



MEMBER INFORMATION

2019 – 2020

Del Monte Place, Copacabana
PO Box 4017 Copacabana NSW 2251
www.copacabanaslsc.org.au

1. Welcome

Welcome to the 2019/2020 surf season at Copacabana. Thank you to our returning members, we hope you have another great season. If you're new to the Copacabana Surf Life Saving Club we hope your year is enjoyable whether you are joining us to make our beach safe, as a new family joining the nipper crew or just looking for a new interest.

The recently introduced category of 'Community membership' is about opening doors to people who wish to be part of our club but are unsure about how they contribute to beach safety. Every part of our club contributes to a safe and enjoyable summer whether its patrolling the beach, teaching surf awareness to the nippers or pouring a beer in the bar. Copacabana surf club is a community club and is open to anyone who wants to meet new people and try new things. There is a role for everyone in surf lifesaving clubs and the more people involved within our club the more the club can do for the community, our beaches and for surf lifesaving.

We have memberships for juniors, masters, seniors and families, either Active or Associate, and we offer bronze medallion courses two times throughout the patrolling season with start dates in October and January. Our patrols are operated as a full day patrol every 4 weeks and we offer opportunities to be qualified in driving an IRB or a rescue water craft(jet ski), becoming a trainer or developing yourself personally through courses offered by Central Coast Surf Life Saving and Surf Life Saving NSW.

Whilst Copacabana has had its' share of National and State champions, it is our fun and practical approach to our nippers program that puts focus on beach awareness and safety we are most proud of. We are developing the lifesavers of the future and our Nipper crew look forward to working with the kids, parents and coaches to provide the most enjoyable and relatable program we can.

In addition to the nippers' session on Sundays we offer board and beach training sessions mid week. Our rookie program will complete training certificates which allows them to join the beach patrols whilst developing friendships with other members within surf lifesaving.

At Copacabana we like all our members to have fun and to be involved. We promise you will get more out than you put in. Maybe you are the parent of a nipper and would like to provide assistance with the age managers on a Sunday morning? or become an age manager or complete an Officials course, First Aid or your Bronze Medallion? Maybe you are happy to work a radio, cook a BBQ or help in the bar or kitchen? Whatever your preference, the more hands make for a safer beach and a rewarding club experience.

On behalf of the Executive Committee we welcome you to Copacabana SLSC for the 2019/20 season and thank you in advance for the valuable contribution you will make to the local Copacabana community and its visitors.

Kind regards,

Adam Richards

**President
Copacabana SLSC**

2. The Surf Club Committee and extended roles

To contact the club's management committee email: admin@copacabanaslsc.org.au

The Club is managed by an Executive Committee of volunteer members. These positions are elected at the Clubs Annual General Meeting, usually around the middle of the year. The Executive Committee is responsible for the management and development of the Club and its operational responsibilities to the community, as well as the commercial operations including the cafe and function centre. The Committee meets at 7:15pm on the 2nd Thursday of each month at the surf club. Members are welcome to attend following contact with the Chairperson, the [President](#). If you have an item you would like to discuss, please contact the [Director of Administration](#) at least three (3) days prior to the meeting.

The Club is a member of the [Central Coast Branch](#) of [Surf Life Saving NSW](#), which in turn is a member of [Surf Life Saving Australia \(SLSA\)](#) and conforms to the rules set by SLSA.

Individual contact details are listed below but to ensure streamlined inquiries please email the club's admin email address and your inquiry will be promptly responded to.

Executive Committee Members for 2019/20 season are:

<u>PRESIDENT:</u>	Adam Richards
PHONE:	0409830790
EMAIL:	president@copacabanaslsc.org.au
<u>VICE PRESIDENT:</u>	Smudge (Gordon Smith)
PHONE:	0438793253
EMAIL:	vicepresident@copacabanaslsc.org.au
<u>DIRECTOR OF ADMINISTRATION:</u>	Fiona Duignan
PHONE:	0450921961
EMAIL:	admin@copacabanaslsc.org.au
<u>DIRECTOR FINANCE:</u>	Dave Selwood
PHONE:	0407080761
EMAIL:	finance@copacabanaslsc.org.au
<u>DIRECTOR OF EDUCATION:</u>	Ash Capps
PHONE:	0407436869
EMAIL:	copaslscedu@gmail.com
<u>DIRECTOR OF LIFESAVING:</u>	Phil Anderson
PHONE:	0416057616
EMAIL:	surflifesaving@copacabanaslsc.org.au
<u>DIRECTOR OF MEMBER SERVICES:</u>	Michael Magriplis
PHONE:	0407438246
EMAIL:	magripm@gmail.com
<u>DIRECTOR OF SURF SPORTS:</u>	David Brooks
PHONE:	0414431340
EMAIL:	allbrookskonstruction@bigpond.com

