

MEMBERS HANDBOOK 2022/23



**QUINNS
MINDARIE**



SURF LIFE SAVING CLUB

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CLUB CHARTER

Quinns Mindarie Surf Life Saving Club Inc. (QMSLSC or the Club) is a non-profit, community-service based institution. The objectives for which the club is established are to:

- Maintain effective patrolling of the beach, in accordance with our area of operation, as defined in the Life Saving Agreement
- Assist and rescue any persons, whether bathing or otherwise, who may be in danger of drowning in the most effective manner
- Resuscitate and revive any drowned persons in the most efficient and effective manner
- Render first aid and other assistance to any persons who may be injured by accident or otherwise
- Ensure, through education and periodic demonstration, by such means as may be deemed advisable, the efficiency and the competency of the patrolling members of the Club in lifesaving and first aid practices and methods
- Provide a program for members which promotes the fitness and ability to safely enjoy surf activities through regular Club sponsored training activities and events
- Provide and maintain equipment for achieving the above objectives
- Liaise with state and national surf life saving governing bodies on measures to best provide appreciation of the surf environment
- Liaise and cooperate with the Local Government Authority on measures that are necessary to ensure the safety of the public
- Encourage members to realise their potential and athletic abilities by extending to them the opportunities of education and participation in surf lifesaving competition and recognition of successful competitors through the presentation of trophies and rewards
- Promote and encourage competition free of the use of performance enhancing drugs
- Provide a family friendly and inclusive environment for members in the enjoyment of surf-based activities
- Ensure that the property and income of the Club shall be applied solely towards the promotion of the objectives of the Club and no part of that property or income may be paid or otherwise distributed, directly or indirectly, to members, except in good faith in the support of those objectives

PRESIDENT'S WELCOME

Whether you are a new member or renewing member, the Board of Directors extends a warm welcome to you and hopes that your association with Quinns Mindarie Surf Life Saving Club will be long and rewarding.

This handbook has been compiled to assist both new and existing members to familiarise themselves with the Club's operational policies and to make members aware of their obligations once they become financial members of the Club.

This handbook should answer most of the questions new or existing members will have. More detailed information is available in the [QMSLSC Constitution](#) and the [QMSLSC By-laws](#). Should there be any discrepancy then the By-Laws and then the Constitution takes precedence.

Welcome to Quinns Mindarie Surf Life Saving Club.

Nathaniel Lee, Club President

ABOUT THE CLUB

Surf life saving clubs around Western Australia exist primarily to provide essential education and emergency services to all users of Western Australian beaches via voluntary beach patrols qualified in first aid, rescue, and resuscitation. At QMSLSC we provide, in conjunction with the City of Wanneroo, Surf Life Saving Western Australia (SLSWA) and Surf Life Saving Australia (SLSA), a voluntary lifesaving service to the public at Quinns Beach. The Club is managed by the volunteer Board of Directors. These members are elected by the eligible voting membership at the Annual General Meeting, which is held in June of each year. There are also elected office bearers who form part of the many sub-committees that exist so that the Club can function efficiently. The various board positions and club officer positions - as well as their responsibilities – are detailed in the QMSLSC By- Laws.

The Club conducts a junior activities program (Nippers) for the younger members. Children aged from five upwards may join the Club (as part of a family membership) and take part in Nipper activities.

There are also active groups of seniors (U14 and above) and masters (over 30) who train and socialise together.

The Club is run by the members, for the members, and there are many ways to get involved. Please ask any of the Club's Directors or call into the office and ask!

INFORMATION FOR ALL MEMBERS

All members of this Club are volunteers, and with the exception of the elected Life Members all pay fees for the privilege of membership. However as with any privilege there is an obligation. By voluntarily applying for membership, you have agreed to the obligations of membership that the Club requires, including a code of conduct.

Member Protection

To ensure the protection and safeguarding of our members under the age of 18, QMSLSC maintains, in compliance with the *Working with Children (Criminal Record Checking) Act 2004* of Western Australia, a Member Protection Policy which requires the appropriate screening of our volunteers and paid staff. In accordance with SLSWA Member Screening Policy, the Club has an appointed Member Protection Information Officer (MPIO) to ensure ongoing compliance with the Working With Children Act and to act as a main point of contact for matters relating to this policy.

Refer to SLSWA Member Protection Policy (<https://www.mybeach.com.au/members/member-protection/>), the Club's by-laws or contact the Club's MPIO for additional information.

Club Code of Conduct

All Quinns Mindarie SLSC members are required to adhere to the Code of Conduct whenever they are involved in Club activities, using Club facilities or representing the Club in any capacity. The Code of Conduct exists for the protection of all members and to ensure our Club is enjoyable, fair, and inclusive for all members. Quinns Mindarie SLSC members must:

- Respect the rights, dignity and worth of others, regardless of gender, ability, cultural background, or religion
- Be fair, equitable, considerate, and honest in all dealings with others
- Refrain from anything which may abuse, intimidate, or harass others
- Be a positive role model
- Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly
- Make a commitment to providing quality service
- Be aware of, and maintain an uncompromising adherence to SLSA's standards, rules, regulations, and policies
- Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving

Fundraising commitment for all members

No surf club can exist solely on members' fees. The costs associated with the running of a club are considerable. The Club runs a variety of fundraising initiatives during the year, members are expected to support these initiatives. The Fundraising Manager will provide information on how members can support the fundraising initiatives.

INFORMATION FOR PATROLLING MEMBERS

Annually, QMSLSC signs a Life Saving Service Agreement with the City of Wanneroo and SLSWA. This agreement states that we will be required to provide regular patrols of Quinns Beach with qualified patrolling members. These patrols occur on Saturdays, Sundays, and public holidays from mid-October to early April. This season our 1st patrol is on Saturday 15 October 2022. In addition to this we are obligated to provide additional patrols during abalone fishing sessions (generally four 1-hour sessions each season) and provide water safety and first aid support to SLSWA sponsored or endorsed events. We have also agreed to provide water safety and first aid support at the Marina Swim 2023 on Saturday 25 March 2022.

In order to meet this obligation Bronze Medallion holders and Surf Rescue Certificate holders are organised into patrol teams and a roster of patrol dates are assigned to each team by the Club Captain. The roster is published no later than 1 October and updated as required throughout the season. Patrol members can become informed of upcoming patrols – and plan attendance accordingly - through several means including:

- Notification of upcoming patrols in the SLSA Members Area portal [SLS Members Area - Login](#)
- Electronic copies sent via SurfGuard email
- Electronic copies posted on the QMSLSC Patrolling Members Facebook page QMSLSC Patrolling members
- Hardcopies posted on the Patrol Notice board in the First Aid room

As well as copies of the full roster being made available, patrol members are also notified of upcoming patrols via SurfGuard SMS and email during the week before the upcoming patrol.

Contact information for all patrolling members is included on the patrol roster to aid in the arranging of substitutes in the event a patrol cannot be attended. You can also ask for a substitute through the SLSA Members Area portal [SLS Members Area - Login](#)

List of patrol captains and Vice-captains:

Patrol Captain	Vice-Captain	Patrol Captain	Vice-Captain
Mark Folkard	Shaun Cleaver	Paul Gillett	Yolande van Dyk
Lauren Axiak	CJ van der Westhuizen	Richard Lissett	Saxon France
Sean Whitehead	Paul Brownrigg	Alicia D'Elia	Simon Lawrence
Nicholas Hall	Rob Ross	Washington Avila	Jim Gail
Lee Kemp	Damien Guy	Bruce Dickie	Jonny Massey
		Richard Swinnerton	Mitch Arnold

If you are interested in achieving a Bronze Medallion (BM) award or, if you are 13-14, your Surf Rescue Certificate (SRC) award, talk to any current award holder for an insight into what is involved. There is an overview later on in the Handbook.

Membership obligations

- Maintain a level of personal fitness which will allow you to execute your patrol duties in an effective and safe manner
- Attend the skill maintenance re-qualification each season
- Attend all rostered patrols or provide a competent substitute
- Participate in Club fundraising activities, such as the annual SLSA Street Appeal, sausage sizzles, and Club social events.
- Comply with the Club's Member Protection Policy

We absolutely rely on our patrolling members to cover their assigned patrols in person or provide a suitably qualified substitute (i.e., BM substituted by a BM, IRB Driver substituted by an IRB Driver, etc.) and to notify the patrol captain of the change. Without this commitment, we cannot ensure the safety of the beach going public.

The roster is available prior to the start of the season, and it is extremely unusual that you will not be able to find a substitute. If you are having genuine problems fulfilling your roster, please do not just not turn up. Contact your Patrol Captain, Club Captain or Director of Lifesaving who may be able to assist you in arranging a substitute.

