimmer in the younger age groups as swimming competency is not a requirement until a child reaches 8 years of age. One of the best things about Nippers is seeing young children who are scared of the water lose their fear during the season.

### Registration and Fees

Membership Fees are set by the Cottesloe Surf Life Saving Club Management Committee each year. Children aged 5 & 6 are required to join with a parent or as part of a family membership.

For any queries regarding registration please contact the Club office on 9383 4400 or [sso@cottsurf.com](mailto:sso@cottsurf.com) .

Members must be financial in order to participate in or attend club activities. This is a compulsory requirement and covers legal and insurance policies. New members may join at any time during the season.

#### **MEMBERSHIP FEES 2016/2017**

<b>Membership Category</b>	<b>2016/2017</b>
Family (1 or 2 adults & children aged 5 – 25yrs)	\$420
Minnows (5-6 yrs)	Must join as family
Nippers (7 – 13 yrs)	\$140
Under 15	\$150
Under 17 & Under 19	\$170
Active Senior, Award	\$200
Active Reserve , Long Service	\$220
Senior Long Service (LS members aged 60 or more)	\$160
Associate	\$290
Gym Membership	\$600
Country Membership	\$95
<b>Other Fees:</b>	
Competition Fees U10 – U13 (Compulsory per child)	\$40
Competition Fees U14 – U19 (Non- Compulsory)	\$60
Competition Fees 19yrs & over (Non- Compulsory)	\$90
Bronze Course #	\$200
Surf Rescue Certificate Course	\$65
Lost FOB replacement key	\$20

Please note these fees are subject to change.

### HOW TO PAY FOR YOUR FEES

Membership payment is easy. Existing members can go online to [portal.sls.com.au](http://portal.sls.com.au)

Cheque, credit card and EFTPOS are accepted forms of payment at the Office.

Fees are due 01<sup>st</sup> July annually. Existing members who have not paid their membership fees by 31<sup>st</sup> October 2016 will no longer have access to all privileges of the Club. Members who are not financial will be unable to compete for the club until all fees have been paid.

## Important Dates

Sun 18th Sept.	Registration Day 9am – 11.30am
Sun 9 <sup>th</sup> Oct.	Proficiency Swims – St Hilda’s Pool, Mosman Park 9am – 11am
Sun 16 <sup>th</sup> Oct.	1 <sup>st</sup> Day of Junior Activities – Cottesloe Beach 9am – 10.30am
Sun 25 <sup>th</sup> Dec.	Christmas Break No Activities
Sun 1 <sup>st</sup> Jan.	Christmas Break No Activities
Sat 7 <sup>th</sup> Jan.	Cottesloe Classic Swim – 400m Swim for Nippers – entry required
Sun 8 <sup>th</sup> Jan.	Christmas Break No Activities
Sat 28 <sup>th</sup> Jan.	Country Surf Carnival – Albany – Beach Events
Sun 29 <sup>th</sup> Jan.	Country Surf Carnival – Albany – Water Events
Sun 29 <sup>th</sup> Jan.	Aust. Day Long Weekend – No Nippers
Sun 19 <sup>th</sup> Mar.	Juniors Last Day

A full calendar of events, competitions and midweek training sessions is located at the end of this booklet.

## General Nipper Information

To enable Cottesloe Nippers to run smoothly on Sundays, please note the following:

- Announcements and important information for Nippers and parents is communicated at 08:45am each Sunday down on the beach in the child’s designated age group area. Please be on time and listen to announcements so that you are aware and up-to-date with all matters concerning your children.
- Children must arrive with sunscreen applied, a hat, long sleeve shirt, towel and water bottle.
- At the conclusion of the day’s events, children must remove their age group caps, have their name ticked off by their Age Group Manager when being collected by their parent or guardian.
- Please assist your child’s Age Group Manager.
- Ensure you subscribe to the e-newsletter “Cott Mail” by emailing the Club and requesting to go on the email list [sso@cottsurf.com](mailto:sso@cottsurf.com) this will give you a weekly update of information.
- Children are unable to participate on the beach or in the water unless they are a registered and financial member.
- Children MUST wear their age group cap at all times on Sunday morning whilst participating in Nipper activities.
- Children in age groups U8 – U13 will not be able to participate in water events without first completing an evaluation swim and being certified as proficient.