GENERAL COMMITTEE POSITION 1:	Joanne Fraser
PHONE:	0403450871
EMAIL:	Committee1@copacabanaslsc.org.au
GENERAL COMMITTEE POSITION 2:	Michelle Strode
PHONE:	0466498805
EMAIL:	Michelle.strode@gmail.com
Other Club Positions	
JUNIOR ACTIVITIES COORDINATOR:	Joanne Fraser
PHONE:	0403450871
EMAIL:	jac@copacabanaslsc.org.au
ROOKIE COORDINATOR:	Michelle Strode
PHONE:	0466498805
EMAIL:	Michelle.strode@gmail.com
REGISTRAR:	Kim Lane
PHONE	Contact Director of Administration
EMAIL:	registrar@copacabanaslsc.org.au
FUNCTIONS – HALL HIRER	Danielle Mckay
PHONE:	0402882560
EMAIL:	Copaslsc.functions@gmail.com

To contact our other general volunteer positions below please email: admin@copacabanaslsc.org.au

Uniform Coordinators	Milania Rombouts & Marianne Shortz
IT Coordinator and Admin Support	Geoff Prentis
Bar Manager	Niki Seisun
Licensee	Bec Willetts
Social Activities Coordinators	Jodie Fielden & Laura Luci
Kitchen Coordinator	Linda Hartwell
BBQ Coordinator	Vacant
Gear Steward	Shane Greenwood
IRB Captain	Paul Robinson
Vice Club Captain	Paul Robinson
Water Coach	Smudge (Gordon Smith)
R&R, Marchpast	Gary Andrew
Board and Ski Captain	Phil Anderson
Member protection officer (male)	Tom Tseng
Member protection officer (female)	Di Capps
Radio Operator	Greg Sloane
Team Managers Masters	Gay Laingbridge
Team Manager Junior	Fiona Hobbs
Greivance Officer	Di Capps
First Aid Officer	Ash Capps

3. The Surf Club

The Club operates from a fantastic clubhouse that is split over two levels. The downstairs (ground floor) level is our patrol operations, training facilities and equipment, first aid room, gymnasium, and storage areas. The upper level occupies the observation tower, member toilets, the function room, members room, bar and kitchen facilities.

There is a kiosk located at ground floor level which is open most days (season dependent). The facility offers a good range of casual eating and drinking (non-alcoholic), with lots of room for the kids and pets to roam (supervised). Take-away is also available.

The Club is strictly a non-smoking venue. Children under the age of 15 should not be upstairs unsupervised and are required to exhibit appropriate behavior at all times. Appropriate footwear must be worn at all times along with clean, dry clothing in the upstairs area.

4. Facilities and Fob Access

Active patrolling members can use the downstairs member's area that includes gear storage, the gymnasium, shower and toilet facilities, and lockers (pending availability). Access to the downstairs members area is via an electronic fob. Please contact your Patrol Captain if you wish to obtain a fob to access these facilities or contact David Brooks, Director of Surf Sports – contact details on page 3.

5. The “Sand Factor”

Sand has a way of getting into everything and will damage equipment, floors and furniture and can block drains. To help minimise the amount of sand entering the Clubhouse, please wash sand off feet and shake from clothing before entering. Club equipment must be washed down to remove sand before storing it in the clubrooms.

Brooms can always be found around the clubrooms and we ask that if you see sand that needs to be swept out then please feel free to attend to this at your discretion.

6. Social Events and Weekenders

The Club has an on-premises liquor license and operates a Bar service during the patrol season. Weekenders is on every Friday afternoon from 4pm - 8pm at the Surf Club (during the surf lifesaving summer season). It's a social event for members, families, friends and community members. Light catering is available for the adults, sausage sizzle for the kids or order your own takeaway and bring to the event. No 'take-away' sales of alcoholic beverages are permitted. No BYO is permitted.

Other social events are organised throughout the season including fundraising dinners, bands and Nippers discos. Keep an eye out on our website and Facebook sites for information about upcoming events and details.

7. Parking

No parking is available on the eastern side of the road. Parking is available along Del Monte Place or in the car park opposite the Clubhouse. The Club is liable for any damage to its premises and your intervention and reporting of actual and potential damage is encouraged.

8. Club Colours

The Club's colours are red, white and blue. Nipper caps are also coloured and feature a unique single colour for each age group. Nipper caps (and other Club merchandise) can be purchased from the merchandise shop at the Clubhouse every first and third Sunday of the month between 9am - 10am. Visit the club's [website](#) a check out prices for what's available.

9. Membership

Surf Life Saving provides a unique environment for all ages, where members can have fun, play sport, keep fit and make friends, while gaining education about the beach and water safety.

9.1 Member Registration Fees

Registration fees are due on or before the end of **October 2019**

2019-20 fee rates:

Nippers (U6, U7):	\$100.00
Nippers (U8 – U14):	\$120.00
Active/Patrolling Members:	\$55.00
Associates/Social Members:	\$60.00
Family Membership (2 Adults plus Nippers):	\$300.00

Please Note: At least one (1) parent/guardian must register as an Associate Member when registering a child/children for Nippers.