If you are sick or injured for a patrol, please advise your patrol captain as early as possible.

Skills maintenance (aka Requals)

As a patrolling member, every year you will need to successfully demonstrate proficiency in each award you hold. This helps keep all the skills, critical for surf lifesaving patrols, fresh in your mind and it is a chance to be updated on any changes in lifesaving procedures and protocols.

Your requal must be completed prior to 31 December in order to maintain the qualification. In the event your Bronze Medallion or SRC lapses, you will no longer be eligible to attend patrol until such time as you have requalified your award or compete for the Club at SLSA or SLSWA competitions for the remainder of the season (regardless of subsequent requal). If the time a qualification lapses exceeds 2 seasons, you will be required to attend some, if not the full course to once again be proficient. The amount of the course to be attended will be determined by the outcome of a gap analysis conducted by the Chief Instructor.

The requal dates for Bronze Medallion and SRC are as follows:

- 9 October 2022
- 12 November 2022
- 20 November 2022
- 17 December 2022

We encourage everyone to attend the first available requal date.

On patrol

All active members are obligated to attend patrols as rostered by the Club. Each patrol will be managed by a Patrol Captain. Patrol members are expected to execute duties, as directed by the Patrol Captain, within the limits of their training and capability. All patrolling members agree not to expose other patrolling members to unnecessary risk, to maintain personal safety and situational awareness, and to assist the public as required.

A patrol uniform (consisting of shirt, shorts, hat, and cap) is supplied by the Club upon qualifying for your award and replaced by the Club, when damaged, outgrown, or change of sponsorship.

The wearing of the uniform is mandatory and consists of:

- patrol cap (to be worn at all times while on patrol)
- patrol shirt, patrol shorts, patrol hat (to be worn when on the beach)
- Club bathers (always worn in the water)

Sunglasses and sunscreen are highly recommended for sun protection. For obvious reasons, jewellery should be kept to a minimum and hair should be tied back. Please use mobile phones only for emergencies while on patrol.

The patrol uniform, or any part thereof, is not to be worn when not on duty with the exception of travel to/from the Club for patrol attendance.

If you do not fulfill your rostered patrol, you will be in deficit or “down hours.” When you are in deficit of patrol hours you may lose some or all of the benefits of being a patrolling member. Obviously, you will negatively impact the performance of your patrol team. The best performing individuals and patrol teams are recognized annually by the Club.

A person may be excused from attending patrol in the following circumstances:

- Sudden illness, accident, or incident (Patrol Captain to be informed as soon as possible)
- Family emergency (Patrol Captain to be informed as soon as possible)
- Failure of arranged substitute to attend patrol (Patrol Captain to be informed of substitute in advance – the substitute will be entered on the Patrol Log shown as ‘No Show’)

Any patrol member attending patrol with illness/injury or impairment that may affect the performance of some patrol activities are to report any impairment to the Patrol Captain immediately. The Patrol Captain will make the decision to either assign tasks the patrol member has the capacity to perform (e.g., tower watch, kit inventories, etc.) or send the patrol member home and record minimal time for the patrol (e.g., 0.5 hours).

In the event you do not attend your rostered patrol or a patrol which you agreed to substitute for another member there will be a penalty of one hour to make up for every hour of patrol you are in deficit. These hours must be made up by signing on to additional patrols and entering

'PEN' in the patrol type box. Normal rostered hours, substitute hours, or water safety hours do not count towards penalty hours.

Patrol Log

It is very important that the patrol log is completed correctly to ensure you are accurately credited with all patrol hours. This information goes directly to SLSWA.

There are different types of patrols, and it is important to enter the correct one in the log. The types of patrols are:

- **ROS** – Rostered. Hours logged as per the patrol roster.
- **SUB** – Substitute. Hours logged when attending another person's rostered patrol on their behalf. Please make sure you enter your name and the person for whom you are substituting into the patrol log. SUB does not count towards PEN or MUP (below)
- **VOL** – Voluntary. Hours logged when you do a patrol because you want to gain more experience, or simply because you want to offer your services., not because you are rostered on. VOL does not count towards PEN or MUP (below)
- **MUP** – Make Up. Hours logged to compensate for occasions when your rostered patrol was covered by a SUB but there was no reciprocal arrangement (otherwise you both use SUB)
- **PEN** – Penalty. Hours logged to compensate for patrol hours (ROS or SUB) that you missed due to lack of attendance

Further details regarding patrol requirements can be found in the QMSLSC By-Laws.

INFORMATION FOR WOODSIDE NIPPERS AND NIPPER PARENTS

What is Woodside Nippers?

The Woodside Nipper program at QMSLSC is for children aged 5 to 13 years and is an activity that provides members with a wide range of opportunities, including physical activity, surf awareness, beach safety and fun, as well as the skills necessary to effectively negotiate the surf.

Woodside Nipper activities are divided into two groups – beach events and water events. Not every event is completed each week. Weekly training leads up to these events, some of which are competition events.

Beach events can include:

- Beach races – running over a set distance on the sand
- Flags – lying flat on the sand, then getting up and running a short distance to grasp a “flag” (lengths of tube). The event is run over a number of rounds with a child eliminated each round until there is an eventual winner
- Beach relays – teams of four run a relay over similar distances to the beach races
- Surf wade – running through shallow water around a heavily supervised course (usually for younger age groups)

Water events include:

- Surf swim – swimming from the beach, around a string of cans and back to the beach
- Board race – similar to the surf swim, but paddling boards around the course
- Run-Swim-Run – a race combining two sprints along the beach, separated by a swim leg
- Iron Person – a race involving running on the sand, swimming, and paddling a board around a set course
- Board relay – a team of three paddle their boards in turn around the course.
- Cameron relay – a four-person relay involving a surf swim, board race and two beach sprints
- Board rescue – a two-person team. The swimmer swims to a designated buoy and is then ‘rescued’ by the board paddler. Both Nippers must then paddle back to shore on the same board

As the Nippers move through the age groups, they become increasingly proficient in surf skills. This is described in more detail below. The focus of Nippers is for the children to learn and have fun. We encourage the children to participate at a level to which they feel comfortable. Participation is regarded as the successful completion of a beach or water event.

Every Nipper that participates in 70% or more of their program receives their surf education certificate.

When and where is Woodside Nippers?

Nippers occurs on Sunday mornings, see the QMSLSC Calendar for season dates. During the winter there is the option of training at a local pool to maintain swimming skills and to compete in pool rescue competitions.

Nippers and parents should assemble at 8:45am on the grassed area in front of the Club house by the flag of your age groups' cap colour. Nippers will generally be finished by 11:00am; younger age groups may finish earlier.

The club provides extra coaching and training sessions depending on availability of coaches (who are all volunteers). Nippers starting from the U10 age group are encouraged to enter into the interclub competitions run over the course of the summer. Participation in the extra training sessions is optional but if you or your child is entering a team event you will all need to train together.

Woodside Nipper Age Groups and requirements

Woodside Nippers are divided into the following age groups based on their age as at 30 September. Each age group works towards achieving the appropriate SLSWA award relevant to their age range. They will also compete at intra and inter group competitions in these groups. On rare occasions, Woodside Nippers may be able to compete in an age group one year higher than their usual group.

Each age group has a closed Facebook group page where information is posted that is directly relevant to the age group. Please click on the link in the table below to join the relevant group for your child.

Age on 30/09/2022	Date of Birth	Age Group	Cap Colour	Age Group Award	Facebook group
5 years	1/10/2016 - 30/9/2017	U6	 Pink	Surf Play 1	QMSLSC Pink Caps 2022/23
6 years	1/10/2015 - 30/9/2016	U7	 White	Surf Play 2	QMSLSC White Caps 2022/23
7 years	1/10/2014 - 30/9/2015	U8	 Yellow	Surf Aware 1	QMSLSC Yellow Caps 2022/23
8 years	1/10/2013 - 30/9/2014	U9	 Green	Surf Aware 2	QMSLSC Green Caps 2022/23
9 years	1/10/2012 - 30/9/2013	U10	 Light Blue	Surf Safe 1	QMSLSC Light Blue Caps 2022/23
10 years	1/10/2011 - 30/9/2012	U11	 Purple	Surf Safe 2	QMSLSC Purple Caps 2022/23
11 years	1/10/2010 - 30/9/2011	U12	 Dark Blue	Surf Smart 1	QMSLSC Dark Blue Caps 2022/23
12 years	1/10/2009 - 30/9/2010	U13	 Red	Surf Smart 2	QMSLSC Red Caps 2022/23
13-16 years	1/10/2005 - 30/9/2009	Youth	 Club	Surf Rescue Certificate (13–14yo) Bronze Medallion (15yo+)	QMSLSC Youth and Seniors

Age Group Development Program Overview

An important part of our Club's Sunday morning activities will be the Woodside Nippers curriculum, which comprises four key learning areas:









Surf Awareness: Not only are surf skills required in conquering conditions, but a knowledge of where the dangers are and how to read the surf are essential ingredients in keeping safe at the beach.

