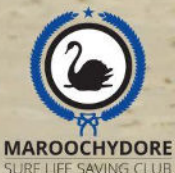


2024-2025 NIPPERS



**FUN
FAMILY
FRIENDS**





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Maroochydore Surf Life Saving Club

Junior Activities - Positions

DIRECTOR OF JUNIOR ACTIVITIES

Jay Whatley

DEPUTY DIRECTOR OF JUNIOR ACTIVITIES

Earl Hicks

TEAM MANAGERS

- Jarrod Novosel
- Majella Purcell – Assistant

COORDINATORS

- Clint Irwin – JA Skill Coaching
- Kat Latham and Carly Buck – Officials Coordinator
- Vacant – Canteen Coordinator

LIFE MEMBER REPRESENTATIVE

Fiona Meredith

JA GEAR STEWARD

Wayne Spindler

COACHES (Volunteer)

- Scott Smith – Beach Skills Coach
- Steven Short – Water Skills Coach
- Vacant – Board Skills Coach
- Nathan McGrath – Board Skills Coach Redcliffe
- Vacant – March Past Coach
- Vacant – March Past Assistant

OFFICERS

- Nathan Lee – JA Finance Officer
- Nathan Lee – JA Awards Training Officer
- Paul Wilcox – Water Safety Officer

PHOTOGRAPHER

Dave Shearer

UNIFORM STEWARD

Tanya Dunn

PARENT LIAISON & SECRETARY

Vacant

nippers@maroochysurfclub.com.au

Maroochydore Surf Life Saving Club

Age Managers

NAME	ROLE
Fiona Meredith	U6 Age Manager
Dan Draper	U6 Assistant Age Manager
Evita Camilleri	U6 Assistant Age Manager
Juan Van Deventer	U7 Age Manager
Maxine Van Deventer	U7 Assistant Age Manager
Peter Atkinson	U8 Age Manager
Vacant	U8 Assistant Age Manager
Earl Hicks	U9 Age Manager
Michael Buck	U9 Assistant Age Manager
Majella Purcell	U10 Age Manager
Sophie Brun	U10 Assistant Age Manager
Sage Greig	U11 Age Manager
Alan Ray	U11 Assistant Age Manager
Jace Dunn	U12 Age Manager
Wayne Spindler	U12 Assistant Age Manager
Karl Latham	U13 Age Manager
Shannon Greig	U13 Assistant Age Manager
Nathan Lee	U14 Age Manager Cadet
Luke Short	U14 Assistant Age Manager Cadet
Scott Smith	U15 Age Manager Cadet
Amy Novosel	U15 Assistant Age Manager Cadet

Maroochydore Surf Life Saving Club

Key Dates 2024-2025 Season

DATE	FIXTURE / ACTIVITY	VENUE
AUGUST		
Sunday 11 August	Marathon Water Station – Volunteers Required	Maroochydore SLSC
Sunday 25 August	Swim Proficiency Day – All Ages	Cotton Tree Pool Maroochydore Beach
SEPTEMBER		
Sunday 15 September	First Day of Nippers – All Ages	
Saturday 21 September	State Endurance Championships	Coolangatta
	Bugsy's Boot Camp – U12-U15	
Sunday 29 September	Family Participation Program	Maroochydore SLSC
OCTOBER		
Saturday 5 October	SSCB Interbranch Trial – U13-U15	Alexandra Headlands
Saturday 12 & Sunday 13 October	Coolangatta Gold	Coolangatta
Saturday 19 October	Rainbow Beach Carnival	Rainbow Beach
NOVEMBER		
Saturday 16 November	Junior Teams U8-U10 SSCB	Noosa
Saturday 16 November	QLD Beach Series Rd 1	TBC
Saturday 23 November	Century 21 Event	Maroochydore
Saturday 30 November	Junior Individual Carnival U8-U10 SSCB	Noosa
DECEMBER		
Sunday 22 December	Last Nippers prior to Christmas break	
JANUARY		
Saturday 4 January	QLD Beach Series Rd 2	TBC
	Twilight Nippers followed by Bettys Burgers	Maroochydore
Friday 25 & Saturday 26 January	Murphy Homes Carnival U14/U15	Maroochydore
FEBRUARY		
Saturday 1 & Sunday 2 February	State Surf Rescue Championships	Sunshine Coast
	Gold Coast Carnival	TBC
Friday 7 – Sunday 9 February	SSCB Youth Championships (U11-U15)	TBC
Saturday 22 February	QLD Beach Series – Rd 3	Kurrawa (TBS)
MARCH		
Thursday 13 – Sunday 16 March	State Youth Championships (U11-U15)	Tugun
Sunday 29 – Monday 31 March	Australian Youth Championships (U13-U15)	North Kirra



