



Youth Transition Booklet

**Youth starts with YOU and
YOU can make a
DIFFERENCE!**

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Foreword

Welcome to the Youth Age group. This age division is quite broad and generally covers members between the ages of 14 and 18 years of age. This booklet has been developed to provide information to teenagers and their parents who join this age group for the first time and provides an overview of youth and senior activities.

Youth mission

(refer to Policy 6.15 Youth Policy)

SLSA's youth development and activities will enrich the lives of young members through fun, involvement and the acquisition of personal, lifesaving and competition skills, in a safe aquatic environment.

Code of Conduct

(refer to Policy 6.5 Member Safety & Wellbeing Policy)

SLSA requires every individual and organisation bound by this policy to:

- Respect the rights, dignity and worth of others;
- Be fair, considerate and honest in all dealing with others, and be a positive role model;
- Make a commitment to providing quality service;
- Be aware of, and maintain an uncompromising adherence to SLSA's standards, rules, regulations and policies;
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age;
- Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving.

Expectations

We are committed to the health safety and wellbeing of all our members and are dedicated to providing a safe environment for everyone participating in surf life saving activities.

Surf lifesavers are nurtured in an environment that values safety, trust, respect, caring and responsibility. This environment encourages acceptance, confidence and risk taking. For example for surf lifesavers to venture into challenging waters in times of distress, they need to have faith and trust in themselves, and in the people around them.

The motivation for surf lifesavers to give freely of their time is to be found in surf life saving environments that value:

Safety and Support

Caring and Camaraderie

Trust and Teamwork

Respect and Responsibility

As part of the surf lifesaving community, each lifesaver makes a commitment to actively encourage behaviours that promote such a supportive and nurturing environment.

Objectives for Youth Development in SLSA

SLSA's aims to develop youth through activities that will enrich the lives of young members through fun, involvement and gaining a range of personal, lifesaving and competition skills, in a safe aquatic environment. Specifically we aim to:

- Provide the best possible lifesaving experience for all youth with the view to encouraging long-term active participation.
- Provide opportunities for youth to participate in and enjoy lifesaving and competition in an aquatic environment by offering a wide variety of activities suited to the skill and maturity levels of all youth.
- Ensure the youth are safe on Australia's beaches through the provision of surf safety education programs.
- Develop a team based philosophy encompassing leadership, camaraderie, teamwork, and fun.
- Promote social, emotional and physical growth and development in a healthy and safe environment.

Unlike life in Nippers (U6 to U14's) which is highly structured, you will be offered a variety of different things to do and the choice will be yours as to what you want to be involved in.

The youth age group is encouraged to join in with senior activities as well as to participate in youth-specific activities. This booklet covers information about what is expected from you as a member of the Club and what you can expect in return.

Senior activities are great fun and a great way to meet new people with similar interests. Remember you will only get out what you put in – so get involved.

Member Safety & Wellbeing Policy

SLSA's Member Safety & Wellbeing Policy (policy) aims to ensure our core values, good reputation and positive behaviours and attitudes are maintained. The policy assists us in ensuring that every person involved in surf life saving is treated with respect and dignity, in a safe and supportive environment. This policy also ensures that everyone involved in surf life saving is aware of his or her legal and ethical rights and responsibilities.

All members of an organisation have certain rights that carry with them particular responsibilities. These are reflected in the Rights and Responsibilities Matrix below.

Rights and Responsibilities

SLSA members and SLSA as an organisation have certain rights that carry with them particular responsibilities. These are reflected below