Payment of registration fees can be made via:

- Online via the members portal members.sls.com.au
- Cash or via EFT at registration days

9.2 Member Categories

- Junior Active Membership (Nippers) is aged from five (5) to fourteen (14) years. Nippers participate in games, activities, education and competition to teach and enhance vital life-saving skills
- Active Patrolling Membership are aged fifth teen (15) or older and have been awarded the Surf Rescue Certificate (SRC) or Bronze Medallion, and who undertake patrols and other Club obligations including an annual proficiency test
- Associate Membership are persons wishing to be part of the Club (perhaps in a social capacity) who may or may not have a SLSA award
- Life Membership is granted for distinguished service to the Club
- Award Membership is for persons who hold awards other than the Bronze Medallion, for example, Radio Operators, Spinal, Senior First Aid, ARTC and are active completing rostered patrols.

9.3 Member Benefits

All club members have access to the following: training courses, competitions, events, beach patrols and social functions in the Members Club Room where you'll be able to benefit from discounted beverage at functions.

Benefits for active patrolling members are many. The club rewards active patrolling members with a number of exclusive benefits, including hot showers, gym access, locker storage (pending availability), and craft storage. These benefits are only extended to those who fulfill their patrolling requirements.

- Training courses: a range of courses aimed at increasing your skills and knowledge
- Competition and/or physical training: Board, ski, boat, IRB, masters, etc train at various times of the week and year. If you wish to train and compete with these teams, please

contact the respective Team Captain to find out more.

- Social Events: there are weekly, monthly and yearly social events hosted by the Club
- Use of Club water craft: members enjoy the use of racing boards and skis, marked 'Club Use'. If it is your first time using equipment, please ask an experienced club member for assistance.

9.4 Member Protection

The Club conforms to the relevant NSW regulations with respect to child protection. As a club that actively encourages all family members to be involved we need to ensure that children are kept safe. For this reason it is mandatory that all members aged 16 and over must complete the necessary member protection forms. This form is available on the club website, SLSA website and on Registration Days.

The Member Protection Officer is the first point of call in the club for any enquiries, concerns or complaints about harassment and abuse. The Member Protection Officer provides confidential information and moral support to the person with the concern or complaint and activates a process by which matters can be investigated and/or resolved.

9.5 Code of Conduct

We adopt SLSA Code of Conduct which is available in the Clubs Operating Procedures and on SLSA website.

Note that the Club has a Junior Code of Conduct & Media Consent Form which is required to be endorsed at the time of Nipper registration. Please discuss the form with Paul if there is any cause for concern.

10. Communication

To contact the Committee in relation to communication matters email: admin@copacabanaslsc.org.au

10.1 Surfguard

Surfguard is a web-based communication platform for Surf Life Saving members. All your membership details are stored here, including email addresses and mobile phone numbers. The Club uses Surfguard to send emails or text messages to notify you about upcoming events. If you are managing a group of people, the Club can setup a mailing group (Email and/or SMS) for selected recipients, for example, Patrol Groups, Training Squads, Senior/Masters Competitors. Contact the Director of Administration to find out more: admin@copacabanaslsc.com.au

10.2 SMS (Text) & Email

The Club's SMS service is only used for reminder notices, quick updates, and for urgent matters, for example last minute location/time changes for training, cancellations and patrol reminders. The Club's email service is used extensively when documents need to be forwarded to you. To opt out of the SMS and/or email services contact the Registrar registrar@copacabanaslsc.org.au or the Director of Administration admin@copacabanaslsc.org.au

10.3 Website

The Club's website, www.copacabanaslsc.org.au is a great source of information and also includes key contact details for various roles within the club.

10.4 Social Media

You can follow The Club on [Facebook](#). Please note that these social media sites are monitored daily, and any inappropriate messages and/or images will not be tolerated. Please contact the Director of Administration if you wish to publish a message on the Club's social media sites.



10.5 Media Policy

Any communication with media outlets: television, radio, newspaper, online and any other media platforms made by members of the club in reference to Club matters, must have prior written approval from the Committee – email admin@copacabanaslsc.org.au

11. Sun Safe Policy

The health and safety of Club members and supporters a key priority of the Committee. The Club actively promotes and supports a sun protection policy at meetings, training and competitions.

Where and when possible, the Club will:

- Promote sun smart practices by providing a good example to other members and supporters, especially the young members and supporters of the Surf Life Saving movement.
- Provide and encourage the use of a broad spectrum, water resistant sunscreen with a protection factor of 30 or higher and will make available for members and spectators use.
- Will incorporate sun smart clothing designs into our uniforms, in whatever position the person may represent our club, be it nipper, beach patrol or other.
- Encourage members and supporters to wear an appropriate hat that addresses the neck, ears and face.
- Allow and encourage members to wear sun glasses, when not participating in competition events, or activities that sunglasses may pose a hazard to the eye, face or other competitors.
- Endeavour to schedule activities outside the hours of 10.00 am and 2.00 pm or 11.00 am and 3.00 pm daylight savings time.
- Make use of existing shade facilities or the Club will provide portable shade structures, such as a tent and encourage the use of such a structure.
- Promote and educate aspects of sun safety through newsletters, brochures and over the public address system.
- Actively encourage seniors, athletes, coaches, referees, umpires, officials, members in prominent positions and parents to be sun smart role models.
- Endeavour to reward sun smart behaviour of our nipper teams and individuals throughout the season by attempting to provide certificates, weekly perpetual awards, trophies or announcement awards.
- Advise and display our sun smart policy and encourage the compliance with, by members and supporters of our club.
- Encourage yearly pre-season skin checks at an approved skin cancer clinic or GP.