## Nippers/Juniors Code of Conduct

The Cottesloe SLSC expects the following, as a minimum from all Nippers / Juniors:

- Have fun
- Be a good sport
- Be prepared and willing to learn
- Do your best and be proud of your efforts
- Encourage and congratulate each other
- Treat others as you would like to be treated yourself
- Look after the equipment
- At Carnivals never argue with an official, have your Age Group Manager approach the Official in the proper manner

## What We Do

### Sunday Morning Timetable

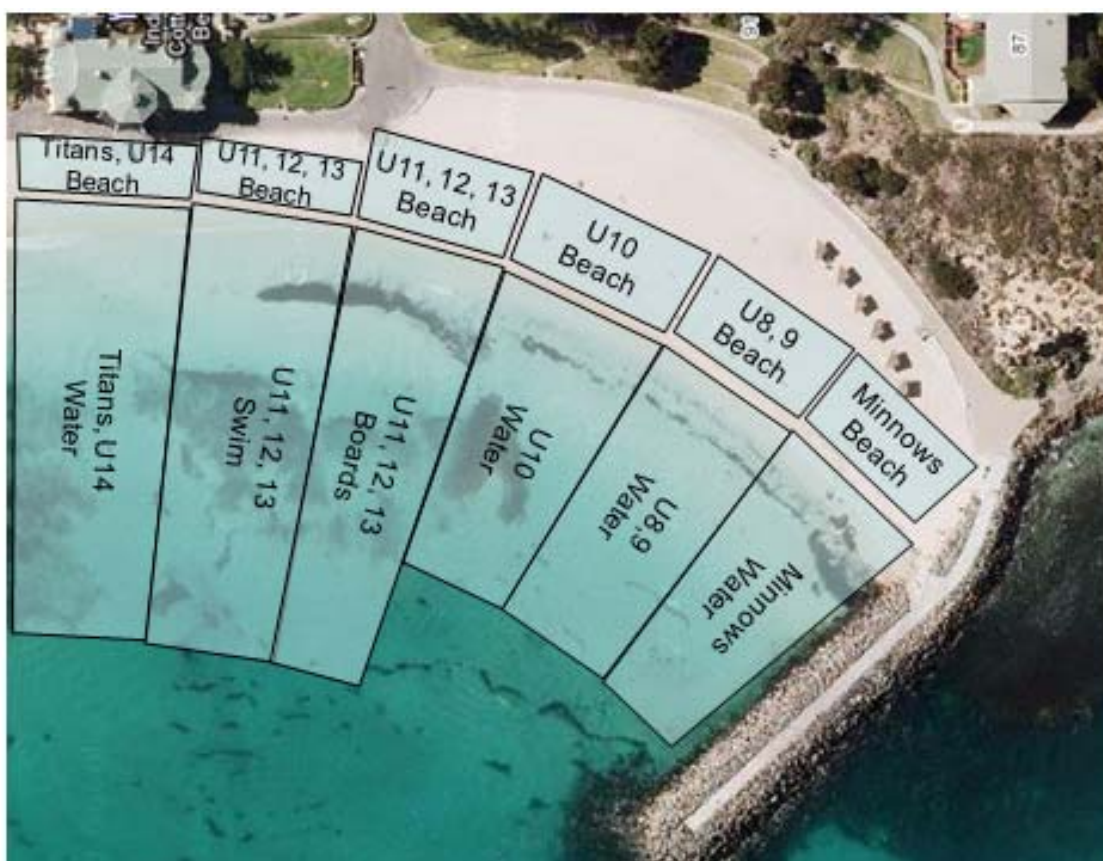
A typical Sunday morning at Cottesloe SLSC is as follows:

8:45am:	Meet down on the beach in your designated age group areas for Announcements
9:00am - 10:30am	Each Age Group (Minnows to Under 13s) goes with their Age Group Manager for activities
10:30am	Up to the Club Courtyard for a sausage sizzle
10:30am	Club swim U14 members to Veterans - meet at the Boat Shed

### Sunday Set up and Pack up

Every week before Nippers can commence, equipment must be collected from the Training room (next to the Cott Café) and taken down to the beach, with boards taken from the boat shed and assembled on the beach. Likewise, at the conclusion, it must all be packed away. This is the responsibility of each age group and all Nippers.

### Sunday Morning Beach Layout



Age Group	Cap Colour	Age Group Manager
Minnows U6	Lime	Tracey Burling, Assistant:
Minnows U7	Pink	
Under 8	Red	Lisa Eldon, Bec Czaplinska
Under 9	Black	Craig Swaine, Danny Savage
Under 10	Blue	Elliott Cross, Assistant:
Under 11	White	Rob Czaplinska, Assistant:
Under 12	Yellow	Jason Kennington, Marina Scully-Ward
Under 13	Green	Mark & Jacinta Duffy, Garry Matier, Nich Broughton

Children are divided into Age Groups: Minnows (U6 and U7), U8, U9, U10, U11, U12 and U13. The child's age is taken as at 30 September each year. For example, if a child turns 10 on or before September 30, they would be in the Under 11 age group for the whole of that season. Each Age Group has at least two Age Managers who organise, run and control the activities each Sunday.