INDIVIDUAL MEMBERS RIGHTS	RESPONSIBILITIES	
Members have the right:	Members are responsible for:	What this means:
i. to be safe;	i. Showing respect to other members	- Listen when someone else is talking - arrive on time - No bullying
ii. to be listened to;	ii. Keeping themselves safe;	Don't take unnecessary risks – Play safe
iii. to be respected;	iii. Making themselves aware of and complying with the rules of the Club and SLSA	- Remain financial - Remain proficient - Do your patrols - Find your sub if you can't do your patrol
iv. to privacy;	iv. Understanding the possible consequences of breaching this policy.	-Do what your Patrol Captain asks
v. to a protective environment in which inherent surf lifesaving risks are taken	v. Looking after and sharing club equipment	- Ask before you use equipment - Check equipment for damage prior to use - Return equipment back to the gear shed - Wash equipment before putting away - Report damaged equipment
vi. to an inclusive environment	vii. Look after clubrooms	- Wash & Dry your feet - Leave no rubbish - Lock up when you leave
vii. to be referred to professional help if needed	viii. Maintain a high level of physical fitness	- Have a healthy lifestyle - Attend training sessions - Participate in Club swim and Sunday activities
viii. to be protected from abuse, discrimination or harassment by other members or outside sources.	ix. Improving your lifesaving skills	- get your surf awards - practise your lifesaving skills
ix. to have access to Club equipment and facilities that nurtures development		
x. to have access to training & education relevant to surf lifesaving		

Differences

So you're now left nippers which was a very structured program and moved into Cadets. For some of you this can be a very daunting step but hopefully this booklet will explain the ins and outs of seniors.

Some clubs will have a Youth Coordinator / Director who will take the place of an Age Manager. They are there to help guide you and point you in the right direction.

Sunday Morning Activities – What you make it!

Traditionally Sunday morning is the time when everyone in the Club gets together and most clubs will have a meeting area for their Senior Members either on the beach, in the boat shed or on a grassed area. Meetings usually start around 9.30am and run through club announcements, news and up and coming events.

Youth and Seniors

9:30am Club Announcements it is important to get down for these as this is when you get more detail about what is happening around the club.

Approx 9:40am Club Swim – generally about 300m these swims could be handicapped, off go, survivor or some other format. It is a great opportunity to meet others in the club and practise those essential swimming skills. We also have a range of trophy swims throughout the season.

Approx 10:30am Youth Activities - a variety of short, well planned activities that promote Enjoyment and Fun, Peer Interaction and Team work while improving 'surf' related skills.

Approx 11:00am Personal Time – time to chill or experiment with new craft or continue to develop your own surf skills. With prior notice you can be teamed up with an experienced athlete or coach to give you the edge. However for safety reasons you must let the Youth Activities Co-ordinator know what you want to do before you take out any equipment – no exceptions. It's important for safety reasons to notify the Youth Activities Co-ordinator if you have to leave for any reason. Intra-club competition – this changes from week to week and may include a variety of beach, water or Club trophy events. You are more than welcome to participate in these events. Generally these are tailored for the more proficient club member.

Senior activities are great fun and a great way to mix with all club members. Please encourage each other to participate and keep each other up to date with club news.

Communication

There are a variety of mechanisms that are available to Youth as a way of finding out what's going on around the Club. It is important and also your responsibilities to be proactive in keeping in touch and up to date with information.

The following are ways in which all members are able to keep up to date:

- **Sunday Club Mornings**: informal meeting about news in the club held on the beach before the club swim every Sunday morning at 9.00am
- **Website**: updated frequently
- **Facebook**
- **Email distribution**: you can subscribe to specific mailing lists via the website
- **Newsletter**: club "What's on This Week" newsletter emailed to all members, and also youth newsletter
- **Word of mouth**: networking with other club members
- **Youth Forum**: a regular meeting specific to Youth
- **SMS**
- **Club Surveys & Feedback** : your opportunity to have your say
- **AGM & Special Meetings**: more formal meetings and deals with how our Club is managed

With so many different ways in which the information gets out to members it is essential that you keep your contact details up to date. This means that you have to contact the Club and let us know of the changes.

There is a Contact details page in this booklet which lists those people you are likely to contact as well as space to record other contact details relevant to you.

Patrols

All active club members are expected to participate on patrols. By patrolling we provide a safe beach and aquatic environment for all beach users. Most clubs are committed to providing volunteer lifesaving services between October and March every year.

Prior to the start of the patrol season each person is allocated to a patrol group and groups are added to the patrol roster. Generally you will be required to patrol at least once or twice a month.

It is your responsibility to find out which patrol group you are in, and what your roster is for the season. The rosters and groups can usually be found on club website, newsletters and or notice boards. If you are unable to commit to your assigned patrol group because of work, study, travel or family reasons speak to your clubs Director of Lifesaving or the person in charge of patrols as they may be able to place you on another patrol.

