

Junior Activities

How to Guide – 2018/19



U/8 to U/14 MEMBERSHIP	2
U/6 and U/7 MEMBERSHIP	3
JUNIOR ACTIVITIES EVALUATIONS (Proficiencies)	3
STEP 1 – JUNIOR ACTIVITIES PRELIMINARY SKILLS EVALUATION	3
CONDUCTING THE JUNIOR ACTIVITIES PRELIMINARY SKILLS EVALUATION	3
FOLLOWING THE PRELIMINARY EVALUATION	4
USING INTRA-CLUB WATER ACTIVITIES FOR SKILLS PROGRESSION	4
STEP 2 – JUNIOR ACTIVITIES COMPETITION SKILLS EVALUATION	5
TEAM EVENTS AND OLDER AGE GROUP PARTICIPATION	5
PARTICIPANTS 13 YEARS AND ABOVE	6
UNDER 8 AND UNDER 9 JUNIOR ACTIVITIES COMPETITORS	6
RECORDING JUNIOR EVALUATIONS	6
WORKING WITH VULNERABLE PEOPLE CHECK	7
SLST Junior Evaluations & Educational Guidelines	7
SURF EDUCATION PROGRAM	9
LIMITING AND PERMANENT DISABILITY AND EPILEPSY POLICY	9
AGE MANAGERS AND COACHES	10
AGE MANAGERS	10
COACHES	10

INTRODUCTION

Surf Life Saving Tasmania is committed to ensuring all junior programs and activities are run at the highest standard with the safety of our junior members paramount at all times.

Junior activity members, including new members to surf lifesaving, must complete a skills evaluation, prior to commencing any junior activity training or participating in a surf carnival. This is to ensure each child can demonstrate competency in basic survival skills relevant to the activities they will be participating in.

This is not a lifesaving issue as with the senior proficiencies but a duty of care process to ensure children are not placed in situations which they are not capable of handling and which could result in serious consequences.

It is the responsibility of the Junior Activities Coordinator (or equivalent) in each club to ensure these standards are met and maintained.

A club can undertake a proficiency test at any time. Normally proficiency tests commence a month before the club commences its activities at the beach but this may happen sooner (anytime from 1st July for current season) as some clubs offer sessions in the pool from October. However, before the commencement of any water/ ocean-based lifesaving training a documented risk assessment must be carried out on the selected area. The simplest way to do this is using the SLSA Water Safety App (accessible by completing a [Form 49](#)). However, if the club cannot access this, go to the SLSA Water Safety Procedures for a template Risk Assessment (available from the SLSA Members Portal).

U/8 to U/14 MEMBERSHIP

Age groups for competition remain a minimum age of 7 years (U/8) up to a maximum age of 13 years (U/14) on a seasonal basis.

The age group for the season is determined as at midnight on 30 September at the commencement of that season (35th Edition, Surf Sports Manual).

Listed below are the age groups members will be in for the 2018/19 season if they are born between the following dates:

1st October 2003 to 30th September 2004	U/15
1st October 2004 to 30th September 2005	U/14
1st October 2005 to 30th September 2006	U/13
1st October 2006 to 30th September 2007	U/12
1st October 2007 to 30th September 2008	U/11
1st October 2008 to 30th September 2009	U/10
1st October 2009 to 30th September 2010	U/9
1st October 2010 to 30th September 2011	U/8

Please note: Proof of age/ birth certificate must be shown for all new children joining a Surf Life Saving Club or for any child that has not produced a birth certificate.

U/6 and U/7 MEMBERSHIP

U/6 and U/7 members may participate in junior activities on an educational basis only. Clubs are not compelled to run activities for these age groups. It is entirely up to the individual Club; however, children in these age groups may not compete in any point score/ championship events.

A child may join a Club as soon as he/ she turns 5 years of age. No Club is to accept membership of a child until they have reached the age of five years to comply with insurance requirements. A child who reaches five years of age after 30th September may join Nippers at that time; however, this child will be required to stay in the U/6 Nippers age group the following season. It is the club's responsibility to explain this to the parents of the child.

Listed below are the age groups members will be in for the 2018/19 season if they are born between the following dates:

1st October 2011 to 30th September 2012 U/7

1st October 2012 to 30th September 2013 U/6

JUNIOR ACTIVITIES EVALUATIONS (*Proficiencies*)

Clubs are reminded that every junior member is required to be registered in Surfguard, and they must complete the preliminary assessment. Junior members who wish to compete at junior carnivals are required to a complete competition skills evaluation. A competition skills evaluation cannot be processed by SLST until the Preliminary Skills Evaluation for the child has been processed by SLST.

