

Westshore Surf Lifesaving Club Junior Surf 2006 / 2007

Season Handbook



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Welcome

Welcome to Junior Surf at the Westshore Surf Life Saving Club. This should be another great season with an emphasis on fun, participation and most importantly, safety. This booklet has been prepared to provide families with essential information concerning rules of the club, safety procedures, events and club activities, and your responsibilities as members. We ask that you take a few minutes to read this booklet and familiarize yourself with its contents.

If you have any further questions please contact me at 8446280 or email me at Annie_get_ya_gun@xtra.co.nz

Here's to another great season, with the Westshore Surf Life Saving Club! Looking forward to seeing you on the beach.

*Neil Galland
Director of Junior Surf
Westshore Surf Life Saving Club*

Surf Lifesaving New Zealand Junior Surf Programme

Junior Surf is a programme run through Surf Life Saving New Zealand which encourages children to have fun, participate safely and develop skills and confidence in the surf life saving spirit of fair play. Its objectives are:

- To encourage children to participate in and enjoy surfing and surf life saving activity.
- To assist children to develop and improve their surfing and surf life saving knowledge and skills.
- To improve the self-image of children by developing self-confidence and social interaction skills.
- To involve parents and interested members of the community as leaders, coaches and administrators.

For our club, this reflects our commitment to ensuring that New Zealand's waters are a safe place for people of all abilities to enjoy by, firstly, helping train New Zealand youth in safe water practices; and, secondly, encouraging our members to continue their involvement with the club into adulthood as life saving guards.

Our History

Surf Lifesaving in Hawkes Bay, as we know it, began in the year 1910 on the Napier Foreshore (Marine Parade) directly in front of the Napier Municipal Baths (now the Ocean Spa complex).

The Napier Swimming and Lifesaving Club was amongst the earliest Surf Lifesaving Clubs active in New Zealand. By 1916 World War I intervened and surf lifesaving went into recess. It was not until 1926 that the surf lifesaving movement in Hawkes Bay flourished again, however, only for a short time. During the 1930's surf lifesaving enjoyed another revival, however, once again war intervened and surf lifesaving in Hawkes Bay went into recess.

In the early 1950's surf lifesaving was, once again, revived and Surf Lifesaving Clubs / patrols were formed at Waimarama Beach and again on the Napier foreshore by the Pacific Surf Lifesaving Club.

In October, 1958 the new Surf Section of the Napier Swimming and Lifesaving Club commenced patrols at Westshore Beach which, with improved access, had become the preferred swimming beach for the Napier public. The members of the new Surf Section wanted to "go it alone" and form a new and independent Surf Lifesaving Club.

On the 28th October, 1959 the Westshore Surf Lifesaving Club was formed. For the first few months the members used a tent which was put up and taken down every Saturday and Sunday. During the season the Club acquired a 5m x 3m shed which was to become the Club's first Clubrooms.

The initial part of the two- storey clubrooms was built during 1962-63 and opened at the end of 1963.

Introduction to Junior Surf

The Junior Surf programme at Westshore caters for children from ages 7 - 13. Age groups are calculated from the ages at the **1st October 2006**. Children are trained and compete at carnivals within the following age groups:

- **7 to 9 year olds.**
- **10 and 11 year olds.**
- **Cadets (12 and 13 year olds).**

(14 year olds and over are members of the Senior Division of the Westshore Surf Lifesaving Club).

The Junior Surf programme is held on Sunday mornings from 10.30 am. to 12.00 pm. Each group has its own set of instructors and equipment. Programmes are delivered in a manner appropriate to the development and skill level of the age group. Emphasis is given to water skills, craft handling and beach events. There is no requirement for our members to be strong swimmers, but they will be encouraged to become competent swimmers as they progress through the season(s).

Our programmes are delivered by suitably qualified instructors and lifeguards but it is important for parents to recognize that they do not have the expertise or time to provide swimming instruction during the delivery of our programmes.

Accordingly, we encourage our members to join swim programmes suited to their ability levels. Swimming is the key to the fitness and strength required in many surf lifesaving disciplines. A child's level of enjoyment of surf sport often depends on their swimming ability and the confidence which results.

Swimming lessons, improvement classes and fitness training is provided by many pool complexes and swim clubs around Hawkes Bay e.g. Napier Aquahawkes at the Onekawa Pool, Trojans Swim Club at the Clive Pool, Sundevils at Flaxmere Waterworld and the Greendale Swim Club at the Greendale Pool.

Registration

Registration is held each year on the two Sundays prior to the Opening Day from 10 am to 12 am. Membership fees are collected on that day and uniforms issued.