If you can't make your rostered patrol you must find a proxy. A proxy is a person with their Bronze Medallion or equivalent award who can cover your patrol when you are unavailable. Finding a proxy is YOUR responsibility so make sure you start looking early. It also helps if you can swap a patrol with the person you are filling in for, this makes it a lot easier if you need to find a proxy in the future as people will know you will cover their patrol if they are busy or unavailable.

If you do not meet your patrol obligations, miss a patrol which leads to hours down you may forfeit your eligibility for Club Awards and subsidies, be ineligible to compete at interclub, State or Australian Championships and may place your club membership at risk.

Frequently Asked Questions

What to wear on patrol?

Each club may work slightly different but you should be provided with an initial set of Patrol Uniforms which includes SLSA red shorts, yellow long sleeved shirt, and the red and yellow patrol cap. If you lose any items of the patrol uniform, you may be asked to pay for the replacement item, so make sure your name is clearly written on the label of your shorts and shirt, and on the side ties of your patrol cap.

While on patrol it's your responsibility to protect yourself from the sun, keep hydrated and stay cool/warm so make sure you wear your hat, sunglasses and of course sunscreen. Remember to drink lots of water and pack snacks a towel and warm clothes depending on which patrol shift you are on.

Note: You **MUST** wear your red and yellow patrol cap, tied up at all times while on patrol.

How long is patrol?

Patrols are conducted between October through to March on Saturdays, Sundays and Public Holidays and are generally of four to five hour duration. You must be at the Club 30 minutes before your patrol starts to help set up. Likewise if you are arranging to be picked up after patrol, allow at least 15 minutes after the scheduled finish time to help pack up.

Patrols cont...

What happens on patrol?

The first thing you do when coming on patrol is report to your patrol captain (PC), sign on in the patrol log and help set up the patrol.

While you are on patrol the Patrol Captain is in charge and will give you jobs to do.

When on patrol your primary focus is watching the public on the beach and in the water. If you see something that you don't think is right or normal tell your Patrol Captain or an experienced patrol member. Other things you may be required to do include:

- Patrol set up
- Water Safety
- Tower duty
- First Aid
- Roving (walking) patrol
- Mobile (IRB/Vehicle) patrol
- Searching for lost children
- Skills practise (including mock rescues)
- Patrol pack up
- Other duties as directed

If you need to leave the patrol area to go to the toilet, the shop, need to leave early, go for a swim or a paddle you must first ask your Patrol Captain for permission. This is very important as if a situation comes up, the patrol captain needs to know where all members of the patrol are at all times.

Can I patrol if I'm not rostered on and at other beaches?

YES you certainly can!! The process for patrol remains the same although you sign in the patrol log as a voluntary member. If you are at a different surf club patrolling, make sure you write clearly your name, your surf club and voluntary so the people entering the information can enter the hours you have done. If they can't understand your writing they can't log the hours. This is only for voluntary patrols and does not count as a patrol if you are registered on at your clubs beach.

Do my patrol hours count towards community service?

Most schools accept that your patrol hours count towards your community service. However it is best to check with your school. Provided you sign on in the Patrol Log and there are no other issues, your hours are recorded in "Surf Guard"; SLSA's computer database. The Club can assist with verification of your hours in both calendar-year or season-year formats.

Please don't be a lounge lizard and camp in the patrol shelter. Be active, Get involved. If you have any questions ask your patrol captain.

Annual Proficiency

By the 31st of December each year all active SLS members must requalify their awards in order to be proficient and active. Clubs will notify members of dates of proficiency through their websites, newsletters and notice boards. So keep an eye out as this is your responsibility to requalify.

