



## **Junior Surf Parent Handbook**



Our program is a surf lifesaving program with an emphasis on participation, fun, acquisition and development of life guarding, surf sport and water safety skills. The program is designed to provide recreation, interaction, learning and competition amongst peers.

We hope to support a competitive element within the Junior Surf Program – allowing for the training and development of our nippers & cadets participating in carnivals. We believe it is important to get those keen to take on the competitions, prepared to move up to the Oceans Squad in the coming seasons!

Surf Lifesaving is not just about patrolling beaches and competition, it is a safe and supportive environment for young people to make friends, socialise and share a common interest.

Our programme would not be successful without the help of all our parents; we need your support on the beach and in the club on Sundays and during our summer programme. It is a fantastic thing for you to be part of. To see your child or children learn how to become confident in the water, learning new skills or participating in surf sport is a special thing. We are a volunteer organisation and only as good as the help we get. The more help the better our programme will be for the children.

The NPOB Junior Surf program has become a strong part of the clubs history through our development of youth, awards gained, supply of patrolling members and competition results. Like any club, its future is in its youth. I hope we can instil a sense of pride and tradition in all our members and have all our children confident that they are part of something in which they can be proud.

Please feel free to contact us at any time, [npobsurfclub@xtra.co.nz](mailto:npobsurfclub@xtra.co.nz) or call 0273743762.

### **[NPOB Surf Lifesaving Club](#)**

The NPOB SLSC has been active in the Taranaki community since 1921; we have come a long way since our inception and now boast a strong membership base and with our amazing renovations completed we have some of the best club facilities within Surf Life Saving in New Zealand.

NPOB SLSC host professional patrols during the peak summer period as well as a fantastic voluntary patrol roster by our club members. Thanks to this great service we are able to protect our popular Oakura beach; allowing holiday makers and locals to enjoy their summer break. NPOB SLSC has a strong Junior Surf program catering for children under 14 years old. The program aims to teach fundamental ocean and beach skills, surf life saving sport disciplines, first aid, and water safety in a fun and supportive environment. NPOB SLSC provides a high performance program for our junior members. This is aimed at not only our top competitive athletes, but also those that enjoy being part of a team, in a fun carnival atmosphere. We have children competing nationally on the beach and in the pool.

### **[What Happens on Sunday mornings?](#)**

We start at 10am, aim to be by 9.45am so you can complete the sign in sheet, ask any questions and get the kids organised (changed, fed, sun screened and toileted) before we start.

It is important that you stick around for the program delivery and the morning briefing – if you miss the intro you will miss important messages! Regardless of your child's age we may need your help on day to day tasks – don't be shy! We want parents to lend a hand.

### What to bring

- Club Cap
- Pink Vest – ***No vest: No training.***
- Towel
- Togs
- Wetsuit if cold (not compulsory) \*
- Sunscreen
- Drink
- Food or a snack if needed
- Warm clothing

### Uniform

We have a brilliant selection of uniform to choose from, the complete uniform is NOT compulsory. The only compulsory uniform is a hi viz vest and NPOB cap. These are also required for carnival participation. The “shop” will be open most Sunday mornings at Junior Surf

### Medical Conditions & Emergency Register

Please be sure to let us know of any allergies, asthma, medical conditions or learning difficulties.

*Please note; if your child requires an epipen, has poorly controlled asthma, is diabetic or has anything that will impair their ability to follow instructions i.e. difficulty hearing etc please let us know so we can come up with a plan for your child..*

### The Program

#### Who can join Nippers and Cadets?

Surf Lifesaving age groups are taken from the child's age on 30<sup>th</sup> September, so u6's are 5 on 30 September, u7's are 6 on 30<sup>th</sup> September and so on. In order to compete in carnivals children must be at least 7yrs old on the 30<sup>th</sup> Sep. For those kids who are too young to compete we run mini internal carnivals to give them a taste of competition

Our program caters for children from the age of 4 years. We run 8 groups for the kids, each with its own achievement goals, the groups are nominally split on age but we will make adjustments based on ability where necessary to ensure kids are being challenged at the correct level. Each group has a focal point/coach but parent assistance is required at each level.

When your child turns 14 they have the option to become a lifeguard. Please note that 14 year olds do not have to have participated in the junior surf program to become a lifeguard.

Apart from these age restrictions, anyone can join our junior surf program. It is expected that your child can swim in a pool. We are not a learn to swim program, our focus is on developing water and surf safety skills in the ocean. If your child can not swim please discuss this with the Junior Surf Coordinator.

### How to join?

Simply either call or come on up to the club and speak to the junior surf coordinator or a committee member during the times of 9:45am and 10:00am. We welcome all members to the club so please get your friends and family to come along. Alternatively email [nposurfclub@xtra.co.nz](mailto:nposurfclub@xtra.co.nz)

### When does the program run?

The junior surf program runs throughout the surf lifesaving season, starting in November and then finishing in March. The program runs every Sunday with a short break over Xmas.

### What is involved?

The junior surf program is about teaching children how to be confident and aware when in the water and on the beach. They learn valid skills that will develop them into fantastic lifeguards. Sport and recreation are also important components of our successful Junior Surf Program. It is important that the kids have fun and love to come to junior surf every day, enjoying the club atmosphere whilst making some great friends, and learning something new along the way.