The Mandatory Safety Requirement

200 Metre Badge For safety reasons it is expected that Junior Surf members demonstrate they are confident in the ocean and are capable of returning to shore if they are separated from their equipment. Every year juniors from 9 - 13 are required to attempt a timed 200 metre swim.

Candidates must swim 200 metres (using any stroke competently) in either ocean (within 9 minutes) or pool (within 7 minutes). Following the 200m swim, candidates will be expected to tread water for one minute.

We will hold 200 metre badge trials within the first few weeks of the season and again further into the season. The badge is required before the children are allowed to use the boards or enter water events at carnivals. It is NOT required to use bodyboards (7 and 8 year olds). Children unable to get their 200 metre badge can still compete in the land events in the summer carnivals. Every year the swim is retested for everyone. The badge must be sewn on to the togs so it is visible by the officials at the carnivals.

Junior Awards

In the course of their time in Junior Surf the children will achieve a graduated series of certification. These awards go from Level One for seven year olds to Level Five for eleven year olds. Children in the twelve to thirteen years age group (cadets) work towards their Surf Lifesaving Certificate.

LEVEL ONE (7 YEAR OLDS)

Pool Swim	25 metres
Open Water Swim	25 metres
Wading	Confident to waist depth
Diving	Bob under wave
Body Surfing	Glide Under Wave
Tread Water	20 seconds
Run/Wade/Run	25m x 50m x 25m
Bodyboard	Use leash, catching a wave, paddling
Theory Questions	5 questions

LEVEL TWO (8 YEAR OLDS)

Pool Swim	50 metres
Open Water	Swim 50 metres
Wading	Clear knees at knee depth
Diving	Lie under wave
Body Surfing	Catch a wave, stroke on wave
Tread Water	30 seconds
Run/Wade/Run	30m x 50m x 30m
Bodyboard	Surf along a broken wave, dive under a wave, knee on board
Theory Questions	9 Questions

LEVEL THREE (9 YEAR OLDS)

Pool Swim	100 metres
Open Water	Swim 100 metres
Wading	Swim parallel to shore at knee depth, thigh depth with bodyboard
Diving	Dive under wave
Body Surfing	Catch unbroken wave, stroke on wave
Tread Water	1 minute
Run-wade-run	50m x 75m x 50m
Bodyboarding	Surf along an unbroken wave, going over the top of a wave on the way out, going under a wave, Eskimo Roll or a rescue
Theory Questions	8 Questions

LEVEL FOUR (10 YEAR OLDS)

Pool Swim (optional)	200 metres in 7 mins
Open Water Swim	200 metres
Diving	Dive under wave, push off
Body Surfing	Swim to catch wave
Tread Water	1 minute
Run/Wade/Run	50m x 100m x 50m
Board	Paddling, kneeling, negotiating surf, turning, Catching a wave and holding on
Theory Questions	8 questions

LEVEL FIVE (11 YEAR OLDS)

Pool Swim (optional)	200 metres in 5 mins
Open Water Swim	200 metres
Diving	Dive under wave, 5 porpoise dives
Body Surfing	Swim to catch wave, swim along shoulder
Tread Water	2 minute, hand signal for 30secs
Run/Swim/Run	50m x 100m x 50m
Boarding	Catching unbroken wave, turning around buoy, punching through whitewater, recovering from a wipeout
Surfing	Along waves and changing direction
Theory Questions	8 questions

SURF LIFESAVING CERTIFICATE (12 – 13 YEAR OLDS)

Requirements:

- Must be 12 years old or over.
- Complete a 200 metre swim within 4.5 minutes.
- Run-swim-run (100 metres run including the wade, 100 metre swim, 100 metre run) in under 5 minutes.
- Tow a patient in a rescue tube a minimum distance of 30 metres. The rescuer must wear flippers.
- Demonstrate the examination of a patient, the resuscitation of a patient, using mouth-to-mouth expired air respiration only and the placing of the patient into the recovery position.
- Demonstrate the reef knot and bowline knot.
- 8 theory questions

Parent Responsibilities

Parental involvement is important at any Club and ours is no different. For all water activities there must be one adult for every five children. Parents are encouraged to join in the various activities both in the water and on the beach. Surf Lifesaving Hawkes Bay provides coaching courses designed to help parents gain confidence and the skills required to assist with helping the children.

Some other specific ways you can be an active parent, is to:

- Volunteer your time at Junior Carnivals and club training days.
- Volunteer your skills and your contacts for sponsorship, fundraising and social events.
- Read all your club communication notices and check the information board regularly, and attend meetings.
- Support the coaches and club officers with a positive attitude.
- Encourage and support your child with positive words and actions.

Remember Surf Club is not a baby-sitting service. The more we put in the more fun the children will have.