Individual Safety: This deals with recognising potential risks that we all face when visiting the beach, and in life in general.

Lifesaving Skills: This learning area starts to introduce our Woodside Nippers to the role we hope they undertake as they grow and develop into future lifesavers.

Surf Sport Skills: Woodside Nippers learn a variety of skills to help them develop confidence and introduce them to surf life saving's various surf sport events, such as swimming, board racing and beach flags, to name a few.

The majority of surf education will be provided on the beach, not in a classroom or formal environment. The best way to teach surf safety is through physical demonstrations, drills, exercises, and visual aids (such as spotting a rip). There are 8 levels in the program which correspond to the 8 age groups – Under 6 through to Under 13 – and each year will build upon the skills and learning from the previous.

Cap Colour	Age Group	Certificate	Skills and Learning
	U6	Surf Play 1	This will be your Nippers first introduction to the Woodside Nipper Program. This level is designed to be educational through play, participation, and fun.
	U7	Surf Play 2	
	U8	Surf Aware 1	Introduction to beach safety, basic lifesaving skills and surf sports skills. These age groups are referred to as Little Nippers and are offered a modified interclub carnival.
	U9	Surf Aware 2	
	U10	Surf Safe 1	These age groups demonstrate beach safety skills, lifesaving skills and further develop their surf sports skills through club activities, clinics, and Interclub carnivals.
	U11	Surf Safe 2	
	U12	Surf Smart 1	These age groups transition towards becoming a surf lifesaver, develop an understanding of what is required to be a patrolling member and continue to develop their surf sport skills through club activities, clinics, and Interclub carnivals.
	U13	Surf Smart 2	

PRELIMINARY SKILLS EVALUATION

The preliminary skills evaluations are in place to ensure that participants are fit and able to meet the requirements of the Woodside Nippers Program (this is a requirement of SLSA and is compulsory).

Woodside Nippers are unable to participate in water activities at the beach unless they have completed their preliminary evaluation. They can still participate in land-based events.

What does your Woodside Nipper need for the proficiency evaluation?

Woodside Nippers will require their bathers* and goggles, with an optional swim cap if needed.

The proficiency swim will be on **Sunday 16 October 2022 8:30am-12:30pm** at Craigie Leisure Centre. Please arrive 15 minutes before the relevant time slot to register your attendance. If you are unable to attend, please let us know.

Age Group	Time	Location
U6	10:00am	Inside pool
U7	11:00am	Inside pool
U8	12:00pm	Inside pool
U9	8:30am	Outside pool
U10	9:15am	Outside pool
U11	10:00am	Outside pool
U12	10:45am	Outside pool
U13	11:30am	Outside pool

**It is recommended that nippers not wear their club bathers as they are not suitable for use in chlorinated water.*

Preliminary Skills Requirements

Age Group	Swim Distance	Float
U6 10am Inside pool	From a standing position in waist deep water, perform a front glide and recover to a secure position	Perform a back or front float holding a buoyant aid and recover to a secure position
U7 11am Inside pool	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position	Perform a back or front float for a few seconds and recover to a secure position
U8 12pm Inside pool	25m swim (any stroke)	1 minute survival float
U9 8.30am Outside pool	25m swim (any stroke)	1 minute survival float
U10 9.15am Outside pool	25m swim (freestyle)	1 ½ minute survival float
U11 10am Outside pool	50m swim (freestyle)	2 minute survival float
U12 10.45am Outside pool	100m swim (freestyle)	2 minute survival float
U13 11.30am Outside pool	150m swim (freestyle)	3 minute survival float

Competition Proficiency Swim

To maintain safety and lifesaving standards, SLSA has set a minimum standard that Woodside Nippers must achieve to be eligible to compete in carnivals. Age Group Managers will arrange these evaluations at the beach as they must be conducted in open water.

Age Group	Swim Distance	Time
U8	100m	6 minutes*
U9	100m	6 minutes*
U10	150m	9 minutes*
U11	288m	9 minutes
U12	288m	9 minutes
U13	288m	9 minutes

* Changed from last season

Woodside Nippers' safety

- Woodside Nippers must stay with their Age Group Manager at all times, unless coaches take over for a specific activity
- If Woodside Nippers must leave their group (e.g., to go to the toilet etc.), the Age Group Manager must be informed prior to them leaving and they should be accompanied by a parent/guardian
- No Woodside Nipper is to enter the water unless authorised by the Age Group Manager
- U6s & U7s must have a parent/guardian remain with the age group at all times
- All Woodside Nippers must have a parent/ guardian on the beach/surrounds throughout the session and be on hand to assist your child in the event of an incident or injury. If you have multiple children, please have an agreed parent of another group member as your designated responsible adult for each child
- At the conclusion of the session, Woodside Nippers are again **checked off** the attendance roll
- Woodside Nippers are not to leave the Club/surrounds until collected by an adult and checked off the attendance roll. Failure to sign your child out may result in the closure of the beach and a search being carried out to find them
- All borrowed equipment must be returned to the Club equipment sheds clean and washed by 11:15am. Any damage must be reported. Club caps are to be removed at the end of the session once Woodside Nippers have been checked off the attendance roll
- Once Woodside Nippers have been checked off the attendance roll and removed their Club caps, any Woodside Nippers re-entering the water are the responsibility of their parents/guardians. **Please encourage children to swim at this point between the flags**
- By requirement of SLSWA, all Woodside Nippers must wear the supplied fluoro, Hi-Viz lycra vest during water activities at all sanctioned Club activities, including Club days, training sessions and competitions. **No fluoro - No water!**
- If a participant is displaying unsafe or anti-social behaviour or does not have a designated adult supervising may be sat out of activities by a member of the age group team. Multiple incidents may be passed to the Junior Manager or Director of Youth for review. Serious incidents of anti-social behaviour or safety violations may result in suspension or termination of membership

Notes on U6 and U7:

- Children must meet the age requirements for the U6 age group, sorry - no exceptions
- A parent/guardian must remain with their child at all times during the activity session. The Age Manager will facilitate the session however the parent must accompany their child during activities. This means you must stay with your youngest child's group if they are U6 or U7
- U6 and U7 activities will only be in shallow water. If U6 and U7 use floatation board/rescue boards, these will be provided by the Club

The U6 and U7 program is based on group interaction and participation and play based activities. At this age there are no competitions. Participation awards will be issued to all Nippers in the group.

What to bring to nippers on a Sunday

Quinns Mindarie Woodside Nippers should bring the following items to all Club activities:

- Woodside Nipper Age Group Cap and Woodside Nipper high visibility rash vest is **compulsory**
- Club bathers (recommended)
- Sunscreen (applied before getting to the beach), hat, towel and water bottle are essential
- Nipper board – see Nipper Boards section
- Goggles (recommended)
- Warm clothing for cool days and sun smart clothing for hot days

Club apparel can be purchased from the Club shop which is located at the front of the main Club building, on the right-hand side. The Shop is normally open Sunday mornings during the Surf Club season but may have more purchasing opportunities at peak times like the start of the season. Please check the website and newsletters for trading times. We also have an online shop: QMSLSC Square Shop.

Note: Whilst Club bathers are not compulsory for regular Sunday sessions, the Club encourages our members to wear Club bathers, as it provides a sense of community.

Nipper Boards

All competition age Nipper members (U8-U13) will require a board. Board specifications are:

Age Group	Craft (SLS Approved only)	Length & Min Weight	Eligibility for use at Club days, training, and competition
U8, U9 and U10	Foam Encased Nipper Board	2.0m Not specified	Successfully completed competition proficiency swim.
U11,U12 and U13	Fibreglass Nipper Boards Only	2.0m 4.5kg	Successfully completed competition proficiency swim.

The Club suggests that parents look at providing this through the 3 options below:

Purchase a board

This is the Club's preferred option and allows you to use your board at all times, not just at Club activities. These can be purchased new or second hand but must meet SLSWA specifications.

Foamie (U8-U10) new boards can range in price from approx. \$120 (Redback, etc which are ideal for beginners who do not want to do interclub competitions) to \$600 (Bennett, Kracka, etc which are more suited to competition style racing). Fibreglass boards vary in price from \$850 to \$1,300 plus.

Used boards are often advertised on Facebook, Gumtree, etc. A well looked after board usually has a resale price of around 50% of purchase price. All boards must be stamped with a SLSWA approval.