Maroochydore Surf Life Saving Club

AGE GROUP REFERENCE GUIDE

WHAT AGE GROUP WILL YOUR CHILD BE IN?

The below table indicates the birth year/month and relative age group for member. Nippers must stick to their age group, no exceptions e.g. friend in an older age group.

AGE GROUP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
U6	2018	2018	2018	2019	2019	2019	2019	2019	2019	2019	2019	2019
U7	2017	2017	2017	2018	2018	2018	2018	2018	2018	2018	2018	2018
U8	2016	2016	2016	2017	2017	2017	2017	2017	2017	2017	2017	2017
U9	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016	2016
U10	2014	2014	2014	2015	2015	2015	2015	2015	2015	2015	2015	2015
U11	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	2014
U12	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	2013
U13	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	2012
U14	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	2011
U15	2009	2009	2009	2010	2010	2010	2010	2010	2010	2010	2010	2010

Maroochydore Surf Life Saving Club Nipper Sunday Checklist

- Hi-Vis Pink Rash Top
- Age Cap
- Swimwear
- Sunscreen/Zinc
- Water Bottle
- Towel
- Sun safe Hat
- Dry Clothes

UNDER 6

UNDER 7

UNDER 8

UNDER 9

UNDER 10



U11-U14



Meet on the beach at your age group's flag

Maroochydore Surf Life Saving Club

2024-2025 Nipper Season

Welcome

Welcome all nippers and families to the Black Swans!

First Day of Nippers: Sunday September 15, 2024
(See Nipper Calendar for an overview of the season).

Nipper Days: Sundays from 7:50am – 10:30am
(Depending on age group). Meet on the beach in front of the Club under the child's age group flag.

Sign Up

You can sign up from July 1, 2024, though to October 31, 2024. No applications will be taken outside of this time as per Nipper Policy.

Membership Fees

First Child and 1 Parent	\$330
Two Children and 1 Parent	\$360
Three Children and 1 Parent	\$410
First Child and 2 Parents	\$340
Two Children and 2 Parents	\$400
Three Children and 2 Parents	\$450
Each additional Child	\$65

Maroochy Nippers Membership includes:

- Sunday nipper program
- Use of Club facilities, nipper boards and equipment during nippers and allocated training sessions
- Comprehensive training program with our professional coaching team

Amenities

Junior Activities have dedicated bathroom and shower facilities at the northern end of the downstairs Club area. Please help keep the area clean.

Mandatory Safety Apparel

- Hi Vis Pink Rashie
- Coloured Cap

This apparel must be worn at all times during Nipper activities. Nippers will not be able to participate without these items. It is highly recommended that your child wears a long sleeve rashie under the hi vis tank and a hat under their age cap when they are not in the water, plus zinc and sunscreen. You can purchase the items at the Lifesaving Office during the week.

Nipper Sunday Time Breakdown

7:00 – 7:50am: Set up

Each Age Group's parents will be allocated Sundays for set-up/pack-up/BBQ, watch the Facebook page and Nipper Calendar to be aware of your Age group's turn. Many hands make light work, if you're not sure what to do please ask.

7:50am: Sign on

Meet Beach side. Age Groups areas are marked with labelled flags. Be ready wearing togs, nipper cap, pink rash shirt, sunscreen. (See check list on page 9 for what to bring)

8:00am: Nippers starts

It is a requirement of Maroochydore SLSC that parents stay on the beach at all times with their child's age group. In the case of siblings being in other age groups, please advise the age manager/s where you are in case of emergency.