Junior Surf Member's Responsibilities

Each child, as a member of Westshore Surf Life Saving Club, has certain responsibilities:

- Attend training sessions on a regular basis, arriving by 10.20 am.
- Attend Junior carnivals, for your own enjoyment and in support of your team.
- Actively promote Westshore Surf Life Saving Club with friends and others.
- Support all club fundraising activities
- Support your coach during your weekly training sessions.
- Compliment and support others on their achievements – be a *team* person
- Treat all club equipment with care. Follow instructions on carrying, handling and cleaning equipment – and make sure that all equipment taken out is washed down and put away in the correct way
- If equipment is damaged report it immediately to your coach.

Fees

Family	\$ 120.00
Junior Surf	\$ 30.00

All athletes who wish to compete in local competitions pay a competition fee of \$20.00. This fee has to be paid prior to the athlete being given their individual competition number before the first carnival. All subscriptions must be paid by 30th November 2006.

Equipment Care

The club gear (boards, skis, etc) is expensive to purchase and to maintain. Most gear damage is avoidable.

Gear specifications

- **7 and 8 years age group** – Bodyboards
- **8 and 9 years** –Soft boards (**Must have 200 metre Badge**).
- **10 and 11 years age group** – Soft boards; advanced athletes may use the 8' 10" hardboards (**Must have 200 metre Badge**).
- **Cadets** - Hardboards up to 10' 6" (**Must have 200 metre Badge**).

Use of Club Gear :

- All boards should be carried not dragged across the sand.
- Use gear in designated areas, not around swimmers.
- Hard boards are not be used in patrolled areas.
- Children are not to sit or lie on boards when on the sand.
- Avoid prolonged exposure in the sun – don't leave boards out in the sun.
- All boards should be laid, when not in use, fin up and nose facing into the wind.
- When you have finished - wash the equipment after use and **put it away**.
- No gear is to be taken away from the club without the approval of the Director of Junior Surf.
- If the gear is damaged the board must be removed from the water immediately and the coach advised.

Don't just leave our - YOUR gear on the beach – BRING it up – WASH it down and put it away!!!!

Carnivals

The club is fortunate to have an excellent team of coaches to instruct members in the skills required to be competent and safe in the beach and surf environment. Coaches introduce the children to surf knowledge and techniques at a level suitable for the carnivals.

A number of local carnivals are held during each season and these are organized and run by the Surf Life Saving Club Coordinator with assistance from each participating club (See *Season Calendar*).

All carnivals are run under the guidelines of the Surf Life Saving NZ Junior Surf Manual, and our training strives towards ensuring that our members have an understanding of these guidelines. But importantly, the main emphasis for all carnivals is on participation and enjoyment.

In addition to the local carnivals our athletes have the opportunity to compete in the following national events:

- **Northern Regional Championships, Mt. Maunganui, Saturday 28th & Sunday 29th January, 2007.**
Cadets compete on the Saturday at Mt Maunganui and then join the 9, 10 & 11 year olds at Papamoa on the Sunday for competition.
- **U14 Inter Districts Championships, Red Beach, Auckland, Saturday 24th February & Sunday 25th February, 2007.**
This is the National Competition of the best Under 14 teams from each district (5 boys and 5 girls) in New Zealand.
- **NZ U14 Ocean Athlete Championships, Mt. Maunganui, Friday 2nd March, Saturday 3rd March, Sunday 4th March, 2007.**
These are the New Zealand Junior Surf Lifesaving Championships held at Mt. Maunganui Beach.

What are the Junior Events at Carnivals?

Beach Events:

- **Beach Sprint** – running over a set distance on the sand (50m – 90m depending on age).
- **Beach Relay** – teams of four run a relay over similar distances to the beach sprints.
- **Beach Flags** – lying flat on sand, then getting up and running a short distance to grasp lengths of hose standing in the sand.
- **Run-Wade-Run** – running through shallow water around a heavily supervised course (usually for younger age groups).

Water Events:

- **Run-Swim-Run** – a race combining two sprints along the beach separated by a swim leg.
- **Surf Race** – swimming from the beach, around a 'U' shaped course 80 metres long.

- **Board Race** – similar to the surf race, but paddling boards around the course.
- **Diamond Person Race** – a race involving swimming and paddling a board around a set course followed by a run to the finish.
- **Bodyboard Race** – paddlers complete a 'U' shaped course.

Event Cancellation

Cancellations, postponements or transfers of venue of events owing to weather or sea conditions are notified to Classic Hits 89FM & Newstalk ZB 1278 AM. Cancellation broadcasts begin at 7.30 am. following the news & weather and are generally repeated on the half hour until 9 am.