Lease a board from the Club

This allows you to use your board at all times, not just at Club activities. A bond is required as well as the lease fee and boards are limited. The board remains the property of the Club and must be returned at the end of the season in good condition. All damage must be reported. Misuse of a leased board may lead to the cancellation of the contact and the need to return the board.

Lease Fee per season:

Foam board (U8-U10)	\$100
Fibreglass board (U11-U13)	\$175

Bond Fees:

Bond Fee per family (regardless of number of boards leased)	\$100
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Costs of repair for any damage (accidental or otherwise) to the board will be paid from the Bond Fee, minimum cost per repair is \$20.

Bonds are held with the Club until the board is returned at the end of the season.

www.qmslsc.com.au

Nipper board lease and bond fees are payable through the Club's online store: [QMSLSC Square Shop](#) please ensure you have paid the relevant fees prior to the lease day.

Please note that Board Lease Fees are not refundable except in the circumstances where there is no board available to lease.

The Woodside Nipper's parent/guardian (who must be a member of the Club) will be required to enter into a lease agreement with the Club.

Nippers who wish to lease a board just for an interclub Carnival, may lease a board for a 6-day period that covers that weekend for a \$50 deposit. This is payable through the Club's online store: [QMSLSC Square Shop](#). Please ensure you have paid the relevant fees prior to arranging to pick up a board. This can be arranged via the Club office.

Borrow a Board on a Sunday

Boards are limited and are available to collect from 8:15am onwards on a Sunday. They must be signed out and returned washed and clean by 11:15am. These will only be the FOAM nipper boards, not fiberglass, except U13 if boards are available. These boards will also likely need to be shared with other members of the age group.

Equipment Rules

Our Club enjoys access to outstanding resources and there are a few key rules relating to the use of Club equipment:

- All borrowed boards must be **SIGNED OUT** via the parent volunteer before being taken from the equipment sheds
- Woodside Nippers are responsible for ensuring the equipment is returned to the equipment shed washed down and free of sand
- Nippers are responsible for reporting any damage to the equipment to their AGM/Coach
- Only Nippers of QMSLSC are permitted to use Club equipment
- Equipment is only to be used during Club designated activities and returned by 11:15am
- Equipment is not to be removed from the equipment shed without permission
- Boards must be **CARRIED** on the beach not dragged

Intraclub events

Club Championships

Junior Club Championships will be undertaken for all competing age groups from U8-U13.

Competitors can only compete in their own age groups as specified by SLSWA, with results being recorded for age groups.

There are three Club championships, to be held during the season; the dates of these are published in the QMSLSC Calendar.

Competition points will be awarded as per below table:

Position	Points
1 st place	10 points
2 nd place	8 points
3 rd place	6 points
4 th place	4 points
5 th place	2 points
Participation (must complete)	1 point

Overall championships will then be awarded to juniors achieving the highest point score from all events in all 3 collective rounds. There will also be Champions in each individual event.

Nippers in the U6 and U7 groups will be rewarded for their participation and effort in activities with no official results being recorded or awards given.

The Junior Club Championships consist of the following individual (Male and Female) events:

- Swim
- Boards
- Sprints
- Flags
- Iron Person
- 1km run

Club Iron Person

Club Iron Person will be undertaken for all competing age groups from U10-U13.

Competitors can only compete in their own age groups as specified by SLSWA, with results being recorded for age groups.

There are two rounds to be held during the season: the dates of these are published in the QMSLSC Calendar. Competition points will be awarded as per below table.

Position	Points
1 st place	10 points
2 nd place	8 points
3 rd place	6 points
4 th place	4 points
5 th place	2 points
Participation (must complete)	1 point

Overall Ironman/woman will then be awarded to juniors achieving the highest point score from the two rounds. Should there be a tie, the Iron Person score from the second points day will be used to determine the winner.

Nippers must attend at least 70% of Nipper Sundays to qualify for Club Championship and Iron Person medals and trophies.

Interclub Carnivals

Competing age groups have the opportunity to compete against children from other clubs at junior interclub carnivals. Carnivals scheduled by SLSWA include:

- Development carnival (aimed at Nippers who have attended only one or none previously): 27 November 2022 (Alkimos)
- Little Nipper Carnival: 15 January 2023 (Quinns Mindarie)
- Country Carnival: 27-29 January 2023 (Bunbury)
- Club run carnivals (against other clubs within the Metro region): please see the [QMSLSC Calendar](#)
- Nipper State Qualifiers: 18-19 February 2023 (Mullaloo)
- Little Nipper State Championships: 26 February 2023 (Sorrento)
- Nipper State Championships (Beach): 4 March 2023 (Trigg)
- Nipper State Championships (Water): 18-19 March 2023 (Trigg)

Please contact your Competition Manager for further details.

SLSWA events include both individual and a number of team events.

Interclub Competition Requirements

To compete in SLSWA carnivals, competitors are required to have the following items:

- Club competition cap (available at the Club shop or via the Club online shop [QMSLSC Square Shop](#)) \$15
- Designated colour rash vest (as defined by SLSWA) (provided in the Woodside Nipper pack)
- QM Club bathers (No boardies or string bikinis) (available at the Club shop or via the Club online shop [QMSLSC Square Shop](#))
- Long sleeved shirt or long-sleeved rash vest
- Broad brimmed hat or peaked cap
- Sunscreen
- Drink bottle
- Competition wristband (Nippers only).

All members entering into a Surf Lifesaving Interclub competition must pay an entry fee. These fees vary and will be advised to the competitors prior to entry.

Please note there are *no refunds* available if a competitor does not participate in the carnival.

Teams - Selection of teams is finalised by the Age Manager and is based on overall participation, attitude, team spirit and performance.

Nippers' Code of Conduct - 'Challenge for all'

- Aim for personal best in everything you do
- Participate to enjoy the activities
- Follow the rules of the activities
- Be a good sportsperson
- Treat others as you would like to be treated
- Listen to your Age Management team and Water Safety and respond to their requests
- If you need to leave before events are finished, please have your responsible adult inform your Age Manager before leaving the beach
- Remember it is your aim to have fun and improve your ability.
- Respect the rights, dignity and worth of others regardless of their gender, ability, cultural background, or religion

Nipper Parents' Code of Conduct

- Embrace the 'Challenge for all' philosophy
- Do not make an unwilling child participate in activities
- Encourage children to play by the rules
- Encourage the effort being as important as the attainment
- Focus on your child working towards improving skills and sportsmanship
- Recognise and encourage good efforts by all
- Do not shout or criticize a child for making a mistake – they are trying as hard and learning
- Do not publicly question an official's decision, recognise the efforts of volunteers
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion
- Respect Age Management team and all Club volunteers
- In the absence of the Age Manager, report any unruly behaviour to the Junior Manager
- All arena equipment must be returned to the Woodside Nippers trailer on the beach
- All borrowed boards must be washed and returned to the equipment shed by 11:15am
- *A parent/guardian is required to be at the beach at all times during Nippers. Parental supervision is a requirement of membership under SLSA policy.*

Nipper Age Group Management team

These are all voluntary roles, and all are members of the QMSLSC Club.

Age Group Managers (AGM)

Age Group Managers:

- Are responsible for the overall safety and wellbeing of their age group
- Are responsible for facilitating the development of surf lifesaving skills, e.g., movement and surf awareness skills
- Are responsible for facilitating the development of personal skills, e.g., confidence, teamwork, leadership
- Take time to plan, prepare and deliver lessons to their age group
- Foster a collaborative approach to the management of their age group

Assistant Age Group Manager (AAGM)

The requirements of an AAGM are:

- Attend Woodside Nipper Club days
- Take direction from the AGM
- Assist the AGM with instructing the group
- Be a positive role model
- Be aware of their own and the group's safety and wellbeing
- Work as part of a team
- Assist the AGM if required to plan sessions
- Encourage enjoyment and fun









The majority of QMSLSC AAGM's are members of the Youth Program and are aged 13-19 years. However, this is not exclusive, and we encourage interested adults to volunteer.