However, regarding our Green Cap program we require a parent/ guardian to be in attendance at all times.

At the conclusion of activities children must be signed out formally by the Age Manager or Assistant Age Manager. Only once signed out may children be collected by their parent or guardian. For the upcoming season, Age Managers and Assistant Age Managers will be trialling an app for this process.

During the season we may conduct nippers in the Maroochy River, usually due to rough surf conditions. This will be advised at sign on.

Swimwear Info for the 2024-2025 season

The official colour for Maroochydore SLSC swimwear is black. For any other questions regarding swimwear contact the Life Saving Office.

Maroochydore Surf Life Saving Club

2024-2025 Nipper Season contd.

Nipper Boards & Equipment Guidelines

Junior Activities has a range of boards suitable for all levels of expertise.

- Red foam boards are for U7's-U8's
- Standard nipper foam boards for U9's -U10's
- Fibreglass boards are for U11-U13's
- Full size fibreglass Malibu Boards are for Under 14's and older

All nippers can use Club boards for training.

Nipper Board Hire - Our Gear steward from time to time will select good condition boards available for hire for the season. Please email the office or see your age manager for more details.

Club Boards Care & Responsibilities

All boards must be washed after every use with fresh water. All boards need to be kept out of direct sunlight (to avoid delaminating). No sitting on boards while they are on the sand.

In the event that a hired board is damaged, they should be taken out of general circulation and made known to the Gear Steward/Age Manager to ensure damage is repaired.

Communications

Maroochydore Nippers Facebook group—request to join via <https://www.facebook.com/groups/1617272228545890/>

Team App - If your child is participating in any Club-based training or attending carnivals, you need to be on Team App to receive important information.

To join Team App: Go into your phone's App Store, Download the App (team app) Search Maroochydore Junior Activities, Fill in the required information fields. Important – Once you have joined, you need to make sure your notifications for the App are turned on. Once on Team App you will be able to view: Coaching messages, Squad Schedule, Training venue changes.

Junior Activities Competition Philosophy

Throughout the season Maroochydore is invited to attend surf carnivals on beaches across the Sunshine Coast and at times Gold Coast. These carnivals are run by SLSQ, Sunshine Coast Branch and Maroochydore actively supports these carnivals and encourages its members to attend to fine tune the skills learnt on our beach against other Surf Clubs. These carnivals are aimed at accommodating children aged U8 to U15.

These carnivals are designed as follows:

U8—U10 Participation focused. (Note: no results are taken nor medals given).

U11—U13 Competition. These competitors are introduced to competing towards Branch and State Titles (U13 now compete at Australian Titles).

U14—U15 (sometimes referred to as Cadets). Full competition with a focus on representing Maroochydore at Branch, State and Australian Titles in both individual and team disciplines.

To compete at carnivals as a Club we need to meet the following minimum obligations:

- provide water safety to a ratio of 1:15 (i.e. provide 1 water safety for every 15 athletes nominated in carnival)
- provide officials to a ratio of 1:10
- provide shallow water rescue
- provide IRBs and crews

For water safety and officials, we rely on nipper parents. If the ratios for both are not achieved we will need to limit athlete numbers to the available water safety and officials we have. Children of the participating water safety/officials will be prioritised entry to carnivals. Even though both water safety and officials are required we tend to have enough water safety and require more parents to be officials.

Maroochydore Surf Life Saving Club

Team Selection Guidelines for Water and Beach

Competition Policy

To facilitate transparent selections of Teams to represent Maroochydore SLSC all Teams are selected by a panel of selectors with input provided by Coaches and Age Managers. The selection policy is formulated to complement that of the open competitors to ensure continuity as athletes progress through age group to open competition.

Each season the Junior Activities Committee circulates selection carnivals so that all competitors and parents are clear on what carnivals they should attend if they wish to be considered for selection in a Team to represent Maroochydore.

Although we acknowledge there is never a perfect system for team selection, generally for the U11-U15's we consider:

- there is benefit in having more data points than less to give a more accurate representation of results for team selection.
- early in the season where less carnival data/results are available, more reliance is put on age manager/coach feedback and potentially looking at last season's results.
- results at carnivals that have a large number of Clubs and competitors attending (e.g. Branch and State) are potentially weighted higher than carnivals with less Clubs and competitors.