The Junior Activities Preliminary Skills Evaluation and the Junior Activities Competition Skills Evaluation may be assessed by a variety of SLS personnel. Assessors include; Foundation Coach, Development Coach/ Level 1 Coach, Level 1 Official or above, Training Officer (SRC/ Bronze), Assessors (SRC/ Bronze), Age Manager Presenter, AUSTSWIM Assessors or equivalent (preliminary assessment only).

STEP 1 – JUNIOR ACTIVITIES PRELIMINARY SKILLS EVALUATION

Many activities that will be completed by children as part of junior activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Activities Preliminary Skills Evaluation for each age group. Every junior member is required to participate in this evaluation, conducted by the club, **prior to any junior activity training being undertaken**. It includes a swim and a float which is progressively increased by age group and must be done as part of the clubs duty of care.

CONDUCTING THE JUNIOR ACTIVITIES PRELIMINARY SKILLS EVALUATION

Normally this would occur at the very first training session but if not this must be completed before any activity is undertaken. The intent of this is to conduct an evaluation of each junior member's own personal swimming and water survival ability for the information of the member, parent and Age Manager. These evaluations can be completed either in a swimming pool (of no less than 25m length) or in open water. In open water, the swim course must be completed close to shore (no deeper than the participant's chest) and under supervision of the correct number of water safety personnel (ratio of 1:1 for new members or 1:5 for returning). Water safety officers must be proficient in either the SRC or Bronze Medallion.

WATER SAFETY

High visibility lycra vests

For all junior activities and member training, it is **mandatory** that all aquatic activity participants in SLS water events be clearly identified with a standardised high visibility vest as a means of easy identification. The purpose of using high visibility safety garments is to increase the ability to identify/ locate participants above the water by water safety personnel during daylight hours. Please refer to SLSA Water Safety Procedures, section 2.3 Uniform – High-Visibility Garments, for more detailed information.



If your club wishes to order new high visibility vests, please contact SLST's Account Manager, Andrew Lauterstein from Engine Swimwear at andrew@engineswim.com or phone *Engine Swim* 03 8586 2200

RATIOS

It is highly recommended that a 1:1 water safety ratio is applied (water safety personnel to participant) for all new junior participants, as determined by a completion of a pre-activity risk assessment. For all returning junior members, where knowledge of their ability is known by the club, an initial 1:5 water safety ratio (water safety personnel: Activity Participants) may be used. For still water/ pool activities or low-risk conditions (ascertained after a formal risk assessment) the ratio may be expanded to 1:10 water safety ratio (water safety personnel: Activity participants) as per SLSA Water Safety Procedures.

FOLLOWING THE PRELIMINARY EVALUATION

An Age Manager must feel satisfied that a participant would be able to swim to safety if required. 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 assessor. It is a requirement that these children remain in shallow water and based on a 1:1 ratio until the child is deemed competent in relation to the preliminary evaluation guidelines.

Any child that does complete the Junior Activities Preliminary Skills Evaluation competently can progress to water based junior activities noting that the recommended water safety ratio requirements must be provided as per the water safety policy.

USING INTRA-CLUB WATER ACTIVITIES FOR SKILLS PROGRESSION

Clubs are encouraged to conduct intra-club swimming and board training and informal competition related events in a progressively challenging but safe environment regarding distances, water safety personnel and in relation to the abilities of their junior members.

This intra-club environment is where clubs should really encourage their juniors to challenge their personal skills and abilities and progressively work towards competently completing the official carnival competition distances in swimming, board, multi-discipline and relay related events if they wish to pursue inter-club competition.

The intra-club environment is where Age Managers and Water Safety personnel are more likely to have a better understanding of each of their own members swimming or board paddling skill level, as opposed to an inter-club competition where water safety personnel may have no idea of who specifically to keep an eye on.

Please note: Completion of the Junior Activities Preliminary Skills Evaluation does not mean participants can compete at carnivals. They will need to complete the Competition Skills Evaluation explained below.

STEP 2 – JUNIOR ACTIVITIES COMPETITION SKILLS EVALUATION

From the age of 8 (Under 9) juniors can begin to compete in intra-club, inter-club and state competition. To ensure that all junior members that wish to compete in any inter-club, state competition have the ability, strength and fitness standard to complete the courses they must be able to complete the Junior Activities Competition Skills Evaluation for their age group.