12. Surf Life Saving

The primary role of any Surf Life Saving Club is the protection of the public using the beach on weekends and public holidays during the patrolling season. Duties include, but not limited to, monitoring the beach, search and rescue activities, provision of first aid and surf awareness education. The life saving duties of the Club are carried out by surf patrols, consisting of mostly active members. There are approximately 84 patrolling members at present and more are always needed. Patrol dates and hours are set down by Surf Life Saving Central Coast. Traditionally the patrol season starts on the last weekend in September and finishes on the weekend after Anzac Day (April 25). Patrols are rostered every weekend and public holidays throughout this period.

To become a surf life saver you can undertake a number of awards with the main award being the Bronze Medallion (i.e. PUA21004 Certificate II in Public Safety - Aquatic Rescue). It doesn't matter if you are 15 or 70 you can become a surf life saver! There are numerous surf lifesaving qualifications you can obtain. Please refer to Section 15. Training & Education.

12.1 Patrol Obligations

All active members are required to meet their patrol requirements as rostered by the Club. Every patrolling member is also required to perform an annual proficiency test, in order to refresh & refine the skills and knowledge learned through their qualifications. The Bronze Medallion proficiency test includes a timed run-swim-run, resuscitation, signals & rescue scenarios.

12.2 Patrol Hours

This season, one continuous patrol operates each rostered patrol day, which is a change to previous years where two patrols shared a single rostered patrol day. **The 2019 – 2020 patrol season starts on Saturday 28th September.** Extended hours (until 6:00pm) will operate over the school holidays. Your patrol captain will provide details as they become available. The patrol should arrive at 8:45am to allow enough time to setup. Remember that the time listed on your patrol is the time that the patrol must be operational on the beach.

12.3 Patrol Uniform

As a member of the Club, please wear your uniform with pride. The official uniform is NOT optional, for WHS, visibility and professional reasons. The uniform includes:

- Patrol Cap: red and yellow quartered cap, you must bring your own every patrol & wear both in and out of the water.
- Patrol Shirt: (yellow) and Patrol Shorts (red) please ensure you pick up your own prior to the season beginning & wear at every patrol.
- Swimmers: (preferably club costume), hat & sunglasses (optional)
- Please do not wear casual clothes while on patrol

12.4 Responsibilities & Behavior

- All patrolling members must sign on and off in the patrol log, located in the patrol room.
- Check with your patrol captain as well who has access to the Patrol APP and can assist with your sign on.
- Duties while on patrol include constant surveillance of the beach from the rock pool to the north to the lagoon to the south, prevention of potential dangers to the beach-going public, treatment of any injured person, provision of public information, maintenance of equipment, skills & fitness, and any other duties deemed necessary by your patrol captain

- You're constantly under the scrutiny of the public, and they expect an extremely high standard. Please be aware of your language, action, appearance and general behaviour at all times. This includes observing the written requirements for the safe operation of ATV and IRB devices.

12.5 Patrol Absences

If you can't attend a rostered patrol, you're required to arrange a swap with a member of another patrol. This is called a patrol substitution and to obtain 100% patrol attendance you must do the makeup patrol for the other person. If you cannot find another member to swap with, notify your patrol captain as soon as possible and at least 24hrs BEFORE the patrol that you will not be in attendance. This is vital for those who hold specialist qualifications such as IRB driver or crew, as we need a certain level of qualification on the beach for patrol.

12.6 100% Attendance

Patrolling Members who attend every rostered patrol (or have an organised a substitute and make up the hours) may be recognised with a 100% Attendance award at the Senior Presentation. To gain 100% attendance, a member must be on patrol from the start of rostered patrol to the finish, for example, 9:00am to 5:00pm.

12.7. Club Facilities (Active Patrolling Members)

The Club rewards active patrolling members with a number of exclusive benefits. These include: hot showers, gym access, use of Club boards and skis, and craft storage. These benefits are only extended to those who fulfill their patrolling requirements (as listed above). You're also entitled to discounted beverage at the clubhouse.

The Club has many members that participate in road and trail running, mountain biking and cycling, triathlons, and involved in Copa Board riders. The social side of being part of a team assisting the community should also not be underestimated. This is where lifelong friendships are made!

It's the Director of Lifesaving's role is to coordinate and oversee all life saving responsibilities of the Club, including patrol rosters, proficiencies and record of attendance.