Team Selection Guidelines 2024-25 (Water and Beach)

U8-U10's:

In the U8-U10's, where it is noncompetitive, teams shall be selected and managed by the Age Managers with a view to give all participants opportunities in teams. Nearing the end of the U10's season, in preparation for the next season, Age Managers may choose to be more strategic with their teams with regards to competition.

Please note, often U8-U10's compete at different/separate carnivals to the U11-U15's in terms of dates and locations. Please review the calendar for more information.

U11-U15's

Generally in the U11-U15 age groups, team selections are based upon a combination of the following:

- individual results at selection carnivals (Water and Beach Selection Carnivals are noted in the following sections)
- points awarded for the top 6 places in any carnival using 1st =6 points, 2nd= 5 points, to 6th=1 point. 7th place or lower do not score points,
- in the case points are not achieved or do not give adequate representation, the rank achieved will be looked at taken from LiveHeats. (Please note: Although very good, it is known LiveHeats data is not 100% infallible, if you become aware of an error or incorrect result, please make it known to the Age/Team Manager)
- age manager/coach advice
- observations during training/nipper Sundays
- observations on performance in different surf conditions
- other general observations
- trials where required (as noted below).

Athletes will be selected from the available athletes in their respective age group as a priority before considering an athlete from a younger age group to complete teams. The exception to this is for the Australian Titles (the Aussies) where selecting the best available teams is the priority, please refer to the further clarifications section below.

Should the majority of Selection Carnivals be cancelled or not all events contested then results from Club championships (if contested and applicable) may be considered by the Selectors.

Please also note that for competitive Branch and State titles these are essentially U11-U15 events. There may be circumstances where U10's may be invited to these events to complete U11 teams at the discretion of the selection committee, however U10's competing at Branch or State titles is not a given and should not be an expectation as their opportunity is the following year.

Maroochydore Surf Life Saving Club

Team Selection Guidelines contd.

The Maroochydore SLSC selectors for 2024-2025 are Jarrod Novosel (Team Manager) and Clint Irwin (Selection Chair) with Coach's and Age Managers as advisors. In the event of a tied decision the Director of Junior Activities will make the selection. Where a conflict arises the selector, coach and age manager will excuse themselves from the discussion and selection process.

The AUSSIES: Different to all the other carnivals that have their own individual age groups, at Aussies the relevant team age groups for the juniors are a combined U13/U14 age group, and a combined U14/U15 age group, however the U14's cannot compete in the same event for both age groups.

With the U13/U14 combined age group there are added complexities of having minimal head-to-head opportunities with the U14's for comparison during the season and U13's are still on nipper boards whereas the U14's are on racing mals. The U13/U14 team events are all done using racing mals and not nipper boards. This inherently means, selection of U13's for teams in the U13/U14 age group usually relies on coach/selector discretion in the absence of direct comparative information.

For the U14/U15 age group it is important that for water selection U14's compete at events where U14 and U15's race head-to-head such as the Oceans 38 or Summer of Surf (SoS) events. Suggested selection events for U14's getting head-to-head results against the U15's are nominated in red text in the Water Selection Carnival section. For Beach team selection as there are no similar Beach Carnivals, the Beach Team selection usually relies on coach/selector discretion in the absence of direct comparative information or trials organised by the Beach coach.

BOARD RESCUE: Given these events are not contested at carnivals prior to Branch, Age Managers will make their best efforts to introduce and practice the required techniques with different combinations at Nipper Sundays prior to selection meetings. The Selectors will consider this advice when selecting combinations. Please note it is not necessarily the fastest swimmer and fastest board paddler that will make the best board rescue teams.

Things such as opportunities to practice, how the team fits on the board, teamwork and workload at Carnivals all contribute to successful board rescue teams and will be considered in the final selections. In the case of close calls, Selectors will take advice from the relevant Coaches.

CAMERON RUNNERS: Generally, and subject to availability (schedule clashes and the like), the Cameron runners selected will be the quickest in accordance with the beach sprint results at selection carnivals. The exception to this is at the Aussies where Cameron runner trials for the U13/U14 and U14/U15 age groups can be run if there is demand by the Beach coaches.