The Junior Activities Competition Skills Evaluation is based on the swim distances as set out in the Surf Sports Manual (35th Edition) for that age group and is a minimum standard guideline in the form of an open water swim. Clubs are able to go over and above the minimum standards set in this document, but are not able to drop below these standards.

Children that do not wish to compete in interclub competition are not required to complete a Competition Skills Evaluation.

IMPORTANT REMINDER - **Every** junior member is required to be a registered member on Surfguard, and must have completed their Junior Activities Preliminary Skills Evaluation before completing a Junior Activities Competition Skills Evaluation. **All** Junior members who wish to compete at junior carnivals are required to complete the competition skills evaluation.

The Competition Skills evaluation is currently a run-swim-run of varying distances for different age groups. Swim distances shall be taken from knee depth water and at least two turning buoys are to be utilised.

This evaluation must be conducted in open water (not in a pool). Please refer to the 'Ratios' section above for more details on conducting a safe evaluation.

TEAM EVENTS AND OLDER AGE GROUP PARTICIPATION

If clubs do not have enough participants in the relevant age group, competitors may go up one age group for team events but clubs are asked to consider all age group competitors before bringing a younger competitor up to fill a team i.e. U11 can compete in a team event for U12 but not U13. If a participant wishes to compete up an age level in water-based activities, the necessary competition skills evaluation needs to be completed for the higher age group. However, U/9 competitors cannot compete up to U/10.

PARTICIPANTS 13 YEARS AND ABOVE

Participants who are 13 years and above who wish to compete at Open State-Wide Carnivals in U/15 events must have obtained their SRC and meet all Competition Eligibility requirements.

UNDER 8 AND UNDER 9 JUNIOR ACTIVITIES COMPETITORS

Under 8 and Under 9 participation within surf sports competition has been reviewed. It has become apparent that focus on competition within these age groups has proved detrimental to the development of physical literacy and importance of play, and more attention has been given to performance rather than participation.

In 2018/19 season a focus on participation in the U8 and U9's will be applied. SLST will continue to align with what is offered in Tasmania to the practices of other states. It will also work to refocus clubs and officials to encourage thinking around the effects of youth participation in relation to recruitment and retention of members. It will also continue to reduce exposure to risk by ensuring practices are in alignment to SLSA policy and procedure, and therefore legal obligations.

In 2018/19 Surf Life Saving Tasmania will continue to;

1. Work with clubs to further understand the objective of Junior Activities and participation – why do we offer Nipper programs and how do Junior Activities fit into SLST's Strategic Objectives? Why we do what we do!
2. Clarify the club requirements for the Competition Evaluation specifically as national guidelines state that no competition evaluation is required for these age groups.
3. Not run the board race in competition for Under 8's as national policy states that no water competition except for wade (which takes place in waist deep water) should be offered to this age group.
4. Ensure program focuses on; skills development, broad experiences, modified rules to aid enjoyment, fun, learning and participation through education and communication to new and existing JACs and Age Managers
5. Reduce entry fee for Junior Surf Life Saving Championships to \$11.50 to align to State wide Carnival pricing for the Under 8 and 9 age groups only as they do not get medals, because less events/ program offered (1 day of competition) and to encourage participation.

SLST appreciates that implementation of the above requires effective communication to happen within clubs, therefore it is asked that clubs share this information during any pre-season meetings with junior activities volunteers, parents and members. It is hoped that by communicating these changes early before the season commences that clubs are prepared and aware of the expectations in terms of carnival participation for the coming season.

RECORDING JUNIOR EVALUATIONS

Junior Evaluations must be completed on the **SLST Junior Activities Preliminary & Competition Skill Evaluation Record Sheet**. A template Record Sheet is enclosed as part of this How to Guide (see last page).

All **Junior Preliminary & Competition Skills Evaluation Record Sheets** are to be completed and returned to State Office **2 weeks PRIOR to the Junior State-wide carnival in December**. Failing to return the record sheets by this date could result in entries for future carnivals being refused.

REMINDER - For all junior activity members competing at a State Wide Carnival, the Junior Competition Skills Evaluation are to be completed by the Club prior to the junior activity member's first carnival.

Time saving tip!

Best practice involves Junior Evaluations being completed by first requesting your clubs Registrar to create a report of all current, financial Nipper members. This spread sheet needs to mirror and only includes the names on the **Junior Preliminary & Competition Skill Evaluation Record Sheets** submitted to State Office for processing.