Surf Rescue Certificate Proficiency includes

- 100m Run / 100m Swim / 100m Run in 5 minutes or less:
- Resuscitation (CPR)
- Signals - 10 randomly selected signals
- Rescue either with a board or a tube consisting of
 - Negotiating the surf zone
 - Securing the patient
 - Returning to shore with the patient
 - Calling for assistance

Bronze Medallion proficiency includes

- 200m Run / 200m Swim / 200m Run in 8 minutes or less:
- Resuscitation (CPR)
- Signals – 10 randomly selected signals
- Rescue either with a board or a tube consisting of
 - Negotiating the surf zone
 - Securing the patient
 - Returning to shore with the patient
 - Calling for assistance
- Radios
- Defibrillation – 3 questions
- Spinal
 - Participate in a demonstration of:
 - Walk up spinal
 - Water rescue using either
 - 5 person technique
 - OR
 - Spinal board

Please speak to your Director of Education – James Harris - lifesavingeducation@triggisland.com for further information

Education & Development Pathways

(please refer to www.mybeach.com.au/pathways for prerequisites)

SLSWA clubs offers a wide range of accredited and non-accredited training programs across eight core disciplines to help you further improve your lifesaving skills and can also help with employment opportunities.

- Aquatic Rescue
- Education & Training
- Emergency Care
- Surf Sports
- Beach Management
- Age Managers
- Powercraft
- Support Operations

Lifesaving & Education Development Pathways

The table below demonstrates suggested development pathways within Surf Life Saving Western Australia



Please speak to your Director of Education – James Harris - lifesavingeducation@triggisland.com for further information and opportunities

Surf Sports Pathways

SLSWA provides surf sports competition for its members as a by-product of its lifesaving responsibilities. Club members need to have a level of fitness in order to perform rescues whilst on patrol. Club and inter-club competition helps to keep members fit and healthy throughout the year after obtaining their relevant education awards.

- Life Saving
- Craft
- Beach Events
- Swim
- Power Craft
- Cross discipline

Surf Sports Pathways

Members must be financial, proficient in their age category and complete requirement patrols to be eligible to compete

	Surf Boat	Swim	Life Saver Relay Board	Ski	Run
		Ironman (Individual) Swim Board Ski			
		Taplin Relay (Team of 3) Swim Board Ski			
Pool Rescue		Board Rescue Teams of 2 – 240m			
March Past Teams of 12		Surf Belt Race U/17 +	Surf Boat (16+) Teams of 5 800m	IRB Rescue Relay Teams of 16	
R&R Team of 5	Beach Relay 4 x 90m	Rescue Tube Rescue Team of 4	Ski Relay Teams of 3 550m	IRB Teams Rescue Teams of 6	
Champion Lifesaver	2km Beach Run	Tube Race U/15 – U/17	Single Ski 550m 15+	IRB Mass Rescue Teams of 4	
Champion Patrol Team of 6	Beach Flags 20m	Surf Teams Teams of 4 – 288m	Board Relay Team of 3 – 400m	IRB Tube Rescue Teams of 3	
First Aid Team of 2	Beach Sprint 90m	Surf Race 288m	Board Race 400m	IRB Single Rescue Teams of 3	
Life Saving Events	Beach Events	Swim Events	Craft Events	Power Craft Events 15+ Crew 17+Drive	

Please speak to your Director of Education – Reg Beaton - competition@triggisland.com for further information and opportunities

Surf Sports cont...

To compete in interclub, State, National and international competition all members must be proficient in the appropriate award prior to the 31st of December and must have performed a minimum of 16hrs of patrol hours. It doesn't mean once you have done your 16 hours you don't patrol again. It means you are eligible to compete but must continue to patrol as outlined on the patrol roster.

Saving lives is our number 1 priority and therefore clubs will penalise members who are down hours by not allowing them to compete. It's your responsibility to check and keep on top of patrol hours and proficiencies to make sure you can compete.

Please speak to your Surf Sports Director Reg Beaton – competition@triggisland.com - for further information and opportunities

SLSWA State Championships

- WA Champion Lifesaver Titles
- WA Country Club Championships
- WA Champion Patrol
- WA First Aid Championships
- Senior State Championships

February 1st (Theory) February 2nd (Practical) 2014
March 2nd 2014
February 15th 2014
March 8th 2014
March 15th and 16th 2014

Australian Championships

- Australian Championships

April 1st to 6th 2014

YIPS

(Youth Involvement Program)

Anglesea SLSC in Victoria developed a great incentive program called YIPS (Youth Involvement Program) which was to help with the retention of young, keen members like you. The point of YIPS is to give you a plan to move forward in lifesaving and try to achieve little goals along the way.

Everything you do in lifesaving counts in some way towards your YIPS points and they are accumulated over each consecutive season.