Nippers must wear their Age Group Cap (supplied by the Club) during club activities so they are easily identifiable on the beach. Competition ages U10 – U13 must also wear yellow hi visibility lycra tops during Sunday morning activities and at interclub competitions. These are also supplied by the club after payment of the annual competition fee.

## Age Group Managers

Age Group Managers are usually volunteer parents and are allocated to each age group with responsibility for organising and conducting the various Nipper activities. The main responsibilities of the Age Group Managers are as follows:

- Encourage the children in their age group to participate, enjoy, co-operate and compete in all activities of the Club
- Keep weekly records of each child's attendance and proficiency achievements
- Assist in the development of surf awareness and surf safety for the children in their age group
- Attend and organise the children and teams to compete at interclub carnivals (U/10 – U/13)
- Instruct the children in their age group of the necessary requirements for the National Awards
- Keep children and parents informed of the requirements of the age group and of Club activities, carnivals, competition dates, etc.
- Ensure the children of the age group are aware of and encourage sun protection.

Parents are encouraged to make themselves known to their child's Age Group Manager and to offer assistance when required. If you have any questions or concerns about your child's ability or if your child has any medical condition that may restrict him or her in any way, please speak with your Age Group Manager.

Age Group Managers are not babysitters. Parents are required to be on hand during Nippers and to resume responsibility for their child at the conclusion of the day's events.

If you have to leave before events are finished, please inform your child's Age Group Manager BEFORE taking your child from the beach.

## Proficiency

To maintain safety and life saving standards, Surf Life Saving Australia has set a standard of proficiency that Nippers in U/8's and above must achieve before being eligible to participate in water events or any carnival event.

The proficiency will be tested at St Hilda's Anglican School Pool on **Sunday 9th October between 9am – 11am**. Entry is off Palmerston Street, Mosman Park between Glyde and Johnston Streets (opposite No. 10 Palmerston St), pool entry is \$3 per person.

Not attending will mean your child cannot enter the water on Sunday mornings until the swim proficiency is completed. A letter of completion from your child's swimming teacher or coach will also be accepted.

Children unsuccessful at their first attempt are encouraged to try again at a later time. The Club is not able to teach children to swim.

Age Group	Participation Skill Evaluation	Competition Skill Evaluation
Under 7	Not applicable	Not applicable
Under 8	25 metre swim (any stroke) 1 minute survival float	Not applicable
Under 9	25 metre swim (any stroke) 1 minute survival float	Not applicable
Under 10	25 metre swim (freestyle) 1½ minute survival float	Not applicable
Under 11	50 metre swim (freestyle) 2 minute survival float	Minimum 288m open water swim (competition course) in less than 11 minutes.
Under 12	100 metre swim (freestyle) 2 minute survival float	Minimum 288m open water swim (competition course) in less than 10 minutes.
Under 13	150 metre swim (freestyle) 3 minute survival float	Minimum 288m open water swim (competition course) in less than 10 minutes.

## Board Use

The aim is that on Sundays everyone has a chance to use the appropriate boards for their age group and there is adequate water space available. There may be some weeks where boards aren't used as Nippers may be doing other activities or weather conditions are deemed unsafe.

Under the supervision of Age Group Manager's and parents, Nippers are expected to help get the boards off the trailer for foam boards or out of the Boat Shed for fiberglass boards every Sunday then wash and return them after use with care.

Whilst the Club provides boards, we encourage our junior members to consider purchasing their own.

A few things to know about using Boards:

- Boards are strictly only for Cottesloe SLSC Club members.
- Never drag, drop, stand, jump or sit on boards.
- Boards must never make contact with a hard surface such as concrete (like the concrete floor or walls of the Boat Shed!!)
- Boards are always to be washed before being put away. There is a hose just inside the Boat Shed.
- When boards get used they may get damaged. If a board is damaged let your Age Group Manager or the Club office know (that way we can fix it ready for the following week).



## Nippers

### Principles of Surf Life Saving Australia's Surf Education

Surf Life Saving Australia's Surf Education curriculum is based upon some key principles. These principles form the backbone of each stage of a child's development in lifesaving. The principles are:

#### *Participation*

The notion that all children should be offered the opportunity to learn about surf life saving and aquatic safety philosophies and methodology. Where possible, they should experience samples of the activities that are undertaken by surf life savers.