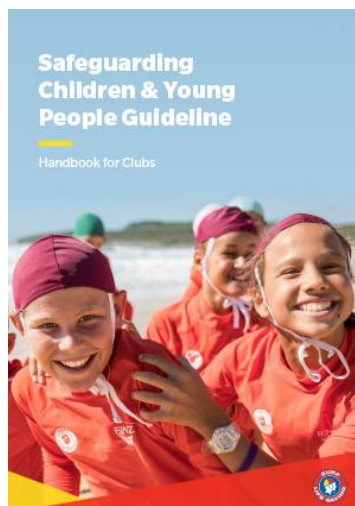
WORKING WITH VULNERABLE PEOPLE CHECK

The Registration to Work with Vulnerable People Act 2013 aims to protect children from harm by providing the highest standard of compulsory background checking for anyone involved in child-related work or volunteering in Tasmania. It does not matter whether the role is paid or unpaid, supervised or unsupervised.

Working with Children Registration applies to people within all sectors including club and association activity. Sport and recreation plays a pivotal role in children's development. It is important that safe environments are provided for all children who participate in this sector. Not only is it up to the individual to make sure they are registered to work with children but employers and volunteer organisations have a number of responsibilities and obligations under the Act including the responsibility to ensure that their staff and volunteers have a valid registration to work with children.

For more information on volunteering with children in Surf Life Saving Clubs please download the SLST & Swimming Tasmania Fact Sheet by clicking this link -

http://slst.asn.au/media/65113/Guide_for_those_working_or_volunteering_in_Clubs_and_Associations-2.pdf or visit the Justice Tasmania website www.justice.tas.gov.au/working_with_children .



The *Safeguarding Children and Young People Guideline* handbook should be read by any club member who is involved with working with children. The SLSA website have a whole page dedicated to safeguarding, with some great resources that should be shared amongst clubs.

Access the all information on safeguarding (including the handbook) here: <https://sls.com.au/safeguarding>

SLST Junior Evaluations & Educational Guidelines

Age group	Preliminary evaluation	Competition evaluation	Surf education awards
Under 6	From a standing position in waist-deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.		Surf Play 1
Under 7	From a standing position in waist-deep water, perform a front glide, kick for 3 m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.		Surf Play 2
Under 8	25-m swim (any stroke) 1-minute survival float	Nil (no water competition, except for wade which takes place in waist-deep water)	Surf Aware 1
Under 9	25-m swim (any stroke) 1-minute survival float	Minimum 150-m open water swim (competition course as per competition manual)	Surf Aware 2
Under 10	25-m swim (front crawl) 1.5-minute survival float	Minimum 150-m open water swim (competition course as per competition manual)	Surf Safe 1
Under 11	50-m swim (front crawl) 2-minute survival float	Minimum 200-m open water swim (competition course as per competition manual)	Surf Safe 2
Under 12	100-m swim (front crawl) 2-minute survival float	Minimum 200-m open water swim (competition course as per competition manual)	Surf Smart 1
Under 13	150-m swim (front crawl) 3-minute survival float	Minimum 200-m open water swim (competition course as per competition manual)	Surf Smart 2
Under 14	200-m swim (front crawl, in less than 5 minutes) 3-minute survival float	Minimum 200-m open water swim (competition course as per competition manual)	Surf Rescue Certificate (SRC)
Assessors	Club Executive delegated authority		
Notes	Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. 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 any members are eligible to compete.	Every junior member should achieve the relevant Surf Education Award appropriate to their age group.

<- The Under 6 & Under 7 preliminary evaluations will be reviewed this season. It is only optional for clubs to undertake the new requirements. SLST will decide at a later date if they will adopt the new requirements for 2019/20.

A maximum supervision ratio of 1:5 (WSP: participants) applies as per SLSA Policy 1.01a 'Water Safety Procedure' to ensure the evaluations are conducted in a safe aquatic environment.

Refer to the *SLSA Age Managers Learner Guide* and SLSA Policy 1.01a 'Water Safety Procedure' for more information on Junior Preliminary Evaluations.

Refer to the *SLSA Surf Sports Manual* and SLSA Policy 5.04 'Eligibility to compete in SLSA competition' for more information on SLSA competition evaluations.



SURF EDUCATION PROGRAM

The Surf Education program is delivered to junior members throughout the season and is designed to engage and educate our young members across all Surf Life Saving activities whilst developing a well-rounded surf lifesaver.