13. Rookies

Who can be a Rookie?

- Registered members eligible to participate in the Under 13 and Under 14 age groups
- Rookies do not have to participate in carnival competitions, or be a Nipper
- Rookies must gain their pool proficiency swim (200m freestyle in less than 5 minutes); complete a run-swim-run at the beach (100m-100m-100m); and complete their required surf education. Surf education is usually conducted over several Sunday mornings at Nippers.
- U13 must complete Surf Education plus the Basic Resuscitation Certificate
- U14 must complete the Surf Rescue Certificate (SRC).

13.1 Program Objective

The program aims to provide participants with the basic skills and knowledge required in preparation for becoming senior surf life savers. The program exposes participants to the everyday workings of actual patrols, community-focused activities and further surf life saving training courses.

13.2 Code of Conduct

Participants are expected at all times to be courteous, respectful and cooperative to everyone with whom they come into contact when participating program and Club activities. This applies not only to activities on the beach but to any situation in which rookies are representing the program or wearing the rookie uniform.

13.3 Duties and Patrols

To successfully complete the two (2) year program, participants must undertake the following activities under the guidance of the Club Captain and the Rookie Coordinators:

- Complete a minimum of twenty (20) hours of beach patrol. Twelve (12) hours of this MUST be completed before December 31
- Undertake training and courses as requested by the Club Captain and Rookie Coordinators
- Participate in club, sponsor and community activities as requested, for example, help at BBQs, functions and fund raising activities

13.4 What do Rookies need?

Participants will be presented with a patrol uniform (shirt and shorts), broad brimmed hat, and a handbook. This will contain the necessary information as well as charts and checklists to complete to ensure participants learn all facets of surf life saving.

Rookies can choose which Patrol they join (they can do patrols with other Rookie friends!)

13.5 Rookies Fun!

Rookies have lots of fun and make new friends along the way. There are heaps of activities to attend like the Rookie Sleepover, pizza & movie nights, overnight camps, discos, stand-up paddle boarding, etc, etc, etc.

Let us know what you would like to do! Also think of the type of fun equipment you'd like to see/use at the Club. No one will say no if money is raised to buy it!

14. Surf Sports

14.1 Board & Surf Training

Board and surf swim training starts at 4:30pm sharp, every Wednesday and Friday. All Nippers must sign on at the clubhouse before commencing training. An alternative program will be available, at the club, when the beach is closed or the weather is unacceptable. A number of different training programs are available; but all involve fun and exercise!

14.2 Training Programs

Board and ski training for senior members is held regularly and the program is published at the beginning of the season either on our Facebook page and/or website.

14.3 Beach Training

Beach training will be held on Fridays at 4:30pm, after the traditional Nippers finishes. This program is focused on the unique skills required for beach sprinting, flags, wade and beach relay. Nippers must sign on at the beginning of Sunday Nippers and have a supervising parent present. For more information regarding training or competition contact our Director of Surf Sports.

14.4 Club Nipper Boards/ Equipment Handling

Training equipment is very expensive to both purchase and repair, and should be handled with care. Nipper boards can only be used by members. Please remember the following:

- Assist younger members to carefully remove and replace boards and equipment in their appropriate places and on the racks provided
- Always ensure fiberglass boards are carried and not dragged across the sand. The sand has a very damaging effect on boards, much like sandpaper. Malibu boards should be laid on the beach with the fin up. Do not allow children to sit on skis or boards while they're on the beach.
- If you use equipment, it's your responsibility to clean it when finished and place in its correct storage place.

15. Inter-Club Competition

There is separate Senior and Junior carnivals (inter-club competition) held on weekends at various beaches around the Central Coast during the season (October to March). Carnivals are comprised of both individual and team events. While competitive, participants compete in a healthy sportsmanlike manner, while at the same time having heaps of fun. Competitors and their families often enjoy a great day or two together representing the Club as a team! They are a great source of Club Spirit!

The Club must supply approximately 10-12 Water Safety Officers for each carnival, and one beach official for every 7 competitors. Parents need to assist with these roles. Age Managers and officials training courses are held each year and parents are encouraged to attend.

Age groups in life saving are generally determined by the age that you are, as at midnight on the 30th September at the beginning of the season (i.e. if your 9 years old, then you will be in the Under 10 age group). Surf Life Saving Australia publishes the Surf Sports Manual that contains all the rules and regulations of the various Surf Sport events. Nippers competing in inter-club competitions must wear the Club cap for all events. For water events, a water safety vest must also be worn.

The Club's junior competitors are coached on focusing more on fun and learning rather than winning. A child's best is always good enough. Health, improvement and good sportsmanship should be seen as the primary goals.

Club Championship points are awarded via competitor performances at carnivals. These points are used to determine the annual Club Premiership. Winning clubs are recognised at the annual CCLS Awards Night.

Under 6 and Under 7 age groups do not compete in carnivals. The Club will conduct Nippers (if possible) on carnival days for these age groups, and for others who prefer not to compete.