#### *Social Justice*

The notion that everyone should be given a fair go. This is particularly important when learning about surf lifesavers and during activities that they be part of an overall surf lifesaving educational package.

#### *Environment*

A supportive environment means one in which assistance is provided by parents, teachers, instructors, coaches, clubs, etc. which promotes the development of surf lifesaving and aquatic safety education and skills.

*Surf education* is designed to develop and enhance essential skills and understandings. For example:

#### *Health and safety knowledge*

An understanding of the need for physical and emotional safety and the wellbeing of one's self and others.

#### *Communications skills*

Particularly the relationship between reading, writing, listening and speaking as well as the understanding of a broad range of verbal and non-verbal means of communication.

#### *Environmental knowledge*

An understanding and appreciation of our environment, its management and the relationship we have in it.

#### *Information skills*

Which enable the child to recognise the need for information and provide the ability to identify and access it from a range of resources.

#### *Social skills*

An understanding of the values, attitudes and practices that contribute to social justice and effective participation.



## National Age Awards

As part of the National Surf Life Saving organisation Cottesloe SLSC ensures that each Nipper receives instruction that allows them to attain a National Award at the end of the season. To receive this award it is expected that Nippers attend at least 10 Sundays and actively participate.

Surf Life Saving Australia has developed a comprehensive training programme for Nippers. The content is tailored to each age group, and the program is based on participatory evaluation and not assessed on competence. In other words, children need only be actively involved in each of the lessons to be eligible for the award. Again, the emphasis is on fun.

**Surf Play 1 and 2 (U6 and U7, Minnows)** – focus on play, participation and fun. Simple beach safety and awareness lessons such as basic safety practices during activities, what makes up a beach environment, Sunsmart guidelines, the importance of being with an adult at the beach, what a life saver is and what they do. Surf sports skills involve wading, beach sprinting and beach flags.

**Surf Aware 1 (U8)** – focus is on understanding, identifying and demonstrating Sunsmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. They learn to recognise whether they are, or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf life savers operate in. Surf sports skills focus on bodyboarding, wading, dolphin-diving, beach sprint starts and beach flag starts.

**Surf Aware 2 (U9)** – builds on Surf Aware 1. The idea of a personal safety network is introduced so children are comfortable asking for help. Children are given safety tips and learn more about hazardous surf conditions. Ecosurf talks about the impact surf life savers can have on the beach. Surf sports skills focus on board positioning and paddling, sand running technique and diving for a beach flag.

**Surf Safe 1 (U10)** – identification of adults at surf clubs they can ask to help. The Ecosurf focus is on water conservation and sun safety and the consequences of skin damage. Children learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Rescue techniques are introduced and children learn to use boards to assist other swimmers. Surf sports skills focus on entering and negotiating the surf on a board and beach relay baton changes.

**Surf Safe 2 (U11)** – at this level, children have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Children are encouraged to persist when needing help. There is a strong focus on recognising 'at risk' people. Interpersonal and beach signage communication is introduced. Surf sports skills focus on board dismounts, catching waves on a board, board relay, surf swimming techniques and crouching beach sprint starts.

**Surf Smart 1 (U12)** – children learn about their rights and responsibilities as members of SLSA, and consider personal health and wellbeing. More beach signals are introduced, and the use of these in the context of beach rescues is considered. Board rescues are undertaken. The focus of surf sports skills is to complete all the skills in each skill set and includes rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive, and beach flags race strategies.

**Surf Smart 2 (U13)** – looks more broadly at surf life saving safety from various viewpoints – SLSA member safety and wellbeing, climate change and the impact on surf life saving, communicating with beach users, other professional emergency services and surf safety tips. The focus of surf sports skills is on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, ironman / ironwoman and cameron relay.

## Events

### Competition

Competition against other clubs gives Nippers the opportunity to test their skills promotes fair play, club loyalty and gives children the opportunity to mix with their peers. Final selection of teams for team events will be the responsibility of the respective Age Group Manager.

Carnivals are held on various weekend days during the season, culminating with the Junior State Championships. All Nippers from Under 10 to Under 13 are eligible to represent Cottesloe SLSC and compete at all carnivals (Under 9's may compete in Under 10 team events only). The only exception is at the Junior State Championships where several events require pre-qualification.

At the Club level we hold the Club Championships and Marathon. This is an opportunity for Nippers to compete against their peers within the Club.