2x500m and 2x1km RELAYS: As these events are only held at Branch, States and Aussies, middle distance trials will be held prior to Branch by the Beach Coaches. The middle-distance relay teams will be selected in accordance with results at these trials, and subsequently updated when further results are obtained during Branch, States and Aussies. Please note scheduling and workload tend to impact these events, often the relays occur after the individual middle distance event meaning athletes are required to back up. Final selection is usually made after understanding workload and schedule with the athletes and coaches.

Please note an important part for selection in relay teams is the ability to give and receive a baton. It is important that training attendance for baton changes may be more important in relay team selections than speed. Training times will be advised and monitored by the beach coaches.

ALL AGE RELAYS: As there are so many permutations and combinations with selecting this team, this team is ultimately put forward by the Beach coach and endorsed by the selection committee.

To be considered for selection in a Team an athlete must meet the following minimum criteria:

1. Be a member of Maroochydore SLSC and completed the competition skills maintenance standards
2. Abide by the MSLSC Code of Conduct (refer to page 19)
3. Make best efforts to attend all Sunday nipper sessions
4. Compete at Selection Carnivals

Should a parent wish to contest/protest a selection or non selection then the following process must be followed:

1. Parent to provide a written objection with detailed reasoning submitted as a matter of urgency to lifesaving@maroochysurf.com.au
2. Selection Ombudsman – John Baxter (Backa) will contact the parent to discuss their email and reasons. Should the parent, after finalising this step, still wish to contest and or protest a selection their matter will be handled by the Senior Club Selectors.
3. Senior Club Selectors (chaired by Director Surf Sports) will make the final decision on the protest/contest.

Maroochydore Surf Life Saving Club

Age Champ Criteria and Selection Carnivals

Age Champ Criteria

U8-U10:

- attendance of at least 50% of Nipper Sundays
- summation of points at the Club Champs (i.e. points will be awarded for the top 6 places; 1st = 6 points, 2nd = 5 points, to 6th = 1 point).
- All efforts will be made to run Championships in as fair conditions as possible. This will include considering the River as a venue. The decision will be made by JAC and Water Safety Officer.
- In the event the Championships are not run (prior to trophy day) then the JAC will work with the Age Managers to determine who the standout male and female individual was for each age group and present an award to reflect this achievement.

U11-U14:

- attendance of at least 50% of Nipper Sundays for U11-U13's/ attendance of at least 30% of Nipper Sundays for U14's (this is in recognition of U14's participating in patrols, water safety and additional U14/U15 carnivals).
- summation of points for the individual events at the endorsed selection carnivals (water + beach).
- Points will be awarded for the top 6 places. Points for endorsed selection carnivals will be awarded as such 1st = 6 points, 2nd = 5 points, to 6th = 1 point).

Beach Selection Carnivals U11- U14

November 23rd Century 21 Maroochydore U11-U14
All Beach Series Rounds
February 7th – 9th SSCB Branch Championships TBC U11-U15
March 13th– 16th State Youth Championship Tugun U11-U15

Water Selection Carnivals U11- U14

October 19th Rainbow Beach U11-U15
November 23rd Century 21 Maroochydore U11-U14
February 7th – 9th SSCB Branch Championships TBC U11-U15
March 13th– 16th State Youth Championship Tugun U11-U15

Water Selection Carnivals U14's wanting to be selected in U15 teams at Aussies

October TBS Oceans 38 Rd 1 TBA U11/U15
November TBS Oceans 38 Rd 1 TBA U11/U15
December TBC SOS Alex U14/U15
January 25th – 26th Murphy's Maroochydore U14/U15
March TBC SOS Northcliffe U14/U15

Maroochydore Surf Life Saving Club

Water Safety and Officials/ Pathways for Parents

Water Safety and Officials

To ensure water safety for our participants during nippers and to ensure efficient carnival operations, we depend on the involvement of nipper parents. If we do not meet the required ratios for water safety and officials, we will have to limit the number of athletes participating based on the available water safety personnel and officials. Children of parents who are actively involved in water safety or officiating will be given priority for carnival entry.

