



## **COTTESLOE SURF LIFE SAVING CLUB**

### **POLICY STATEMENT**

Policy Number 2.0 April 2010
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#### **Sunday Morning Activities and Competition Guidelines Junior Age Groups Minnows - Under 14s**

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Adopted by CSLSC Management Committee April 2010

#### **Purpose of these guidelines**

The purpose of these guidelines is to provide clear direction to Age Group Managers, parents and guardians in regards to Sunday morning activities and Carnivals.

#### **Sunday Morning Activities**

Sunday morning activities commence at 8am with board and beach training. At 9am the general Sunday Juniors session commences and concludes at about 10:30am.

#### **Aims of 8-9am Board and Beach Training session**

The aim of the 8 - 9:00 am Sunday Juniors Board and Beach training session is to further develop the skills of all age groups in beach and board events. This is open to all Juniors (Minnows to Under 14s, Minnows, Under 8s and 9s will require parents to be with them at all times). Juniors attending carnivals are strongly encouraged to attend.

#### **Aims of 9-10:30am session**

The aims of the 9 - 10:30 am Sunday Juniors session are to develop: water safety, team building and lifesaving skills (as appropriate to the age of the child, please refer to the SLSA Age Guide). This is to be undertaken in a fun atmosphere where all children are encouraged to do their best.

#### **Exclusions 9-10:30am session**

The 9 - 10:30 am Sunday Juniors session is not to be treated as competition training. Whilst Juniors may develop skills during this time which will assist them to compete, this is a secondary outcome of the 9-10:30am Sunday session. Competition skill development opportunities will be made available outside of this time, such as during the 8.00 – 9.00am Sunday mornings.

#### **Age Group Managers role**

As per the SLSA Age Guide an Age Group Manager takes responsibility for the care, safety, wellbeing and development of Junior Surf Life Savers in their care. That responsibility involves facilitating the development of surf life saving skills (movement skills, surf awareness etc) and personal skills (eg: confidence, teamwork, leadership, etc). Age Group Managers play a fundamental role in the delivery of a learning program that encourages and develops young surf life savers.

All Age Group Managers should either have a National Police Volunteer Check or a Working With Children Check. Before participation in water based activities, a Preliminary Evaluation must be completed. Depending on the age group will depend on the evaluation. The evaluations must then be entered into SurfGuard immediately afterwards.

### Age Group Managers

For each Age Group there should be at least two Age Group Managers (AGM).

### Primary aims

AGM should create a fun, inclusive environment where all Juniors are encouraged to do their best and be a part of the Club.

AGM should treat all Juniors equally. Juniors of lesser ability should be encouraged to do their best and to know they are equally important as our strongest competitors.

### Rotation of Roles

Where there is more than one AGM they should all be seen as leading the Age Group with interchangeable roles. In the interests of developing the capacity of Club members each AGM should be treated equally as leading the Age Group.

To develop the capacity of Club members AGM should rotate their roles each week. For example if in a particular age group one AGM takes board training this should be swapped the following week with the Age Groups second AGM so that he/she can further develop their skills in this training area. If an AGM has particular skills in a certain area they would still be expected to rotate roles in order to develop their skills in other areas, as well as passing on their skills in their area of proficiency to other AGM within their Age Group.

### Exclusions to the role of AGM

Unless an AGM has had specific training or a large depth of first hand experience as a competitor or coach in a particular area, for example flags or boards, the AGM should not consider themselves the prime coach or trainer for competition during the Sunday 9 -10:30am session. This role is to be fulfilled by experienced trainers outside of the 9 - 10:30am Sunday session. For AGM or parents who seek to take on coaching formal training will be provided.

### **Age Group Teams**

During the 9-10:30 am session when team events are being practised, for example beach or board relays children are to pick their own teams under the guidance of the AGM. The aim being that teams are developed where there are a range of skill and expertise levels in each team. The AGM should directly intervene when children are excluded, felt not to be part of the group, or if a group of children regularly stay together as a team. This applies equally to children that are of high or lesser ability. The purpose of this is to develop team work and social networks amongst the children.