A few points to remember regarding carnivals:

- Competitors must wear their Cottesloe Cap (purchased from the Apparel Shop) and club (black) bathers. Caps must be kept on during races. If these rules are not followed, the competitor could be disqualified.
- Always be gracious in winning and defeat.
- Always display good will to all Surf Life Saving Club Members.
- Arrive at carnivals at the set time (usually 7:30am) we will let you know more as the dates and programs are known.
- All competitors must have passed both their pool and ocean swim proficiency and be entered prior to the carnival. (The close of entries is usually 1 week before the carnival)
- Your child does not have to go in all events, they can chose which events they wish to compete in, just let your Age Group Manager know.

Please contact your AGM or the Junior Activities Officer, if you have any queries.

### Carnival Preparation

Boards, tents, tubes, rescue boards, first aid kits, radios, amongst other things need to be transported to and from the Carnivals. This requires packing the board trailer, transporting everything to the Carnival, and then getting it back to the Club and packing everything away. Your help will be required. Without your help it is impossible for us to participate at Carnivals.

### Carnival Events - Under 10s to Under 13s

#### Water Events

##### Surf Race and Swim Teams:

The Surf Race is a swimming event that starts on the beach and sees competitors swim 288m around a string of marker buoys or 'cans' before returning to the beach and finishing with a short sprint to the finish line.

Surf Teams consist of four members from each club. All competitors start at the same time and those who finish shall be recorded as they are placed and the points will be calculated. Points are allocated as 1 point for first, 2 points for second, 3 for third, etc. The team scoring the least number of points shall be declared the winner.

##### Board Race and Board Relay:

The Board Race starts on the beach and sees competitors paddle their boards around a string of marker buoys or 'cans' before returning to the beach and finishing with a short sprint to the line. Competitors must complete the run to the line carrying or dragging their board.

The Board Relay involves teams of three however unlike the board race, the finish and transitional legs do not require athletes to carry their boards up the beach. Distance (approx.) – 360m (10s, 11s, 12s, 13s).

### Ironman Events:

An individual race where the competitor must Swim - Run – Board – Run around a course of approximately 288m swim and 360m board leg. The order of swim and board is drawn at the beginning of the carnival.

The order of the event is swim-board-sprint. Competitors will swim around buoys, return to beach, run around flags, pick up board on start-change over line and enter the water for the board section. Competitors will complete the board leg and proceed to the finish line. Boards may be left at the waters edge. The race will conclude when the competitor has rounded the flag and has finished between the two finish flags.



### Cameron Relay:

A team race of 4 competitors where each person completes a different leg of the course. The order of the swim and board is determined by the draw made for the ironman.

1 swim team member – 288m swim, 1 board team member – 360m board

2 running team members - 70m

1 team member runs after being tagged by the first water competitor around the two turning flags and tags the second water competitor. The 2<sup>nd</sup> running team member runs after being tagged by the second water competitor around the first turning flag and finishes the race between the finishing flags.

### Board Rescue:

In the Board Rescue race, a swimmer makes their way out 120m to a string of buoys and upon reaching their individual coloured buoy, must place their arm over the top of the buoy and raise their other hand to signal their board paddler or 'rescuer'. The paddler then heads out to the buoys, does a right - hand turn around the buoy picking up the 'patient', before they both paddle to shore and cross the line with both athletes holding the board. Maximum number of teams per race – 9 teams

Reminder for Board Rescue competitors:

- The swimmer must put their first arm over the buoy, not the line in between the buoys.
- The paddler must not leave the start line until they see their swimmer raise their hand.
- The swimmer must wait away from the buoy on the seaward side for the board paddler to pick them up.
- Both team members must be touching the board as they cross the finish line.

## **Beach Events**

1km Beach Run

A bare foot beach run of 1km. There will be a turning flag placed at 500m which the competitors run up to and then back to the start/finish line.

### Beach Sprint & Beach Relay:

The Beach Sprint is perhaps the most simple of all events for it is a matter of getting to the end of a 70m sand track faster than the other competitors.

The Beach Relay is for teams of four runners who transfer a baton after each completing one leg of the Beach Sprint course.

### Beach Flags:

In Beach Flags, competitors lie face down on the sand with their toes on the start line, heels or any part of the feet together, hands on top of each other with fingertips to wrists and with the head up. Elbows should be extended 90 degrees to the competitor's body. The starter will command 'competitors ready', 'heads down' and then blow the whistle. Once the starting whistle is blown competitors must rise to their feet, turn to face the flags and then attempt to obtain a flag. The flags (or baton) are approximately 250mm - 300mm long and are a flexible hose or baton. There will be one flag less than there is competitors' in the heat, thus ensuring one competitor is eliminated each round until a winner is decided.