While both water safety and officials are essential, we generally have sufficient water safety volunteers and often need more parents to serve as officials.

As noted on page 11, when parents register their child for nippers, there is an expectation they will undertake training to become either water safety personnel or officials. Further, if your child competes in or plans to compete in carnivals (U8-U14), you will be required to hold a Bronze, IRBD/C, SRC, or Officials award this season.

A draft calendar for training for the remainder of the year has been emailed to families registered for this season. Please contact the lifesaving office for further information and to register for the relevant courses.

To ensure you're ready to register with courses, ensure you have met the following pre-requisites:

- Be a registered and financial member
- 16 years plus
- Hold current working with children check-Blue Card, SLSQ CYRMS and SLS Child Safe Awareness module completion (Branch will audit candidates who nominate to commence the Officials accreditation pathway and only those who meet the prerequisite criteria and Blue Card status will be permitted to commence)
- Please login to your Members Portal to complete your training
- If you are unsure as to whether you meet these prerequisites email the office at lifesaving@maroochysurfclub.com.au



Maroochydore Surf Life Saving Club Training for Nippers U11 and Older

Coaching Staff

Nathan Greig – Head Coach
Jake Dale – Junior Water Coach
Mike Armstrong – Beach Coach
Memphis Shields – Junior Beach Coach
Cody Rychvasky – Assistant Beach Coach
Peyton Craig – Middle Distance Beach Coach

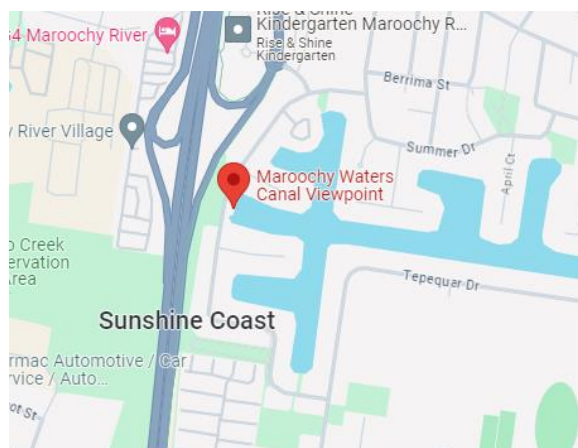
Training Schedule

The Water and Beach training schedule evolves throughout the season with training schedules updated on Team App. They typically include two board sessions, an iron session, encouragement to attend swim squad regularly throughout the week, as well as a gym session and sprint sessions.

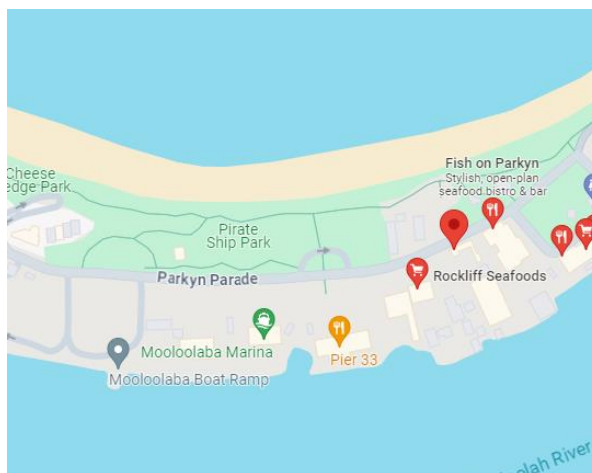
Training Locations

Depending on the day of the week and the time in the season, board training is held at the Canals in Maroochydore, the Spit in Mooloolaba and also at the Club.

Location of Canal training:



Location of the Spit training (Opposite Pier 33)



U9+ Board Training

Wayne Spindler and Robb Boughton provide additional training for U9 and older. This training is open to anyone keen to build their confidence and skills and is promoted via Facebook.

At the discretion of the Head Coach and Junior Water Coach U10 athletes may be invited to attend training with the U11 and older group. The coaches will talk with the parents before making any commitment to training to ensure the workload is manageable. Water Safety is also paramount when making these decisions.