### What are the carnival events?

- Beach Flags
- Beach Sprints
- Beach Relays
- Run Wade Run
- Run Swim Run
- Surf Swim
- Run Board Run
- Body Board or Board Race
- Diamond
- Cameron Relay

### Oceans – u11-u14

Represented very well by NPOB SLSC these athletes commit to extra training sessions with our fantastic and dedicated club coaches Casey and Dean. This squad attends and has a successful past record at the major carnival: "Oceans" for U14's in New Zealand. This carnival is the pinnacle of events for JS nationally. It is for children aged 10 – 14.

Junior Surf competitors will certainly get more enjoyment and sense of achievement from Oceans if they have attended these training sessions. It is suggested that parents of these athletes take part in a coaching workshop or official course so they can assist in the weeklong carnival. Further information for Oceans is given out closer to the time of competition.

Our Oceans and Senior Squads are ALWAYS looking for new members – it is not an 'elite' squad. Chat to your coaches if you have any questions or would like to try out at session or two with these guys. Otherwise you can chat to our senior lifeguards, many who have been to Oceans as well.

## Equipment Use

U7's– Body boards

U8's – Body Boards

U9's – 8'10 maximum length, made from foam or plastic **(Must complete 200m Swim Badge)**

U10-U12's – 8'10 maximum length, made from foam, plastic or fiberglass

U14's and over – 10'6, fiberglass, foam or plastic

You will be advised what boards are appropriate for your use. All fiberglass boards are individually allocated.

## Parents

All parents are expected to remain on the beach during the session, we have to fill a ratio requirement to be able to put the children into the water, so please come along and do your bit. This is also about safety, when we have 90 + kids on the beach we simply can't watch all of them effectively - this is why we expect parents/guardians to be present. Most importantly, your children are learning a vital life skill, why not be a part of it.

*We require 1:5 adult/child ratio when we put children in the water.*

*If we don't have this help we can't get the kids in the water!*

**As a parent or guardian you are REQUIRED to be at the beach at all times during Sunday activities. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on Oakura beach is the responsibility of the parent or guardian. Junior Surf is NOT a child minding program.**

## How about taking a course?

Parents have the option to become a qualified coach or parent assistant. Some of our parents already hold these qualifications; please see the junior surf coordinator for more details. Parents can also become a part of the official's pathway, this qualification allows parents to officially help at carnivals, and from the other side it also gives a further insight into the sport and therefore provides the club with volunteers to help us when we go to carnivals. We strongly encourage parents to get involved within the program and these qualifications.

We can't send junior surf to carnivals without providing a certain number of officials to assist. The more officials we have within the club the fewer competitions each person needs to officiate – it's great to share the job around!

## Carnivals and Competition

Surf Sports are an integral part of life saving at NPOB SLSC.

Training for, and participation in Surf Sports enables Lifeguards to improve their lifesaving skills, fitness, and motivation. Junior Surf athletes through to Masters compete in a variety of aquatic and beach events testing their fitness and surf skills against one another and against nature. With a professional surf coach for competitors, and a team of Junior Surf coaches, NPOB SLSC is able to ensure all members have the right trainings towards each surf discipline.

Surf Sport disciplines include swim, tube rescue, team surf race, board, ski, run, ironman, canoe, surf boat and inflatable rescue boat (IRB). Surf Sport events are held over the summer providing local, national and international competition for Surf Sport Lifeguards. Surf life saving also holds pool regional and national pool competitions where clubs get the chance to compete against one and another in rescue, obstacle, and swimming races.

Our Junior Surf Program encourages all participants aged 7 and up to get involved and give local carnivals a go. It's not about winning – just get in there and give it your best! There may be instances where Junior Surf is cancelled due to carnivals.



# 10 GOLDEN RULES

## 1. Safety First

All training sessions will start with a safety briefing for all participants.

## 2. Be Safe – Be Seen

NPOB clubbies must wear a 'Hi-Viz Rashie' for water based Club activities.

## 3. Who's Your Buddy?

When out in the water, train with a buddy at all times, someone to rely on if you get into trouble.

## 4. 1 to 5

Excellent supervision is essential, a minimum ratio of 1 competent person supervising up to 5 juniors in the water at all times.

## 5. Your Gear, Your Responsibility

If you take equipment to the beach (IRB, board, ski etc) you are responsible for returning it washed and clean to the gear shed.

## 6. If You Ding it Let Us Know

Ensure all damage to the club and to any equipment is reported.

## 7. Phones Off on Patrol

To avoid distraction, Lifeguards must only use mobile devices for emergency response purposes when on patrol.

## 8. Phone Off, Engine On

Drivers must turn off their mobile phone when driving the club van.

## 9. Wet & Sandy, Stay Downstairs

Up Stairs is a dry, clean area only. Down stairs is the wet area for changing and for all gear bags.

## 10. There is Something Good in Every Result

We seek the good and have fun shouting about it, our banter and support is only ever positive, encouraging and fun, this is how we roll!