Age Managers are to use the Age Guide relevant to their age group and any additional resources as a guide to assist in the development of our juniors. Each age group has theoretical and practical activities that relate to the different age group levels.

It is the responsibility of the Junior Activities Coordinator in each club to ensure Surf Education Record sheets or SLSA Junior Development Program Passport is used to assess the child's performance to achieve Surf Education Awards. The Record sheets can be found at the end of this guide and are available from the [SLSA Members Portal](#) and form part of the Junior Development Resource 2nd Edition. Alternatively, the SLSA Junior Development Program Passport is available upon request at a fully subsidised cost from State Office.

Every junior member is expected to achieve the relevant Surf Education Award appropriate to their age group during the season. Completion of the relevant junior surf education award is a prerequisite to be eligible to compete in the Junior State Championships. All under 14 members wishing to compete in the Junior State Championships will also be required to have completed their Surf Rescue Certificate. All surf education awards must be received for processing by State Office no later than 2 weeks before the State Championships – **9am, Monday 18th February 2019.**

In 2018/19, clubs are not required to submit an assessment request into SurfGuard. However, as with the Preliminary Skills and Competition Skills Evaluation paperwork, clubs are required to complete this and forward straight onto State Office for processing. No awards will be processed by SLST unless completed record sheets have been received by SLST.

PLEASE NOTE: Surf Play 1 and Surf Play 2 are not awards and therefore no certificates can be printed for these ages. It is the responsibility of the club to determine what they wish to do as far as U/6 and U/7 (JAC, Coaches & Age Managers).

LIMITING AND PERMANENT DISABILITY AND EPILEPSY POLICY

SLSA has a Limiting and Permanent Disability and Epilepsy Policy which identifies the procedures for training for awards, patrolling activity and access to surf lifesaving competition for members with a limiting and permanent disability. Any member with a limiting and permanent disability wishing to participate in award, patrol and competition activity must adhere to this procedure to ensure that the member, other members and the community are not placed in a position of unacceptable risk or injury.

AGE MANAGERS AND COACHES

AGE MANAGERS

In 2013, SLSA policy states that Age Managers Accreditation is compulsory for all members delivering Junior Lifesaving Programs at their club. The Age Managers Course has been designed to help the volunteers within our clubs gain the experience needed to become an Accredited Age Manager. It also ensures that Age Managers are aware of their obligations towards junior lifesavers, and also provides them with the theoretical and practical skills to assist Nippers in their growth towards being future lifesavers.

An Age Manager plays an important role in the development of junior (5-13 years) members within Surf Life Saving Tasmania; with Juniors comprising over 36% of membership and Youth (Active Youth 13-18 years and Active Junior 15-18 years) consisting of another 11%. Age Managers help introduce junior members to surf lifesaving and ensure their experiences are both positive and beneficial.

There are 2 ways of gaining the Age Managers Accreditation;

1. Face-to-face – by enrolling on one of SLST's regionally delivered courses
2. Online – via Lifesaving Online

COACHES

Following a comprehensive review of the SLSA Surf Sport Coaching Framework in 2012/13, SLSA has redesigned the way coaches are recruited, trained, supported, and retained. The result is a contemporary, flexible, interactive and purpose-built coach development framework, designed to ensure we are developing great coaches in all coaching environments and in all Surf Sport disciplines.

The new SLSA Coaching Framework is fundamentally taking over what was formally known as the Junior Coaching, Level 1, Level 2, and Level 3 courses. The major change to the coaching framework is that it is now discipline specific. SLSA Surf Sport Coach training sits under the umbrella of the National Coaching Accreditation Scheme (NCAS), which covers over 80 different sports throughout Australia and is managed by the Australian Sports Commission (ASC). SLSA has a 5-tiered Coaching Pathway. Coaches of entry level participants actively participating in a club surf sport environment (recreationally or competitively) this level is for Nippers (U13) based coaching are encouraged to become a Foundation Coach. The next level is Development Coach.

For more information, please go to <http://slst.asn.au/surf-sports/coaching/>.

Note: The Age Manager qualification is not part of the National Coach Accreditation Scheme.

FOR MORE INFORMATION

Contact: Boyd Griggs SLST Operations Manager

E: bgriggs@slst.asn.au

P: 6222 6555

M: 0437 099 973

USEFUL LINKS

<http://slst.asn.au/surf-sports/coaching/>

<http://slst.asn.au/surf-life-saving/lifesaving/junior-surf-nippers/>