### **Sunday 9-10:30am Session**

The prime goal of the Junior's Sunday 9-10:30am session is to develop each child's skills in water safety, team work, social interaction, life saving and general fitness. This is to be undertaken in a fun, inclusive environment.

There are three components to the Sunday 9am session.

- Water based activities (swimming, boards)
- Beach activities (sprints, flags, relays)
- Lifesaving Skills.

The life saving skills generally include teaching the syllabus that is contained in the National Surf Life Saving Age Group guide for each age group. This is a minimum and should be broadened out to include teamwork and other skills required to assist developing the culture of volunteering and a sense of belonging to the Club. Most Age Group Managers are or have been volunteer Surf Lifesavers and they should draw on this experience to help broaden the life saving skills that they teach the children. If an AGM does not have this background they can discuss this with the Junior Activities Manager who can assist them with finding the support that they need. For variety water and beach activities can be modified in the way they are run to be purely fun based.

The core function of the Cottesloe Surf Life Saving Club is Life Saving. With this in mind during the 9 - 10:30am Sunday session the approximate time devoted to each of the three core activities should be approximately:

- 40% Lifesaving skills
- 30% Water
- 30% Beach

### **Competition – Carnivals**

The purpose of this is to provide clarity on the role of Age Group Managers, team selection, expectations of parents/guardians and what the different types of carnivals are.

Water Safety is vital, all water safety participants must have either their Bronze or SRC. The ratio should be 1 water safety officer to 5 children

### Role of Age Group Manager

At all carnivals the Age Group Manager's primary role is to encourage participation of all Juniors. Competition is not the core function of the Club, however along with developing team work it is recognised as one component of developing the Juniors.

### Team Selection

Age Group Managers are to guide Team based event selection. Age Group Managers should intervene when a child is excluded, or team selection is creating disharmony detrimental to fostering the overall age group or Club team spirit.

### Parents/Guardians

The expectation of parents/guardians is that:

- They will encourage their children to participate at carnivals
- They will support all children within the Club
- They will openly display goodwill and foster a positive attitude towards other Clubs
- They will assist the Age Group Manager in accordance with their abilities.

### Local Area Carnivals

Local Area Carnivals are much smaller than other carnivals and are usually held with three or four other Surf Life Saving Clubs. These should be treated as a fun, learning environment where competition rules can be learnt. Local Area Carnivals usually commence at about 8am and are complete by 11:30am. These are held in beaches in close proximity to Cottesloe.

### Other Carnivals

General Carnivals are mostly held in beaches in the Perth metropolitan area and involve all Clubs. At these Carnivals there can be between 15 -20 Clubs competing. These present an opportunity for Juniors to compete in a slightly larger field. Due to the number of Clubs and participants these carnivals usually commence at about 8am and finish at about 2pm.

### State Qualifiers and State Championships

State Qualifier and State Championship carnivals are held at the end of the season. All Juniors are eligible to compete at both carnivals. At the Qualifier carnival Juniors will compete to go in several events where a place is required to compete at the following State carnival. However at the State carnival there are still a range of events which are non qualifying events which **all** Juniors can enter. These carnivals are held in beaches in the Perth metropolitan area and involve all Clubs across the State. At these Carnivals there can be between 20- 28 Clubs competing. Due to the number of Clubs and participants these carnivals usually go over two days commencing at about 8am and finishing at about 2pm.

### Team Selection

At the State level of competition the Club should in the first instance aim to field teams in each age group where there is the potential to obtain a place. Where there is the potential to obtain a place the Age Group Manager should form and enter this team. If it is apparent that a place may not be obtained, there is a responsibility by the Age Group Manager to form teams where there is a mixture of abilities across the balance of teams. All children are to be included in team events.