Maroochydore Surf Life Saving Club

Beach and Pool Evaluation

All nippers are assessed and need to demonstrate minimum swimming competency to be signed off and to partake in Nippers and compete at carnivals. It includes a Beach Swim and Pool Swim component outlined over the next two pages:

Beach Evaluation Component

AGE GROUP	COMPETITION EVALUATION
U6	NA - (No Competition)
U7	NA - (No Competition)
U8	25m-25m-25m (Run-Wade-Run)
U9	Minimum 150m open water swim (competition course distance as per competition manual)
U10	Minimum 150m open water swim (competition course distance as per competition manual)
U11	Minimum 288m open water swim (competition course distance as per competition manual)
U12	Minimum 288m open water swim (competition course distance as per competition manual)
U13	Minimum 288m open water swim (competition course distance as per competition manual)
U14 (SRC)	Minimum 288m open water swim (competition course distance as per competition manual)



Maroochydore Surf Life Saving Club

Junior Preliminary Pool Evaluation Component

Age Group	Flotation	Submersion	Propulsion
Under 6	Back or front float for a minimum of 5 seconds and recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.
Under 7	Back or front float for a minimum of 10 seconds and recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by a swim underwater (distance 2-3 metres)
Under 9	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands.	Swim in front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.
Under 10			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres.
Under 11	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.
Under 12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 14		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.

Maroochydore Surf Life Saving Club

Code Of Conduct



QUEENSLAND CODE OF CONDUCT FOR MEMBERS

Members and all people involved in any way with SLS will:

- a) Respect the rights, dignity and worth of others—treat others as you would like to be treated yourself;
- b) Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations;
- c) Be professional in, and accept responsibility for your actions;
- d) Be aware of and follow—at all times—SLS' standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others;
- e) Raise concerns arising under this Policy through the appropriate channels and report any breaches of the Code or this Policy, in line with the Complaint Resolution Policy via <http://complaints.sls.com.au/>;
- f) Refrain from any form of abuse, harassment, discrimination and victimisation towards others;
- g) Provide a safe environment for the conduct of activities in accordance with any relevant SLSA policy;
- h) Ensure SLS is an inclusive organisation that is open to all who wish to participate regardless of age, gender, disability, cultural and linguistic background or sexual orientation;
- i) Provide a safe and nurturing environment for all participating in SLS by actively promoting the principles of equal opportunity, social justice and cultural safety so that all individuals are treated with respect and dignity;
- j) Show concern, empathy and caution towards others that may be sick or injured;
- k) Strive to be a positive role model to all;
- l) Respect and protect confidential information obtained through SLS activities or services; whether individuals and/or organisational information;
- m) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s);
- n) Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development;
- o) Refrain from intimate relations with persons over whom you have a position of authority;
- p) Maintain a duty of care towards others;
- q) Be impartial and accept the responsibility for all actions taken;
- r) Operate within the rules and spirit of the sport, including the national and international guidelines that govern SLS;
- s) Raise concerns regarding decisions of PPA through the appropriate channels and in a timely manner;
- t) Report any breaches of the codes or this policy to the appropriate PPA;
- u) Agree to abide by the codes; and
- v) Understand the possible consequences of breaching the codes and/or this policy;

Person in Position of Authority (PPA):

PPA include everyone who holds a position of authority in SLS, whether paid or unpaid, and includes, but is not limited to, all SLS Entity Individual Members. For the avoidance of doubt, PPA also includes Child or Young Person (CYP) who may hold a position of authority in SLS over other CYP.

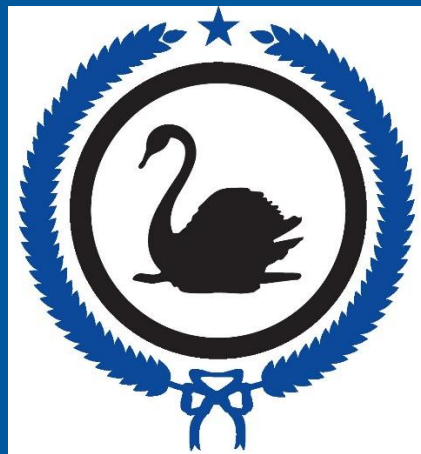
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