### March Past:

We welcome all Under 10s – 13s to get involved with March Past. No experience is necessary – just a willingness to be part of a team and to have fun. Training is each Sunday at 8am – 8.45am before Nippers

On Junior Carnival Days Nippers at Cottesloe Beach will still be held for U6's to U9's. For age groups U10 – U13 Nippers at Cottesloe Beach will not be held as the Age Group Managers will be managing their age group at the Interclub Carnival. Members in these age groups not attending the Junior Carnival are welcome to assist with the running of U6s – U9's.

### **Carnival Water Safety**

At every Carnival each Club has to provide qualified members to undertake water safety, this means members with a Surf Rescue Certificate, Bronze Medallion, IRB Crew or IRB Driver's License or First Aid (or higher) qualification. Without volunteers to do this we cannot attend Carnivals. If you hold such a qualification please make yourself known to the Junior Activities Officer.

### **Cottesloe SLSC Competition Uniform**



Cottesloe's official competition uniform is a gold cap with two central black and one white stripe and Club bathers. Carnival costume rules require children competing in team events to be dressed in identical regulation club gear (including rash vests) as well as being sun smart by having a sun hat, long sleeve shirt, sunscreen and water bottle. Vests and other club clothing are available for purchase at the Club's apparel shop.

All water-based competitors are required to wear high visibility lycra vests when competing in SLSWA events. (Junior Carnivals and Junior State Championships)

## **The Law**

### **Child Protection**

Samantha Cowie is the point of contact for any child, parent, guardian or any other Club member who wishes to seek any information or discuss any incident in relation to child protection. Samantha is the Child Protection Officer for Cottesloe SLSC. Please contact her via the Club on 9383 4400 or email [development@cottsurf.com](mailto:development@cottsurf.com).

Protecting children from abuse is a responsibility that we must all undertake as adults, parents, coaches, officials and administrators. A child is defined as any member of Cottesloe SLSC registered as a nipper, cadet, junior or titan up to 18 years of age. Abuse is anything that individuals or Cottesloe SLSC do, or fail to do, that directly or indirectly harms children or damages their prospects of a safe and healthy development. This includes physical abuse, emotional abuse, inappropriate training, sexual abuse and neglect.

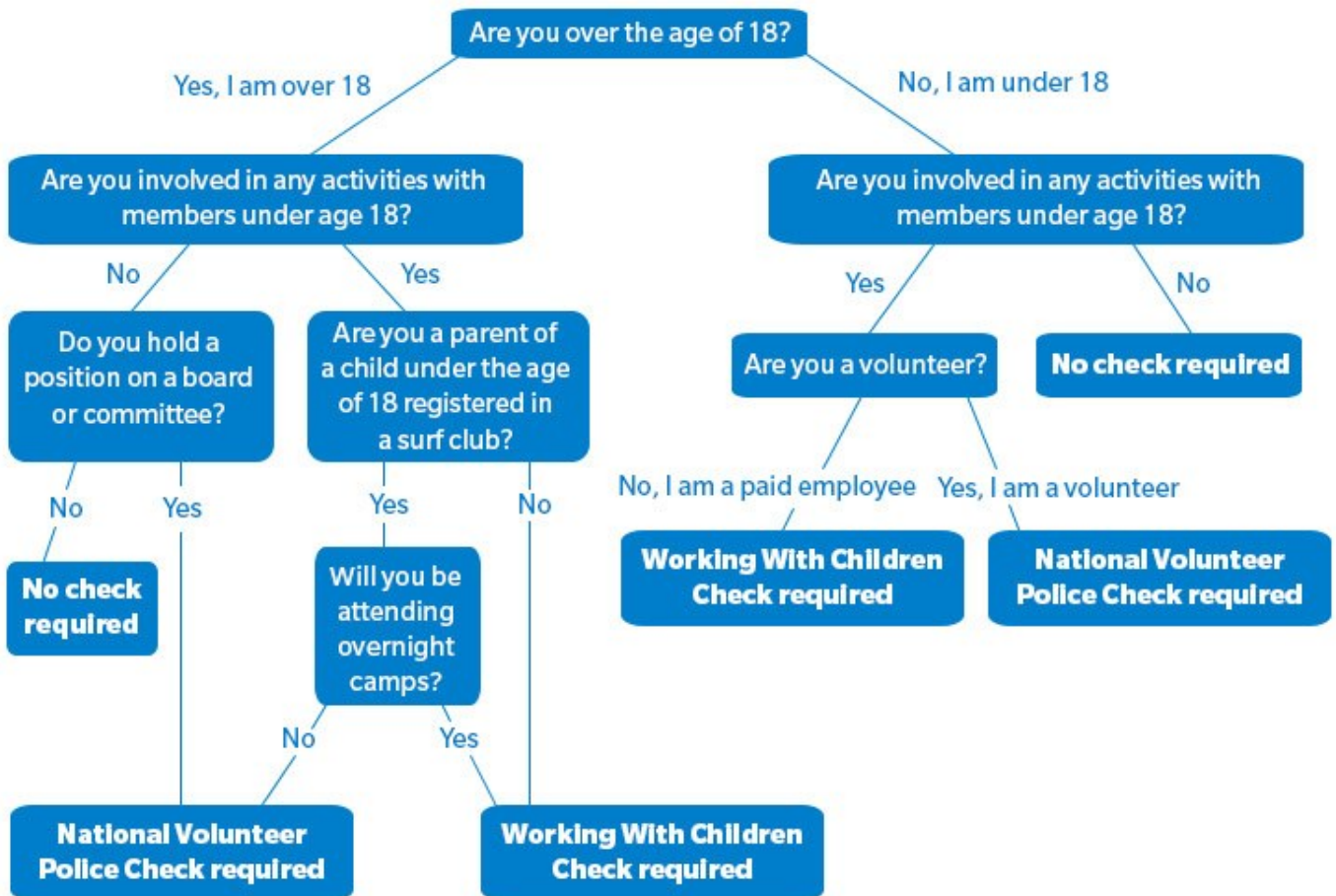
Cottesloe SLSC is committed to ensuring that the safety, welfare and wellbeing of children are maintained at all times during their participation in activities. Cottesloe SLSC aims to promote a safe environment for all children and to assist all officials, coaches, managers, administrators and volunteers to understand child abuse issues, to recognise child abuse and to follow the appropriate procedures when reporting alleged abuse.

