

WHAT AWARDS ARE THERE?

As the Junior Activities of Sunshine Beach are predominately conducted in an aquatic environment, there is a minimum standard of survival ability to be achieved before children are eligible to commence their activities. The requirements set for each age group are tested in a pool must be tested in a continuous sequence.

Children, on turning 13 years of age, obtain the Surf Rescue Certificate. This certificate is their first big step into the Senior Club and covers rescue techniques, radios, first aid and resuscitation. This award is compulsory if members wish to compete beyond this age. As children get older a whole spectrum of awards become available to them.

PARENTAL INVOLVEMENT

The Sunshine Beach program is not a babysitting service. Club Sundays are run by children's parents and guardians performing tasks such as age group assistants and administration. Parents are also encouraged to gain awards such as the Surf Rescue Certificate and Bronze Medallion and assist in the water safety role. Parents are also asked to assist in the Club's fundraising efforts. There are many membership categories available for parents and family discounts available.



WORKING WITH CHILDREN CHECK

The Sunshine Beach Surf Club 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. This ensures all volunteers who work with children undergo a criminal history check and imposes penalties on persons who fail to comply with the requirements of the Act. A blue plastic suitability card is issued to the applicant which remains valid for 2 years. All Sunshine Beach members must apply and gain a Blue Card.

AFTER JUNIORS

A primary objective of the Junior Activities is the transformation into the senior movement after the age of 15. From here members are asked to perform beach and surf patrols utilising skills learnt during their junior years.

The reward for those who continue on to the senior ranks is considerable. In return for a members' patrolling service, the Club offers a range of facilities and services such as comprehensive coaching programs, a large array of awards, competition opportunities, Club gym and from the age of 18, a licensed Club facility.

Juniors initially enter into the Under 15 category and will undergo the Bronze Medallion qualification. The Club also provides a Cadet program to assist in the transition and to provide a social network.

FOR ALL UP TO DATE INFORMATION.....

including the latest newsletters, training sessions, activities, carnivals and club contacts, please view our website at

www.sunshinebeachslsc.com.au
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THE SURF CLUB



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NIPPERS

Junior Activities



SURF LIFE SAVING JUNIOR ACTIVITIES

has become one of the most successful children's development and sporting programs in Australia. It encourages children to learn skills which may some day save someone's life and promotes active involvement of parents to create a learning environment from which both children and parents can benefit.

The Sunshine Beach Junior Activities are controlled by the Junior Activities Committee which meets on a monthly basis to discuss future planning and current operations.

All members and parents are welcome to attend and contribute to these meetings.

WHO CAN JOIN?

Membership is limited to children between the age of 5 and 14. It is also a pre-requisite that children complete a swim competency prior to joining. Parents are also encouraged to join the club and contribute to the running of Club Sundays. There are family subscription discounts to assist in the financial burden of larger families.



The following information is designed as a guide to the Sunshine Beach Junior Activity program.

CLUB SUNDAYS

2009/2010 Season begins 20 September 2009
7.45am—9.30am

Club Sundays are the foundation from which we build basic surf skills, competition skills and awards knowledge. The aims of Club Sunday activities are:

- Instruction in surf safety and surf awareness
- Life Saving and First Aid skill development
- Competitive sport activities
- Platform to senior beach patrolling duties
- Enjoyable social activity for children and parents

WHAT TO BRING AND DO ON CLUB SUNDAYS

All children are encouraged to wear the club togs, a hat and apply **plenty of sunscreen** at regular intervals throughout the morning. On the day, children are supplied with a coloured cap for supervision purposes for wearing whilst participating in nippers. It is also recommended that children bring a water bottle and wear a club rash shirt.

All children must assemble in age groups at the clubhouse 15 minutes before the scheduled commencement time, to enable parents to sign on the children. (age managers have the roll and will be wearing white AGE MANAGER shirts).

Important safety measures are undertaken at all times to ensure your child's safety. These include;

- Each age group has an Age Group Manager with one or two assistants. The manager is responsible for the education and organisation of the group.
- All children must stay with their Age Group Manager at all times, unless coaches take over for specific activities.
- If children must leave their group to go the toilet etc, the Age Group Manager must be told prior to them leaving

- Whilst in the care of an Age Group Manager, no child is to enter the water unless authorised by the manager or assistants.
- At the conclusion of the days activities, parents must sign off the attendance roll before their children leave the group. Children are not to leave the beach area until collected by a responsible adult.



COMPETITIONS & CARNIVALS

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

To maintain our safety and life saving standards, SLSQ has set a standard of proficiency that a Junior Activities member must achieve before being eligible to compete in carnivals or championships. The proficiency test involves a continuous activity of running, swimming (freestyle) and running and is tested at the beach. Children must complete this test prior to entering any competitions.

A carnival often takes all day to contest. Helping hands are needed at carnivals you attend (i.e. to help put up and take down tents, transport gear, Water safety or officiating etc.).

Sunshine Beach competes in a number of team events at carnivals during the season. Selection into teams is made by the Coach, Team Manager and Chairperson if needed and are based on performance, reliability and attitude.