It is important that you inform your Age Manager of your intention to compete at least two (2) weeks prior to the carnival to allow for registration of the competitors, selections of teams, and allocation of officials and water safety personnel.

15.1 Competition Communication

During the 2019/20 season we will trial "Team App" to assist with communicating amongst Age Managers, Officials, Competitors and parents. This is new to the club so will not be mandatory but

we encourage your support in making our carnival days simpler to manage prior and on the day.

More information can be found at: <https://www.teamapp.com/>

The Copa Nippers SLSC Team App is live NOW!!!! Search for Copacabana to download it NOW!!!!

15.2 Officials for Competitions

We need parents who are willing to do training to obtain accreditation that will allow them to become an official at competitions. We are required to supply officials according to the number of competitors we send, so more assistance is always gratefully received. If we do not have the appropriate number of officials some of our children will be turned away.

This season, we will be introducing a new policy which requires competing Nippers to have one parent who can assist as an Age Manager/Helper, Official or Water Safety at Carnivals (must have Surf Rescue Certificate, SRC). This is to ensure the Club is able to Compete. This is a SLSCC requirement for competing Clubs.

15.3 Costs of Carnival Participation

Entry fees for local nipper carnivals are included in your membership. If you wish to compete at the State Age Championships, entry fees are payable. Seniors and Masters competitors pay for every carnival they enter. Entry fees are set by the Host club. Nippers are to advise their Age Managers two (2) weeks before each carnival if they wish to compete. Seniors and Masters, please advise your Team Manager at least one week prior to competition if they wish to attend. Entries close the Wednesday prior to the Carnivals.

15.4 Surf Sports Calendar

For information related to surf sports events please check our website www.copacabanaslsc.org.au
Or the Central Coast Branch surf sports calendar:
<http://slscc.com.au/gwswp/wp-content/uploads/2017092018-19-slscc-surf-sports-events-as-at-4-9-18-1-pdf/>

Further information can be obtained from the Director of Surf Sports, David Brooks – email allbrooksconstruction@bigpond.com

16. Seniors & Masters

SENIORS include all members who fall into the following age groups:

U14's (who have completed their Surf Rescue Certificate & 25 hours of Patrol.)

U15's (born on or after 1 October)

U17, U19 and OPEN Ages

MASTERS are all those members who are over 30yrs. The Club is committed to increasing the number of senior members. If you're new to our club, and would like to be an active patrolling member, then please contact the Director of Life Saving.

As a senior member of the Club, you're expected to be responsible with your patrols. It's a requirement that you hold, and re-qualify annually, your Bronze Medallion, as a minimum. You are encouraged to gain other Surf Life Saving Awards. We have an excellent program for study of awards and a great team to guide you along the way. Many of these awards are certainly an asset to have on your resume!

16.1 Competition

- Senior members do not have to compete at Carnivals. Many surf life savers engage in regular competition to maintain their skills and fitness. These carnival competitions are held at club, regional, state, national and international levels.
- Competition is both fun and fierce, and conducted in the highest standard of sportsmanship, as is befitting of surf life savers regarded by many as pillars of the Australian community.
- All competitors and their clubs agree to compete according to the Surf Sports Code of Conduct as set out in the SLSA Surf Sports Manual. These rules apply to all members who wish to compete at Local, State, Aussie or any other carnivals. Most apply to every member, regardless of their competition status. It includes U14 members who wish to compete in U15 competitions, U15, U17, U19, Open and Masters Members.
- You must be proficient, i.e. hold the appropriate award.
 - U15 Surf Rescue Certificate (SRC)
 - U17, U19, Opens and Masters Bronze Medallion
 - March Past participants Either SRC, ARC or Bronze Medallion
- You must requalify (commonly known as 'Requal') each season, before December 31.
- You must complete a minimum of 25 PATROL HOURS in each calendar year. These hours should be done on your rostered patrol. There are absolutely no exceptions to this rule and SLSNSW do random checks!
- You must be a financial member of the Club. You cannot compete at ANY carnival until you have paid your annual membership fee as you are not covered by insurance until you do.
- If you are rostered for patrol on a competition day, you MUST arrange a substitute. Patrolling the beach is always our core responsibility.
- It is your responsibility to let the Club's Senior Teams Manager know which carnivals you wish to enter and to make sure you pay your entry fee by the due date. Information about events/competitions will be advertised on Facebook or the website so please check it regularly.
- Club competitors must wear the Club competition cap. These are available for purchase at the Uniform Shop on Sunday mornings during Nippers.
- Most of all HAVE FUN and compete fairly.