Achievements

- Westshore's Junior Surf Competitors have been top club in the local Hawkes Bay District for the past six years.
- Westshore's Junior Surf Ocean Athlete Squad have enjoyed huge success at the annual Junior National Competitions (Ocean Athlete Carnival) at Mt. Maunganui, finishing top club in New Zealand for the past three years.



Fairplay Code of Conduct

Members and Competitors Code of Conduct

- Respect and cooperate with team mates, officials, coaches and opponents
- Accept decisions of officials, without them there would be no competition
- Do not use bad language or insult opponents, coaches or spectators
- Have a good knowledge of the rules, play by the letter and the spirit of the rules
- Have a desire to compete to your best ability, enjoy the competition and develop your skills while accepting your limitations

Coaches Code of Conduct

- Teach the values of Fair Play, practice them and expect your members and competitors to respect these values
- Never argue with coaches or officials in front of others
- Respect and treat members and competitors as individuals recognising their different levels of ability
- Never ridicule other members or competitors, use only constructive criticism and encourage them to be disciplined and honest
- Discourage a 'win-at-all-costs' attitude

Spectators Code of Conduct

- Show equal respect to competitors and members
- Do not ridicule competitors or members
- Show respect for officials
- Never criticise their decisions
- Give teams and competitors positive support

Risk Management

Surf Lifesaving has its risks and while all efforts are made by the club and its personnel to mitigate these risks the nature of the sport and the environment in which it is conducted dictate that not all risk can be eliminated.

Surf Safety Tips

- Swim only at lifeguard patrolled beaches.
- Always swim between the red and yellow flags.
- Listen to advice from lifeguards.
- Follow the advice of safety signs.
- Always swim with a friend and under adult supervision.
- Never run and dive into the water.
- Never swim under the influence of alcohol or drugs.
- Don't depend on flotation devices as you can lose them.
- Be aware of rip currents.
- Don't wear long clothing in the water.
- If you get into trouble raise your arm for assistance, float and wait for help.
- Stay out if in doubt about the surf conditions or your own ability.

Remember to stay sun smart on the beach

- Use sunblock SPF 30+.
- Wear a wide-brimmed hat.
- Cover up with a long-sleeve cotton shirt.
- Use a shade tent or umbrella.
- Wear UV protective sunglasses.

Always take a bottle of fresh water to the beach with you and drink water regularly to avoid dehydration and heat stress.

Season Calendar

October 06		
Sunday 15	Junior Surf Registration (10-11.30)	
Sunday 22	Junior Surf Registration (10-11.30)	20-23: HB Anniversary/Labour Weekend
Sunday 29	Open Day (10.30 am)	10-10.30 am: Registration
November 06		
Sunday 5	10.30 Junior Surf	Enduro Series (Round 2) - Pandora Pond Greendale Spring Meet
Sunday 12	9.30:200m badge & pool swim testing at Onekawa Pools (all ages) followed by Junior Surf at 10.30.	
Sunday 19	10.30 Junior Surf	Swim Hawkes Bay Meet
Sunday 26	10.30 Junior Surf	25 & 26: Battle of the Bays (Gisborne)
December 06		
Sunday 3	9.30:200m badge & pool swim testing at Onekawa Pools (all ages) followed by Junior Surf at 10.30.	Gisborne Auto Court Fastwater Swim Meet
Sunday 10	10.30 Junior Surf	
Sunday 17	Junior Surf Carnival 1 (Westshore)	
Saturday 23		Battle of Bays (Waipatiki)
Sunday 24	Christmas Break	
January 07		
Sunday 7	10.30 Junior Surf	
Sunday 14	10.30 Junior Surf	13-14: Central Regional Surf Championships (Waimarama)
Sunday 21	10.30 Junior Surf	18-23: HBPB Summer Swim Championships (Gisborne)
Sunday 28	10.30 Junior Surf	27-28: Northern Regional Championships (Mt Maunganui)
February 07		
Sunday 4	Junior Surf Carnival 2 (Ocean Beach)	SLSHB U14 & U16 Championships (Ocean Beach)
Sunday 11	10.30 Junior Surf	10-11: Lion Foundation Surf League (Mt Maunganui)

February 07 (cntd)		
Friday 16		SLSHB Secondary Schools Championships (Waimarama)
Sunday 18	10.30 Junior Surf	17-18: Open & U19 Championships (Waimarama)
Sunday 25	Junior Surf Carnival 3 (Waimarama)	24-25: U16 & U14 Inter District Championships (Auckland)
March 07		
Sunday 4	10.30 Junior Surf	2-4 :NZ U14 Ocean Athlete Championships (Mt Maunganui)
Sunday 11	10.30 Junior Surf Prizegiving	
		16-18: NZCT Surf Life Saving Championships (Midway)