Parent Liaison Officer (PLO)

The requirements of a PLO are:

- Attend Woodside Nipper Club days
- Take direction from the AGM
- Relay key messages and encourage volunteering.
- Organise volunteering rosters for the age group when required.
- Be a positive role model
- Be aware of their own and the group's safety and wellbeing
- Work as part of a team
- Organise age group get together (2 calendared per year)
- Encourage enjoyment and fun

Age Group Management Teams and Roles

Cap Colour/Age Group	Age Group Managers	Parent Liaison Officer	Assistant Age Group Manager	Facebook page
 Pink U6	Deb Allen	TBA	To be appointed at the Youth meeting prior to season commencement	QMSLSC Pink Caps 2022/23
 White U7	Deidre Beckx Jarrod Paulus	Beckie Brownrigg		QMSLSC White Caps 2022/23
 Yellow U8	Sarah Bowley Darren Smith	Mark Wainwright		QMSLSC Yellow Caps 2022/23
 Green U9	Konrad Malinowski Emilia Musgrave Callum Weston	Hayley Malinowski		QMSLSC Green Caps 2022/23
 Light Blue U10	Josh Dolbel Andy Hopkins	Sam McCulloch		QMSLSC Light Blue Caps 2022/23
 Purple U11	Bevan Johns Lee Kemp	Vicky Johns		QMSLSC Purple Caps 2022/23
 Dark Blue U12	Leon White	Cassie Lister		QMSLSC Dark Blue Caps 2022/23
 Red U13	Richard Lissett Dale McCulloch	Tracey Lissett		QMSLSC Red Caps 2022/23

Other Nipper parent/guardian supporting roles

QMSLSC is a volunteer organisation and with such diverse activities as lifesaving, Surf Sports, education and social functions, there is a role for everyone. Without volunteers, the Club cannot operate. This is especially apparent in the Woodside Nippers area with over 300 young people on the beach each Sunday morning. Without adequate volunteers, we cannot deliver a high-quality environment for children to enjoy and progress.

Water Safety

Water Safety personnel aim to:

- Minimise Nippers losing their craft
- Minimise Nippers bumping into each other
- Ensuring the Nippers ability can handle the conditions
- Encourage and guide members in the water
- Attend to any incidents if needed

In order to perform this role, you will need to have either a current Nipper Rescue Certificate (NRC), Surf Rescue Certificate or Bronze Medallion to provide water safety. Also note that these awards need to be requalified each year before 31 December.

The Nipper Rescue Certificate (NRC) is a great introductory 3-hour course designed for parents or older siblings who would like to provide water safety for Woodside Nippers. Requalification sessions are 1 hour long.

Course dates for the coming season:

Course 1: Sunday 9 October 2022

Course 2: Saturday 22 October 2022

Course 3: Sunday 30 October 2022

Volunteer competition officials

This is an ideal volunteer position for a parent who is not keen on the water and whose child wants to compete.

The qualification is done online via SLSWA, and you will be mentored by an experienced official at events. This is an essential role as for every 10 Nippers that complete, QMSLSC have to provide 1 official. The objective is to build a workforce large enough to mean you would only need to officiate once or twice per season. SLSWA have stated that clubs that do not provide officials will be withdrawn from competition. Please see the Competition Managers for more information.

NO VOLUNTEER OFFICIALS = NO INTER CLUB COMPETITIONS

Age Group Volunteering roster

As a minimum requirement of membership, each family must provide at least 5 hours of volunteering per child. Many families go well above and beyond this to help create the best possible experience. Each age group will be calendared onto a volunteer roster at least 3 times per season. The roster will be posted on the website [QMSLSC Calendar](#).

The Parent Liaison Officer will assign roles to individuals. If you cannot perform that role on the day or want to swap roles, **it is your responsibility** to find a replacement or agree to a swap with another person.

Beach set up/pack up

This requires individuals to arrive no later than 8:00am to help set up the beach. This includes activities such as: raking (although the majority of beach cleaning is done weekly by the volunteer tractor driver), setting up tracks, gazebos and equipment and ensuring access routes are clearly marked. Your help will also be required at 11:00am to pack away. This usually takes approximately 20 minutes.

Board sign out/sign in

The role is positioned in the Club equipment shed and begins at 8:00am. The role involves helping Woodside Nippers who are borrowing boards for the morning receive the correct sized craft and sign it out. At 11:00am you are required to return to the role to sign boards back in, ensure that the user has washed it down adequately and that it is stored correctly. This role is completed at 11:20am when all boards will have been returned.

BBQ

This role is split into 2 shifts of 8:30-10:30am and 10:30-12:30pm. This requires individuals to cook bacon, sausage and eggs on the BBQ. This helps the canteen by providing an adequate food selection for Club members throughout the morning. Cleaning up the BBQ area is also part of the role. The role is based on the BBQs by the function room.

Canteen

This role is split into 2 shifts of 8:30-10:30am and 10:30-12:30pm. This is helping the Canteen Manager prepare food and serving Club members. This role is based in the canteen of the Club.

Other Roles

We are always looking for parents to help with a variety of tasks, such as:

- Committee members
- Social coordinators
- Equipment and maintenance

There is something for everyone and every little bit of help really does add value to the Club and the Woodside Nipper experience.

Incident response

In the event of an incident such as a missing person or emergency, there is a response that has been devised that all members should be aware of.

On Sunday Woodside Nipper days, in an emergency, the Water Safety Coordinator or Patrol Captain will advise our tower to raise the alarm by sounding the siren. This is the signal for all Woodside Nippers and Water Safety to return to shore.

Woodside Nippers are to assemble for roll call at their age group flag. Parents are advised to allow the Age Group Managers to complete roll calls before listening for further instructions.

Water Safety members are to head to the designated area and await instruction from the Water Safety Coordinator who will instigate the appropriate plan.

Notes on Nipper parents and the water

Nippers at a surf life saving club is mainly about the water and learning about surf safety and surf awareness.

If your child does not wish to enter the water on a particular day, this is not a problem. However, it is your responsibility to care for your child whilst the other members of the group are in the water. The Age Group Managers, their Assistants, water safety, etc. will all be focussed on the safety of those Nippers in the water.

You may also be called upon to accompany your child into the water should this be needed. You are welcome to accompany your children into the water at any time, but please check in advance with the Age Group Manager, as unless you are at least holding an NRC, we need to provide water safety for you as well as the Nippers.

INFORMATION FOR YOUTH SENIORS AND MASTERS

Training for competition or for general fitness

The Club is active in all areas of senior competition training. Training will generally encompass all aspects of Surf Sports as well as general fitness sessions in a relaxed social atmosphere.

Members in the U14 category and over are considered seniors for the purposes of competition.

Annual Club events for Seniors and Masters include The Alkimos Gift, Club Championship, Club Handicap Events and Club Iron Person. Due to SLSA rules only suitably qualified active members are able to compete in these Club events.

The Club supports Youth and Senior athletes who wish to compete at Interclub, State, National and International events. Please see the Director of Surf Sports for more information. Information about performance training and competitions is available on the QMSLSC Calendar

The Club has a keen Masters contingent (members aged 30 years plus) and traditionally have a fair size group of competitors and spectators head off to the annual Masters State Championships.

The Club has an active training and social seniors and masters group that benefits from their own dedicated coached sessions. All sessions are social, relaxed and 100% inclusive of all levels of ability.

Club runs are held every Sunday morning in season at 8:00am on the beach. There will be varying courses and distances set for the run – from 1 km to 2 km. There is no time cut off and walking some or all of the distance is fine. All Club youth, seniors and masters members are welcome.

Club swims are held every Sunday morning in season at 8:30am on the beach, and out of season at 9:00am at a local pool. There will be varying distances set for the open water swim – from 100 metres to 400 metres so you can increase the distance you are swimming at your own pace. All Club youth, seniors and masters members are welcome. You will need to wear a Hi-Vis vest while in the water.

Patrolling members are expected to complete at least one Club swim a month during the season to maintain fitness.

Fitness sessions are held every Sunday morning, in season, from 9:00am on the beach (you can attend while your children are in Nippers if they are U8 or above). All Club youth, seniors and masters members are welcome. There may be some swimming and for this a Hi-Vis vest is required.

Seniors and masters also meet on Monday evenings for run training, Wednesday evening for general fitness or beach Training and Saturdays for Flag and Sprint Training. Times and venues for these events vary throughout the year with changes posted on the Seniors and Masters Facebook group page QMSLSC Seniors and Masters.

Board, ski, and iron person training is held on Tuesday evening, Saturday and Sunday mornings. Times and venues for these training sessions vary throughout the year with changes posted on the Youth and Seniors Facebook group page QMSLSC Youth and Seniors

Surfboat Rowing: Members with their Bronze Medallion may also be interested in rowing or sweeping (steering) surf boats. The boat crews train regularly (times determined by each crew) and compete whenever possible.

IRB racing: If you are more of a rubber duck type – then obtain your IRB Crew or IRB Driver award (Silver Medallion) and enter into IRB racing during the winter season. The Club always needs more crew and drivers to operate on patrol.

Please note that members in the Social Membership category are excluded from all club training activities.

YOUTH ACTIVITIES (U14 TO U17)

As our Club grows, it is vital that we offer interesting and challenging programs for members who are no longer Woodside Nippers. These members have the responsibility to patrol first as SRCs and later as BMs, but they have different interests and needs to the older members. Retaining these members is key to the long-term success of the Club.