How does the program work

There are 3 levels to YIPS – Bronze Silver and Gold and are made up of points over Life Saving, Development & Surf Sports.

Speak to your Youth Director – Adrian Darge - youthmanager@triggisland.com about the YIPS program and more information.

Social

Surf Life Saving is a great way to hang with your mates while volunteering to save lives. Socially YOU have a lot of influence in what takes place in your club. Some clubs will have Youth committees set up while others may have a Social or Function Coordinator. Make sure your voice is heard when arranging functions to include Youth and your friends. If nothing's happening in your club speak to the Function Coordinator and organise a BBQ, Lawn Bowls, Movie Night or a party and invite other SLSC around your area. Feedback and suggestions are welcomed and encouraged. Don't be afraid to tell us what you would like to participate in.

Sometimes the social activities involve just youth, other senior elements of the Club, or the whole of club. The key to the success of these events is your attendance.

Keep you eye out for upcoming functions and events on the club website - <http://triggisland.com>

SLSWA Functions – All clubs and members are welcome

- TOAD Camp 13-14yrs January 13th -16th 2014
- Rise UP Camp 15 – 17yrs January 20st - 23th 2014
- Boardies Day February 21st 2014
- Adventure World March 3rd 2014

Camps & Leadership Opportunities

SLSWA Rise Up Camp (15-17yrs)

The Rise Up Camp is an exciting opportunity for members to participate in a wide range of physical and social activities that will enhance leadership skills and development.

The camp is designed to cater for 40, 15 – 17 year old participants and is held over 4 days in January each year. The camp tests participants mentally and physically while working in groups with their fellow clubbies.

TOAD Camp Leaders (18+)

If you've been on the TOAD Camp you'll know how much fun it really is. The camp is for 13 – 14yr old club members and aims to expose participants to a wide range of skills and activities to encourage development within Surf Lifesaving.

The camp runs for 4 days in January and we are always looking for Leaders

SLSA Leadership College (20-30yrs)

The National Leadership College is an annual national leadership program recognizing young leaders aged 20 – 30. Participants come from a variety of clubs, roles and surf backgrounds.

The Leadership College program is designed to challenge participants physically, socially, emotionally and intellectually to develop their understandings of leadership. The skills gained at the college can be taken back to their clubs and can also be applied in all other areas of their lives helping to build great people, clubs and communities.

WACE Points

(Western Australia Certificate of Education)

The Curriculum Council have endorsed the Surf Life Saving Certificate and Bronze Medallion for WACE points. Students who complete these qualifications in Years 10, 11 or 12 can use them to contribute to their Western Australian Certificate of Education (WACE) completion requirements.

Points

Surf Rescue Certificate

1 WACE Point

Bronze Medallion

13 WACE Points

To receive these points you will need to supply your school with the appropriate certificates.

For further information please refer to the Curriculum Council website www.scsa.wa.edu.au

Surf Life Saving is listed under the Community Organisation category :

<http://www.scsa.wa.edu.au/Apps/EP/display.aspx>

Or speak to the Health & Development Coordinator at SLSWA on 9207 6666

Contact Details

Position	Responsible for:	Contact
President		Paul Lynch president@triggisland.com
Vice President		
Director of Youth	Responsible for members aged between 14 and 18 years	Adrian Darge youthmanager@triggisland.com
Youth Activities Co-ordinator	Non-club officer position responsible for Sunday morning Youth activities	Neil Bowie masterscaptain@triggisland.com
Club Captain	Responsible for all club activity on the beach and is the advocate for Active members	Cas Ryan captain@triggisland.com
Director Lifesaving	Responsible for all lifesaving operations	James Harris lifesavingeducation@triggisland.com
Director Education	Responsible for all education and training activity	James Harris lifesavingeducation@triggisland.com
Director Surf Sports	Responsible for all surf sports activity, including coaching and Sunday morning senior activity	Reg Beaton competition@triggisland.com
Patrol Officer	Club officer position responsible for coordinating Patrols	Carl Stoffers patrolofficer@triggisland.com
Club Administration Officer	Paid position responsible for all club administration such as collection of membership fees, competition entries, payment of invoices etc.	Bronwyn Meldrum tislsc@bigpond.net.au