### **Working with Children Clearance**

All Age Group Managers (AGM's) who do not have children in the Club must have a Working with Children clearance. AGM's with children must do the compulsory age manager's course and do the Volunteer National Police Clearance.



## Member screening for Surf Life Saving WA Volunteers



### How can I get involved?

For parents and guardians of Nippers there are lots of things we would welcome you to get involved in Club activities. The club bar is also open on Friday nights and you are welcome to bring family and friends to socialise and mingle with other club members.

The club is always looking for volunteers:

- Actively helping your Age Group Manager each week
- Becoming an Age Group Manager - no experience necessary, just need the right attitude! New AGMs are always welcome and we can provide the training
- Helping the Cott Café on Sunday mornings
- Cooking the sausage sizzle on Sunday mornings
- Assisting Nippers to correctly put away boards each Sunday in the Boat Shed
- Assisting with organising social events for the Nippers and parents
- Doing your Surf Rescue Certificate or Bronze Medallion (fees apply), which then allows you to do patrols or assist with club activities on Sunday mornings.
- If you have a Bronze, you can do other courses including IRB crew and driver's license, Advanced First Aid, Spinal Management, Defibrillator operator, as well as Level One Coaching or Officiating Certificate which will enable you to help at Carnivals.

Please contact Glenn Eldon via email [junioractivity@cottsurf.com](mailto:junioractivity@cottsurf.com) if you can help out on Sunday mornings or Samantha Cowie via email [development@cottsurf.com](mailto:development@cottsurf.com) if you would like further information re training courses.

## Sunday Sausage Sizzle and Cott Cafe

A BBQ is run every Sunday morning from about 10:00am along with the Cott Cafe which is open from about 9:00am until midday. All parents will be required to assist on a rostered basis and it is a great way to socialise. Even if it is not your rostered week and you see that the Cott Café or BBQ workers need a hand, please offer your assistance if you can. A roster of the age group parents is on the Nipper Program below, 4 volunteers are required each week.

## Jewellery / Valuables

Due to safety and potential loss, rings, watches, necklaces, bracelets (except Medic Alert bracelets) are not permitted during activities. The nature of club activities may result in belongings being left unattended. Any valuables including jewellery, wallets and mobile phones should be left at home or given to parents before the activities commence. Age Group Managers and officials cannot take responsibility for lost valuables.

## Competition Training

Nippers wanting to attend inter club carnivals are encouraged to attend the weekly training sessions below. The coaches running these sessions are volunteer members of the Club and the sessions are free of charge. There is a midweek session for beach events on Tuesday afternoon, a Wednesday morning board session and a Saturday afternoon session covering board, swim and running.