Preliminary swim evaluations for Youth, SRC and BM

The proficiency swim is held on **Sunday 11 September 2022 at Craigie Leisure Centre**. You must pay your own entry fee but once you have completed your proficiency swim you are free to enjoy a general public swim. Please note **ALL** youth members need to do the preliminary swim. If you are not doing a new award this season, you will also need to requal your current award before 31 December 2022 (details above).

The Preliminary Evaluations are in place to ensure that participants are fit and able to meet the requirements of the qualification they are about to embark on (this is a requirement of SLSA and is compulsory).

Age Group	Date of Birth	Preliminary Evaluation
Under 14	1/10/2008 – 30/09/2009	200m swim in under 5 minutes
Under 15	1/10/2007 – 30/09/2008	200m swim in under 5 minutes
Under 17	1/10/2005 – 30/09/2007	400m swim in under 9 minutes

To commence training for the Surf Rescue Certificate you must:

- be a financial member of the Club
- be at least 13 years of age on the final assessment date (End of November)
- complete an unaided swim of 200m in 5 minutes or less (goggles and masks permitted) in a swimming pool

To commence training for the Bronze Medallion you must:

- be a financial member of the Club
- be at least 15 years of age on the final assessment date (Start of December)
- complete an unaided swim of 400m in 9 minutes or less (goggles and masks permitted) in a swimming pool

Time	Outside pool
9:00am	SRC/U14/U15
10:00am	BM/U17

What do you need for the preliminary evaluation? You will require bathers and goggles, with an optional swim cap if needed. Club bathers are not advised as they are not suitable for chlorinated water.

Competition/carnival eligibility

To maintain safety and lifesaving standards, SLSA has set a minimum standard of proficiency that all lifeguards need to abide by. Youth members who wish to compete must have completed their appropriate qualification and must not be 'down' hours.

The Club reserves the right to not enter a member in carnivals or activities based on behaviours, attendance at training and patrolling hours.

Youth Board

A Youth Board has been established this year to provide a voice for young people within the Club. The Youth Board members will report back to the Youth Coordinator and Director of Youth regarding areas of strength and what needs developing in the Youth Program. Representatives will also have the opportunity to present their views to the Club Board at designated times. Please see the Director of Youth if you are interested in joining.

Youth Hub

Thursday evenings between 6:00-8:30pm the bar/social area is designated as the Youth Hub (U14-U17). This is an opportunity for Youth members to socialise and relax in the Club. There is a long-term plan to build a designated area within the Club for the Youth cohort.

YOUTH PROGRAM PATHWAYS

Youth Leaders Program

Developed to complement SLSWA's Youth Program, the Youth Leaders Program (YLP) offers youth members the opportunity to formally record their experiences and service and receive recognition for doing so.

The YLP entails three levels – Bronze, Silver, and Gold – for youth members to work towards achieving. Each level stipulates certain requirements and experience of various roles associated with surf lifesaving.

By creating well-rounded members with broad experiences across a range of disciplines, we will ensure that surf lifesaving offers 'something for everyone' and lifelong participation pathways for all.

Steps to follow:

- Register online via the SLSWA website: [SLSWA Youth Leaders Program](#).
- Log hours that you do during the season
- Get your Youth Manager/Youth Coordinator to sign it off
- When you have achieved the level you are working towards, email youth@sksa.com.au or post the Recording Sheet to SLSWA for Bronze/Silver/Gold

We have 3 main pathways that Youth members can follow: surf sports, lifesaving, and leadership/training

Surf Sports

Participation in Surf Sports activities develop fitness and skills, which therefore improves a youth member's lifesaving abilities.

Surf Life Saving offers pathways and opportunities for youth life savers who wish to further develop their surf sports skills such as board riding, swimming, beach sprints etc. in a competitive sporting environment. Competitions can be held at local, state, national and even international level.

The Surf Sports Program is overseen by the Director of Surf Sports.

Activities include:

- Boards
- Skis
- Swim
- Boats
- Flags
- Sprints
- 1km and 2km runs
- Iron person
- Carnivals/Surf League
- State Championships
- Youth 'Aussies'
- Youth Official's award (minimum 13 years)

Like in many other sports, officials play a vital role in our movement. SLSWA youth members have the opportunity to officiate at SLSWA and Club events. Hours accrued in this role can go towards the SLSWA Youth Leaders Program

Lifesaving

A key outcome of the youth program is to produce skilled and proficient lifesavers. Youth will develop the necessary skills through gaining either a Surf Rescue Certificate at 13 years or Bronze Medallion at 15 years. They can then contribute to Surf Life Saving's core business of lifesaving through patrolling and ensuring our beaches and community stay safe.

The Lifesaving Program is overseen by Richard Lissett (Director of Lifesaving) with all courses delivered by qualified trainers and assessors. Kaitlin Jones (Chief Instructor) leads the organisation of these. Courses include (Minimum age in brackets):

- SRC (13)
- BM (15)
- Patrolling
- Abalone patrols/special days
- IRB/Jet ski demonstrations/tasters
- IRB crew course (15)
- Drone operators (16)
- ATRC (15)
- Radio operators (13)
- Surfcom Operator (15)
- Provide First Aid (14)

Leadership/Training

A major part of the Youth Program is developing leadership and communication skills.

Youth Age Manager (minimum 14 years) - provides an introduction to the pathway of an Age Manager. Youth are able to assist and develop their skills in delivering the SLSWA Woodside Nippers Program. Hours accrued in this role can go towards the SLSWA Youth Leaders Program.

Youth Coach (minimum 15 years) - can work in a range of coaching roles at the Club. Youth Coaches are mentored/supervised at Club training sessions by competent, accredited, Club-endorsed, Foundation level (or above) coaches.

Youth Training Officer (minimum 16 years) - provides an introduction to the pathway of Education Training. Youth are able to assist and develop their skills in delivering components of the SLSA/SLSWA Education courses. Hours accrued in this role can go towards to SLSWA Youth Leaders Program.

Youth Event Producer (minimum 14 years) - have a variety of options to get involved in at SLSWA run events. From interviewing athletes at events to assisting with event management. If you aspire to become involved in event management, sport commentating, videography, photography, social media or content management or multi-media communications to name a few, then this pathway may be for you. These skills can be developed and practiced at some of SLSWA's biggest events!

Youth Development Camps – These are residential camps that Youth members can apply to attend. They are attended by Youth members from all the clubs across WA. The camps are designed to expose participants to a variety of skills and activities that will enhance and encourage their development. Applications are submitted to the Director of Youth and Youth Coordinator for consideration.

TOAD Camp (U14-15) Ern Halliday, Hillarys Tuesday 3 – Friday 6 January 2023

Rise-up Camp (U16-17) Forest Edge Camp Monday 19 – Thursday 22 December 2022

Sunday mornings at the Club for Youth members

The traditional surf season typically runs from mid-October to late March. Club day occurs on Sunday.

On a Club Day:

- Assemble on the beach in front of the Club at 7:55am
- Opportunity to take part in the Club run at 8:00am and Club swim at 8:30am
- Ensure you have already applied sunscreen.
- Ensure you have water, goggles, and appropriate swimwear (Club bathers are preferred but not compulsory).
- Equipment you need for your chosen activity (Board, Age Managing shirt, hat)
- Youth activities begin at 9:00am

The Club also offers a variety of food and beverage options on Sunday mornings. This includes Barista style coffees.

Youth Boards and Skis

For Youth that wish to use Youth boards and skis, the Club suggests the 3 options below:

Purchase a board/ski

This is an option and allows you to use your board at all times, not just at Club activities. At Youth level, boards and skis can greatly vary in price when both bought new and used. There are several social media sites that advertise used equipment. Advice can be gained via the Board and Ski Captain and Director of Surf Sports. All boards and skis must be stamped with a SLSWA approval.

Lease to buy

If you wish to explore the option of a lease to buy contract with the Club, please speak with the Board and Ski Captain and Director of Surf Sports. Each contract would be bespoke with consideration to the price, equipment, length of lease, balloon payment and storage.

Borrow from the Club

Boards and skis are limited and will be allocated by the Board and Ski Captain and Director of Surf Sports. Ability, commitment to training and weather conditions will all be considered before allocation. Some boards are available for members to access as part of their membership. However, some are locked into position and cannot be used without express permission from the Board and Ski Captain and Director of Surf Sports.