17. Nippers

There are 2 roles within the club who are dedicated to the oversight and coordination of the Nippers Program:

Director of Member Services for 2019/20: Michael Magriplis – email: magripm@gmail.com

Junior Activities Coordinator for 2019/20: Jo Fraser - email jac@copacabanaslsc.org.au

Every Sunday morning between October and March, loads of little Nippers flock to Copacabana Beach to participate in a variety of beach and surf activities. The Club's Nipper program is designed to teach valuable surf safety, survival skills, encourage teamwork and to ensure the Nippers have a great deal of fun. In fact, the Club is leading the way with interactive, unique ideas and equipment to ensure their interest is kept high all season, and that they leave each Sunday with a smile from ear to ear. The skills taught at Nippers are excellent preparation for an eventual transition (if desired), into senior surf life saving. All Nippers participate in a progressive Surf Education program designed by Surf Life Saving Australia. All Nippers aged 8 -14 years are provided with the skills and knowledge of beach safety and basic first aid.

The Club's Nipper program has a clear focus on participation and fun. Our Age Managers will endeavor to ensure every child improves their beach awareness and increases their confidence whilst enjoying their time at the beach

17.1 Rockpool Rockstars Diversity Program

The Rockpool Rockstar's Program is an inclusive Nippers program for children aged five to ten with diverse abilities in our local community. The program aims to help children enjoy the beach environment, gain confidence around rescue equipment, learn water safety skills and participate in Nipper skills alongside their peers.

- Age managers are: Jodie Fielden and Laura Lucie

At the heart of the Rockstar philosophy is our knowledge that all children need to feel they belong to their community in order to thrive and reach their unique potential. We believe that all children have a fundamental right to genuinely be a part of the people and places that shape their lives. The Rockpool Rockstar Program is something that changes the playing field for our children with diverse needs. With the support and goodwill of our surf club community, we can make Copacabana one more safe, supportive and fun filled place that all our children can really feel they belong to, regardless of their abilities.

- Program runs throughout the surf season between 9-10am concurrently with the regular Nippers program.
- Rockstars will also participate in a modified version of twilight nippers alongside their peers. This inclusive approach is key to working with our kids with diverse abilities.
- An informal assessment is done of the needs and abilities of each child in conjunction with their parent or carer to ensure we are able to meet their needs within the group.
- This program will therefore be designed as a highly flexible curriculum where the children lead and guide the weekly content.
- Age managers will attend each session prepared with a lesson that includes three beach activities and three water activities, each representing a modified version of Nippers skills (e.g. recognising surf hazards, surf safety, entering the surf, paddling techniques, wading, dolphin diving etc). What actually happens each session will be determined by the children on the day.
- The Rockstar team will include volunteers who bring specialised skills to Program and will work alongside Age managers. The team also includes carers who will attend with their child throughout the program and actively participate in each session.

17.2 Getting Started

The 2019-20 Nipper season **starts on Sunday October 13th October**. Nippers is held from 9:00-10:00am, every Sunday. Please arrive no later than 8.45am to sign in. Twilight Nippers are held on Saturday afternoons, with details advised during the season.

17.3 Pool Proficiency

The U8 to U14 age groups must complete a pool swim before they are permitted to participate in any ocean activities at Nippers, including board training. This is a ruling directed by Surf Life Saving Australia for the safety of your children.

The Nipper Pool Fun Day will occur in early October and notification will be placed on Facebook and/or the website at the Kincumber Pool (Kerta Road). All children who will be participating in the Under 8 to Under 14 age groups will need to attend to complete their Nipper Proficiencies. There are no beach activities for these age groups on this day.

Under 6 and Under 7 age groups will participate in their regular Nippers at the beach.

The table below outlines the requirements for each age group:

Age Group	Swim	Survival Float
U 8 & U 9	25m swim (any stroke)	60 seconds
U 10	25m swim (freestyle)	90 seconds
U11 & U12	50m/100m swim (freestyle)	120 seconds
U13	150m/200m swim (freestyle)	180 seconds
U14	200m swim (freestyle), less than 5 minutes	180 seconds

17.4 Uniform

Nippers wear the Club swimmers, rash vest and appropriate colored age cap. It allows age groups to be easily recognised and for safety in the water. The club cap and club swimmers are required to be worn at all carnivals.

A complete range of club costumes, rash shirts, caps and clothing is available for purchase through the Uniform Shop. See Website for details.

17.5 Parent Assistance

Nippers is operated by volunteers and rely on parents/guardians to assist on the day. You can assist in a number of ways:

Age Managers: overall responsibility for each age group, and are the most senior persons responsible for your child during Nippers. There are 3-4 Age Managers for each age group. Age Managers are appointed at the start of the season, and are required to fill the role for the entire season. Please contact the Junior Activities Coordinator (JAC) if you're interested.

Water Safety Officers: these roles involve getting in the water as a swimmer or on a rescue board and monitoring Nippers participating in swim events. The Surf Rescue Certificate (SRC) or Bronze Medallion Award is a minimum requirement for persons wishing to become a Water Safety Officer. Please contact your child's Age Manager for further details. If you're not accredited, but would like to become accredited then please contact Ash Capps, Director of Education on 0407 436 869.

Parent Helpers: these roles are very valuable in assisting your child's Nipper experience. Tasks include, supervising the children until their events start; participating in certain games; time keeping; and assisting with setup and pack up. There is no need to apply, just inform your child's Age Manager on the morning of Nip-pers.