Training Program COTTESLOE JUNIOR ACTIVITIES					
<b>Winter Training (July – Sept.)</b>					
DAY	TIME		VENUE	COACH	COACH
Saturday	3pm - 4.30pm	Board Training	Cottesloe Beach	Jeremy Mulcahy	Marina Scully-Ward
<b>Summer Training (Sept. - March)</b>					
DAY	TIME		VENUE	COACH	COACH
Tuesday	4.30 - 5.30pm	Beach Training	Cottesloe Beach	Stephan Gracie	Drew Masters
Wednesday	6am - 7am	Board Training	Cottesloe Beach	Carla Payne	
Saturday	3pm - 4.30pm	Ironman Training	Cottesloe Beach	Jeremy Mulcahy	Marina Scully-Ward
Sunday	8am - 9am	March Past Training	Cottesloe Beach	Sonja Maddern	
Sunday	9am – 10.30am	Club Events	Cottesloe Beach	Age Group Managers	

The Saturday afternoon board session has been well attended over the winter months with the participants braving the elements to gain valuable experience in the surf.



## Nipper Program for 2016 - 2017 Season

Date	Event	BBQ & Cott Café Roster
Sunday, September 18, 2016	Registration Day 9.00am - 11.30am	
Sunday, October 9, 2016	Proficiency U8 to U13 (9am -11am) St Hilda's Pool, Palmerston St. Mosman Pk. <b>No Beach Activities</b>	
Sunday, October 16, 2016	<b>1<sup>st</sup> Day of Beach Activities – Nippers 9am</b>	U8 Parents
Sunday, October 23, 2016	Nippers 9am	U9 Parents
Sunday, October 30, 2016	Nippers 9am	U10 Parents
Sunday, November 6, 2016	Nippers U6 – U9 Junior Carnival 1 - TBA	U17 Parents
Sunday, November 13, 2016	Nippers 9am	U12 Parents
Friday, November 18, 2016	Nippers DISCO – Cottesloe Hall	
Sunday, November 20, 2016	Nippers 9am Wave Warriors Competition - TBA	U13 Parents
Saturday November 26, 2016	Junior Carnival 2 - TBA	
Sunday, November 27, 2016	Nippers 9am	U7 Parents
Sunday, November 29, 2016	Nippers 9am	U6 Parents
Saturday, December 3, 2016	Junior Carnival 3 - Beach Events - TBA	
Sunday, December 4, 2016	Nippers 9am	U11 Parents
Sunday, December 11, 2016	Nippers U6 – U9 Junior Carnival 3 - Water Events - TBA	U14/15 Parents
Sunday, December 18, 2016	Nippers 9am Nippers Christmas Party 10.30 – 11.30am	U8 Parents
Sunday, December 25, 2016	<b>Christmas Day – NO NIPPERS</b>	
Sunday, January 1, 2017	<b>New Year's Day – NO NIPPERS</b>	
Saturday, January 7, 2017	Cottesloe Classic Swim 400m for Nippers	
Sunday, January 8, 2017	<b>Christmas Break - NO NIPPERS</b>	
Saturday, January 14, 2017	Junior Carnival 4 - Beach Events - TBA	
Sunday, January 15, 2017	Nippers U6 – U9 Junior Carnival 4 - Water Events - TBA	U17 Parents
Saturday, January 28, 2017	Country Carnival – Albany U10 – U13	
Sunday, January 29, 2017	Country Carnival – Albany U10 – U13 <b>NO NIPPERS – Australia Day Long W/End</b>	
Sunday, February 5, 2017	Nippers / Junior Club Marathon U8 - U13	U12 Parents
Saturday, February 11, 2017	States Qualifier Beach – TBA U10 – U13	
Sunday, February 12, 2017	States Qualifier Water – TBA U10 – U13 Nippers U6 – U9	U7 Parents
Sunday, February 19, 2017	Nippers / Junior Club Champs U8 – U13	U13 Parents
Sunday, February 26, 2017	Nippers 9am	U11 Parents
Sunday, March 05, 2017	Nippers (Sculptures by the Sea starts)	U9 Parents
Wednesday, 8 March 2017	Juniors State Champs - Players Tea	
Saturday, March 11, 2017	State Champs Scarborough U10 – U13	
Sunday, March 12, 2017	State Champs Scarborough U10 – U13 Nippers U6 – U9	U14/15 Parents
Sunday, March 19, 2017	<b>Nippers U6 - U13 Final Day</b>	U10 Parents