Equipment rules

The Club has made significant investment recently in resources and there are a few key rules relating to the use of Club equipment:

- Users are responsible for ensuring the equipment is returned to the equipment shed washed down and free of sand
- Users are responsible for reporting any damage to the equipment to the Coach
- Only members of QMSLSC are permitted to use Club equipment
- Equipment is not to be removed from the equipment shed without permission unless outlined previously
- Boards must be **CARRIED** on the beach not dragged

Interclub competition requirements

To compete in SLSWA carnivals, competitors are required to have the following items:

- Club competition cap (available at the Club shop or via the Club online shop [QMSLSC Square Shop](#)) \$15
- Designated colour rash vest (as defined by SLSWA) (available at the Club shop or via the Club online shop [QMSLSC Square Shop](#)) \$25
- Club bathers (No boardies or string bikinis) available at the Club shop or via the Club online shop [QMSLSC Square Shop](#))
- Long sleeved shirt or long-sleeved rash vest
- Broad brimmed hat or peaked cap
- Sunscreen
- Drink bottle
- Competition wristband

National Leadership College and Japan Exchange program

The National Leadership College (NLC) is a leadership and development program, run yearly, which recognises a small number of young leaders in Surf Life Saving (SLS) who are aged between 20 and 30 years. This program is open to all SLS members across Australia. NLC provides an exciting opportunity for members to develop their leadership skills and contribute to the success of SLS.

Over the course of the program, participants will learn new skills and create opportunities for personal growth, as well as open new networks with like-minded and passionate members across the country.

NLC is designed to challenge participants intellectually, socially, emotionally, and physically. These skills are designed to be taken back to clubs and into other areas of the participant's daily environment, with the aim of contributing to SLS's mission statement of saving lives, creating great Australians, and building better communities.

Surf Life Saving Australia has had a partnership with Japan Life Saving Association (JLA) since 2007. JLA sees the Australian lifesavers/lifeguards as advocates for the awareness of water safety, education, and enhanced lifesaving activity. Through SLSA and JLA, 10 candidates nationally are selected for an exchange program based on the following criteria:

- Lifeguard, Lifesaver, Patrol Captain
- Enthusiasm in coaching and/or training and a love of lifesaving
- Physically and mentally fit
- Interested in Japanese culture and ready to try new things
- Ability to work long hours during this exchange period
- Good communicator (Japanese speaking helpful)
- Education qualifications or background desirable
- Experience in instructing a Water Safety Program and working with youth is desirable

GENERAL INFORMATION

Club office

The Club office is generally open on Tuesdays and Thursdays from 1:00-5:00pm (upstairs in the Community Centre) and on Sunday mornings during the Nipper sessions from 8:00am-12:00pm.

If the Administrative assistant, Registrar, or Director of Administration is not available, please contact them on the numbers provided to arrange a time to transact your business.

Other committee members are not permitted to take money or take registrations so please do not ask them to do so.

Communication

The Club's primary form of communication is by email and SMS. Emails sent from the Club are via Mailchimp and SMS sent from the Club are via SLSA SurfGuard. This allows us to send bulk messages quickly and effectively. Please make sure the Club has your correct email address and mobile phone number.

Please make sure that you accept emails from no-reply@surfguard.slsa.asn.au If you need to reply, please address your message to info@qmslsc.com.au

The Club has a web site, www.qmslsc.com.au, that is updated regularly, and notice of all functions, events and important news will be put onto the website. You can also "find us" on Facebook www.facebook.com/QMSLSC.

Please remember to notify the Club of any change in address, phone number or email details.

Access to the Club and Gym

An access card will be issued free by the Club to Bronze Medallion holders and other eligible members who are 16 years of age and over (replacements cost \$20). This card and associated PIN will allow access to the Clubrooms. This system is in place to prevent unauthorised access to the Club facilities to the general public and restrict access of any member who is not financial or is deemed to be in default of his/her membership obligations.

Gym Facilities

Use of the gym is restricted to financial members 14 years and above, who meet the following criteria:

- a. Active / Active Reserve Members aged 18 years and over
- b. Long Service and Life Members
- c. Elected Office bearers
- d. Bronze Medallion holders under the age of 18 when accompanied by a member from one of the groups listed in a-c
- e. Age Managers

Scheduled supervised training sessions for members who have their NRC or SRC awards and are not in the above groups but are required to maintain a level of fitness:

- These sessions are to be regular scheduled open sessions (i.e., not ad-hoc) as approved by the Board of Directors and communicated to all affected members,
- These sessions are to be actively supervised by an appointed member who has a Certificate III in Fitness (Gym Instructor) or other suitable and current qualification,
- These sessions are to be open to all affected members.

For insurance and liability issues no other persons are permitted to use the gym facilities at any time.

Gym Rules

In order to meet our legal obligations all gym users must:

- complete the Gym Induction. Gym inductions will be arranged by the Gym Manager several times a season, usually whenever a new group of members become eligible to use the gym
- report any injuries sustained to the Gym Manager
- complete and attach an 'Out of Service' tag to any damaged or malfunctioning equipment and report it to the Gym Manager
- wear appropriate footwear and clothing while using the gym
- use a towel whilst using the equipment
- Disinfect equipment after use, using the wipes or disinfectant provided
- unload weights from equipment and store them in the appropriate rack
- store handheld weights and mate in the appropriate location
- leave the equipment as you found it
- ensure the Club is secure if you are the last person to leave

There is a list of gym rules on the gym notice board – please abide by them.

Please remember that, for their own safety, children are not permitted in the gym at any time.

Change Rooms and Showers

The Club has changing and shower facilities, which all members are welcome to use. Please try to remove excess sand before entering the Club rooms. Water is a precious commodity in WA, please limit shower times. Members should leave these facilities as tidy as possible and report any damages to a Committee Member. There are 'shower rules' posted on each door – please read them. Parents, we ask that you take responsibility for your children and ensure that you supervise them whilst showering.

Club Member Inductions

Club inductions are a great way to meet new members, familiarise yourself with who does what and find out where everything is and ask any questions. The sessions will take no more than 15 minutes. Dates are in the calendar on the club website.

Our legal obligations mean all new members must have a Club induction session before using the Club facilities.

Education

Training is provided for all awards by qualified instructors who volunteer their time. Candidates are placed into groups and the groups work together to achieve the award. The trainers cannot put you forward for the award until you are ready. If life gets in the way, and you have to miss a block of training then where possible the Club will work with you to help you catch up. However, you may also have to wait for a later assessment date.

Awards

There are many awards available to surf club members, from aged 10 upwards. Each award has specific prerequisites. The most popular entry level awards are:

Nipper Rescue Certificate (NRC)

The Nippers Rescue Certificate is a water safety and rescue award for the provision of water safety for the Nipper activities. The course will run for approximately 3 hours and includes a 200-metre proficiency swim to be completed within 6 mins, training on how to perform an aquatic rescue using a rescue tube and contact tow methods, basic communications (flag signals) and surf awareness. This course is a good steppingstone onto other qualifications and a great example to the Nippers.

Course dates:

- Sunday 9 October 2022
- Saturday 22 October 2022
- Sunday 30 October 2022

Surf Rescue Certificate (SRC)

The Surf Rescue Certificate is undertaken by members who are aged 13 and 14. Candidates must complete a preliminary 200m pool swim within 5 minutes prior to taking part in any water-based training activities. Skills taught are basic resuscitation, CPR, basic first aid, aquatic rescue techniques, surf awareness skills, radio operating procedures, and communication techniques (flag signals) as well as being taught what is expected of a patrol member. The course finishes with an assessment during which the candidates must successfully complete a 100m run, 100m swim and 100m run course within 5 minutes and effectively demonstrate basic first aid, resuscitation, and rescue techniques. Upon completion members are obligated to attend patrols as assigned by the Club Captain.

4-week course on Sunday mornings from 8:30am to 12:30pmb, 5th Week Assessment, online is self-paced

- Preliminary swim 9:00am on Sunday 11 September 2022 at Craigie Leisure Centre outside pool
- Online intro 6:00-9:00pm on Tuesday 13 September 2022 at QMSLSC Function Room
- Start date Sunday 16 October 2022
- Incorporates Radio Award
- Target assessment date Sunday 13 November 2022

Bronze Medallion (BM)

The Bronze Medallion award is undertaken by members who will be 15 years of age at assessment. Candidates must complete a preliminary 400m flat water swim within 9 minutes prior to taking part in any water-based training activities. Skills taught are CPR, resuscitation techniques including the use of oxygen and defibrillator, basic first aid, advanced aquatic rescue techniques, carries and supports, spinal injury management, surf knowledge, radio operating procedures, and communication techniques (flag signals) On day of assessment candidates must successfully complete a 200 metre run, 200 metre swim and 200 metre run within 8 minutes and effectively demonstrate rescue and resuscitation techniques in a patrol team based scenario. Upon completion members are obligated to attend patrols as assigned by the Club Captain.

10-week course on Thursday evenings from 6:30pm to 8:30pm (theory) and Saturday mornings (practical) 9:00am to 12:00pm, 11th Week Assessment, online is self-paced. Extended from 8 weeks to 10 weeks to incorporate the ATRC and Radio Award.