17.6 Beach Setup and Pack up

Each week there will be a roster system in place for the setup and pack up of the beach for our Nippers program. Age Managers and Parent Helpers please check the roster for the days you are rostered on. Your assistance is very much appreciated.

17.7 Child Minding

Nippers is not a child - minding service. Parents and guardians are required to remain near their

child/children should an incident occur, and to sign off immediately after Nippers concludes.

17.8 Water Events

Child safety and happiness is our number one priority. Under no circumstances are water events compulsory. The Water Safety Officer or Patrol Captain are the only people authorised to allow water events to start or continue. On Nipper Sundays only the Patrol Captain can authorize water events. On separate training events it is the responsibility of the qualified trainer. When Nippers are in the water there must be a minimum of one (1) Water Safety Officer for every eight (8) Nippers. If the ratio is not obtained, then the water event will not proceed.

17.9 Surf Education

The Club believes that Surf Education the most important part of a Nippers development. Our goal is ensuring that all Nippers gain the confidence to swim and paddle a board in the surf.

The Age Managers spend much time throughout the season in educating their Nippers about surf awareness in order for each Nipper to attain the Surf Education Certificate. The skills learnt and developed during your child's time as a Nipper will be invaluable in their ongoing development as future life savers.

17.10 Competition (including Club Championships)

In the 2015/16 season we will introduce a different point score structure for the Club Championships. This is designed to encourage a culture of participation, effort, consistency and performance. Additionally, we are hoping we can encourage all age groups competing at Carnivals to build a team culture whereby all participants benefit throughout the season.

Under 6 and Under 7 age groups participate in Point Score days and will be awarded place ribbons on the day but both age groups do not have Age Championships..... they're all Champions!

Under 8 to Under 14 age groups compete in **two (2)** Club Championship/Point Score days throughout the season. Points are recorded for each event the child participates in over the two days. The highest points accumulated in either point score day will be used to determine the Club Championship for each age group. Additionally, all nippers who participate in branch Carnivals will receive 1 point; and State Carnivals 2 points. This model will help build a strong club culture, whilst rewarding all Nippers for participating.

Team selection for carnivals is based upon the results achieved during Point Score days, training attendance and adhering to the "Copa" club culture.

Under 9 to Under 14 age groups are also required to undertake proficiency testing on the beach if they intend competing at carnivals (even for beach events). They must complete an open water swim even if they are intending to compete in board events; this will be done during Nippers.

All registered, participating children will receive an award at season's end, so keep your eye out for the date of presentation day.

17. 11 Nippers Calendar 2019/20

** Please note: dates below are set at the beginning of the season but due to a number of factors including weather, availability of age managers and changes to events by CC Branch or SLSNSW dates may change. Please check with your age manager or our website or Facebook.

In the 2019/20 season there are 2 blocks for the Copa Nippers Schedule with:

- Block 1 - 11 weeks from 13th October
- Separated by Christmas
- Block 2 of 7 weeks from 5th January

DATE	Copa Nippers Event
Sunday 21 st September	Pool proficiency swim – 9am – 10am
Sunday 13 th October	First day Nippers
Sunday 20 th October	Point score 1
Sunday 17 th November	Point score 2
Christmas Break	
Sunday 5 th January	Nippers Resumes
Sunday 12 th January	Pointscore 3
Sunday 23 rd February	Last Nippers
1-3 March 2019	
SLSNSW State Championships	

** In addition, there are carnivals held by other surf clubs of Central Coast Branch. Please check the Central Coast Branch website for further details:

<http://slscc.com.au/gswp/calendar/slcc-calendar/> or check with your Age Manager or the Junior Activities Coordinator.

18. Education & Courses

Contact person: Ash Capps, Director of Education, 0407 436 869 or education@copacabanaslsc.org.au

The Club conducts life saving courses throughout the year for new members and those existing members wanting to upgrade their skills. The NSW Vocational Education and Training Board (VETAB) have certified Surf Life Saving as a Registered Training Organisation (RTO) and therefore our awards are now nationally recognised. All courses are presented by qualified Trainers and our aim is to make them challenging, rewarding and fun. Keep an eye out on the club noticeboard, emails, the website and reminders via SMS for upcoming courses that you may be interested in.

18.1 Bronze Medallion

The Club is conducting Bronze Medallion (Public Safety Certificate II – Aquatic Certificate). The Bronze Medallion is well respected, formally recognized outside of surf life saving and is a valuable addition to any resume. As a prerequisite of obtaining this award you must be a Club member.

Bronze Medallion candidates are required to complete a prerequisite swim of 400m in less than nine minutes before commencing the practical component of the program. This swim should be conducted in open water, or in a pool of not less than 25m length.

18.2 Inflatable Rescue Boat (“IRB”) Driver/Crew Course

The club will run IRB driver and crew courses throughout the season – for more information members should speak with their patrol captain, the IRB captain or the Director of Life Saving.