- Preliminary swim 10:00am on Sunday 11 September 2022 at Craigie Leisure Centre outside pool
- Start date Thursday 29 September 2022
- Target Assessment date Saturday 10 December 2022

Other awards can be arranged through other clubs or SLSWA with the fees varying depending on the offering organisation – Contact the Club Chief Instructor for further information.

Other Awards

Provide First Aid Certificate (HLTAID011) Candidate must be at least 14 years of age at assessment. Covers First Aid and Emergency Care practices and expands further on illness and injury treatments.

Advanced Resuscitation Techniques Certificate Candidate must be at least 15 years of age at assessment. Award covers advanced resuscitation practices including use of the airbag resuscitator, OP airways and defibrillation. Must hold Provide First Aid Certificate.

IRB Crewpersons Certificate Candidate must be at least 15 years of age at assessment. Must hold Bronze Medallion.

Silver Medallion - IRB Driver Candidate must be at least 17 years of age at assessment. Must hold Bronze Medallion, IRB Crew Persons Certificate and Marine Licence.

Silver Medallion – Patrol Captain Candidate must be at least 17 years of age at assessment. Must hold Bronze Medallion.

Pain Management Certificate Candidate must be at least 18 years of age at assessment. Must hold Provide First Aid Certificate and Advanced Resuscitation Techniques Certificate.

Training Officers

The Club cannot run courses if there is no one to teach them! So, we are always on the lookout for members interested in becoming accredited Training Officers. Training members to obtain their awards is a great way to meet fellow Club members and become involved in the Club.

In order to become a Training Officer, you must attend a "Train Small Groups" course run by SLSWA. If you hold a current Cert 4 in Training and Assessment or other professional qualification, a Recognition of Prior Learning (RPL) may be completed in lieu of attending this course.

Once this is completed you will work with an accredited Training Officer in training a group of people in the chosen award during which a logbook (generally obtained during the training officer's course) will be completed and signed off by the accredited Training Officer. Please note that you must be proficient in the award for which you are becoming a trainer.

If you have any questions regarding awards and training, please contact the Chief Instructor for more information.

Social

Our Social Committee have already organised several social functions for members. Some will be for the whole family, and some will be older members only. Please keep an eye on the newsletter, website, and Facebook for news for upcoming social functions. Year round the bar is open on Wednesday nights from 6:00-9:00pm. In season the bar is also open Friday nights from 6:00-9:00pm and Sunday from 11:00am onwards.

COMMUNICATION LIST

Club Office

Club Administrator	Catherine Maloney-Ross
Club Address	PO Box 11, Quinns Rocks WA 6030
Club Email	info@qmslsc.com.au
Club Phone	08 9305 1870
Club Website	www.qmslsc.com.au
Club Facebook Page	www.facebook.com/QMSLSC
Office Hours	Tuesday & Thursday 1:00pm-5:00pm (all year) in the Office upstairs in the Quinns Mindarie Community Centre Sunday mornings 8:00am-12:00pm (from October to March) in the function room downstairs in the Club

Directors

President Nathaniel Lee president@qmslsc.com.au 0422 710 376	Vice President Yolande van Dyk vicepresident@qmslsc.com.au 0408 940 207
Director of Lifesaving Richard Lissett lifesaving@qmslsc.com.au 0421 817 333	Director of Administration Rachel Quirk admin@qmslsc.com.au 0417 097 954
Director of Finance Rob Ross finance@qmslsc.com.au 0452 335 212	Director of Marketing Konrad Malinowski marketing@qmslsc.com.au 0402 786 846
Director of Surf Sports Vacant	Director of House Nathan Smith house@qmslsc.com.au 0416 579 588
Director of Youth (U6-U19) Sean Whitehead youth@qmslsc.com.au 0498 755 139	Director of Education Vacant

Elected office bearers

Club Captain Jim Gail	Chief Instructor Kaitlin Jones
Nippers Manager (U6-U13) Richard Swinnerton	Youth Coordinator (U14-U17) <i>Vacant</i>
Little Nipper Surf Sports Manager (U8-U9) <i>Vacant</i>	Nippers Surf Sports Manager (U10-U13) Mark Wainwright
Youth & Senior Surf Sports Manager (U14-U30) Jo Rigby	Masters Surf Sports Manager (30+) Lynda Hogan
Social Function Manager Mel Langton	Senior Development Coordinator <i>Vacant</i>
Registrar Sue O'Connor	Facility Manager Alan Lissett
Member Protection Information Officer Kris Lemson	Youth Mentor Social Jacqui Scott
Youth Mentor Volunteering Karen Hunter	Youth Mentor Lifesaving Hayley Tilbury
Water Safety Coordinator Washington Avila	Touring Team Manager Neville Hogan
Surf Boat Captain Mike Hoy	Beach Captain Darren Green
First Aid Manager Lauren Axiak	IRB Manager Konrad Malinowski
Gym Manager Duncan Gemmell	RWC Manager Jonny Massey
Aerial Surveillance Officer Nick Hall	Vehicle Manager Neville Hogan
Environmental & OHS Officer Mark Wainwright	Fundraising Manager <i>Vacant</i>
Bar Manager Rob Ross	Canteen Manager <i>Vacant</i>
Merchandise/Clothing Manager Alison Tilbury	Communications Manager <i>Vacant</i>

MEMBERSHIP FEES FOR 2022/2023

Family (up to 2 Adults & 1 child up to U19)	\$320.00
Family (up to 2 Adults and 2 children up to U19)	\$400.00
Family (up to 2 Adults and 3 or more children up to U19)	\$480.00
Cadet Member (14-15)	\$230.00
Junior Active (15-18)	\$230.00
Active (18 & over)	\$240.00
Active Reserve	\$240.00
Long Service	\$240.00
Associate Member (18 & over)	\$240.00
Social Member (21 & over)	\$ 75.00

Early bird voucher

2021/22 members who renew their membership and pay the membership fee by 5:00pm on 1 September 2022 will be eligible for an early bird club voucher of \$50 per Individual or Family Membership.

Refund Policy

Any refund of membership fees will be in accordance with the Club's Membership Refund Policy : [Membership Refund Policy](#)

Award Course Fees 2022/2023

Bronze Medallion Course (BM) (U15-U19)	FREE
Bronze Medallion Course (BM) (U20+)	\$60.00
Surf Rescue Certificate (SRC)	FREE
Nipper Rescue Certificate (NRC)	FREE
Advanced Resuscitation Techniques Certificate (ART)	FREE
IRB Driver	\$60.00
IRB Crew	\$30.00

MERCHANDISE



CLUB MERCHANDISE PRICE LIST 2022-23



Polo



Hoodie



Hoodie Zip Front



Long Sleeve Polo



Singlet



T-shirt



Shorts



Truckers Cap

APPAREL		
ITEM	ADULT	KIDS
POLO	\$38	\$35
HOODIE	\$65	\$60
HOODIE (ZIP FRONT)	\$65	\$60
LONG SLEEVE POLO	\$45	\$45
SINGLET	\$34	\$27
T-SHIRT	\$35	\$33
SHORTS	\$36	\$30
TRUCKERS CAP	\$15	

BATHERS & OTHER ITEMS		
ITEM	ADULT	KIDS
JAMMERS	\$65	\$60
RACERS	\$40	\$40
ONE-PIECE	\$85	\$80
TWO-PIECE	\$85	\$80
HI-VIS VEST	\$25	
CLUB CAP	\$15	
SWIM CAP	\$15	
TOWEL	\$20	



Racers



One-Piece



Two-Piece



Jammers



Towel



Hi-Vis Vest



Club Cap



Swim Cap

CONTINUOUS IMPROVEMENT

Quinns Mindarie SLSC undertakes annual member surveys and ongoing evaluations of all its operations to ensure standards are appropriate to the expectations of members and the community. The Club is constantly changing and evolving to meet the needs of the members it serves. Having a continuous improvement process means that everybody can contribute to the way the organisation operates.

Members are encouraged to provide feedback to the Board in one of the following ways:

- E-mail communication
- Verbal communication
- Writing a letter
- Dropping suggestions into the box located in the shop

Your feedback is integral to the success of the Club.

Remember we are all volunteers. We all have families and other commitments alongside these roles that are performed without payment. Every volunteer in the Club is appreciated and should be spoken to with respect and courtesy. Verbal or physical abuse of volunteers will not be tolerated, and incidents will be dealt with seriously.

We have a problem-solving approach at QMSLSC so please do not just approach a problem, bring a possible solution, and be prepared to volunteer to make it happen.

Thank you for taking the time to read this handbook. Please contact the appropriate person if you have any questions.