



YOUTH INFORMATION GUIDE Season 2023 - 24



**QUINNS
MINDARIE**



SURF LIFE SAVING CLUB

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CONTENTS

WELCOME MESSAGE	4
Youth Coordinator	4
COMMUNICATION LIST	5
Club Office	5
Directors	5
Elected Office Bearers	6
WHAT TO EXPECT	7
Youth Membership	7
RENEWALS & REGISTRATIONS	8
Community Open Day	8
Membership Prices	8
Refund Policy	8
PRELIMINARY SWIM	9
COMPETITION (CARNIVAL) ELIGIBILITY	10
INTERCLUB COMPETITION REQUIREMENTS	10
Club Night	10
YOUTH PROGRAM PATHWAYS	11
Youth Leaders Program	11
Surf Sports	12
Lifesaving	13
Leadership/Training	14
YOUTH SEASON CALENDAR	15
SUNDAY MORNINGS	15
ADDITIONAL PHYSICAL TRAINING OPPORTUNITIES	15
YOUTH BOARDS AND SKIS	16
EQUIPMENT RULES	16
CONTINUOUS IMPROVEMENT	17

WELCOME MESSAGE

Youth Coordinator

Welcome returning and new members to the Youth program 2023/24 season at Quinns Mindarie Surf Life Saving Club. This season our fantastic, enthusiastic team of Youth Mentors, Coaches, Patrol Captains and Trainers are ready to build on last year's success and achievements. It's an exciting time to be involved in Surf Life Saving. The Mantra for this season is 'GIVE IT A GO'. This means don't hold back, if something at the club interests you, try it! We want to get as many youth members engaged in the different activities as possible.

We have taken the valuable feedback given to us from you at the end of last season to sharpen parts of the offer, but this does require a proactive approach from all to make it work. So please don't hesitate in getting involved in the myriad of opportunities available as part of your membership. All Youth members will patrol but there are 3 main routes for Youth to engage in and develop your skill set in. These are: Lifesaving, Surf Sports and Leadership/Education. You can specialise in just one or mix and match throughout the season. You can create a season that suits you. The beauty of a surf club is that it is so diverse, there's something for everyone!

Please take the time to read this booklet thoroughly as it is a great source of information. It's designed to give Youth members and parents an overview of the Youth Program and what's involved. It is not a comprehensive guide and additional information can be found in the Club's By-Laws, Handbook, and website. If there are ANY questions, please feel free to talk to a Youth Mentor, me or one of the many volunteers, we are here to help.

Surf Life Saving is a big commitment but the service we provide to the community is invaluable and you play a major part in this. As well as the professionalism that comes with being a patrolling member, we encourage all the Youth to push for personal best, learn some new skills and above all, HAVE FUN! Here's to a safe and happy 2023/24 season.

Thanks in advance for your involvement, positivity and volunteering.

Sean Whitehead

COMMUNICATION LIST

Club Office

Club Administrator	Catherine Maloney-Ross
Club Postal 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 1:00-5:00pm (all year) upstairs in the Community Centre Sunday mornings 8:00am-12:00pm from October to March in the club function room
Club Patrolling Members Facebook Group	QMSLSC Patrolling Members
Club Youth and Seniors Facebook Group	QMSLSC Youth and Seniors

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 Simon Bringham finance@qmslsc.com.au 0400 779 237	Director of Marketing <i>vacant</i>
Director of Surf Sports <i>vacant</i>	Director of House Washington Avila house@qmslsc.com.au 0410 341 838
Director of Youth (U6-U17) <i>vacant</i>	Director of Education Jim Gail education@qmslsc.com.au 0432 804 707

Elected Office Bearers

Club Captain <i>Vacant</i>	Chief Instructor Kaitlin Jones
Nippers Manager (U6-U13) Tristan Hall	Youth Coordinator (U14-U17) Sean Whitehead
Little Nipper Surf Sports Manager (U8-U9) Mark Wainwright	Nippers Surf Sports Manager (U10-U13) Mark Wainwright
Youth & Senior Surf Sports Manager (U14-U30) <i>Vacant</i>	Masters Surf Sports Manager (30+) Lynda Hogan
Social Function Manager Rob Ross	Senior Development Coordinator Benn Marshall
Registrar <i>Vacant</i>	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 <i>Vacant</i>	Touring Team Manager Neville Hogan
Surf Boat Captain Mike Hoy	Beach Captain <i>Vacant</i>
First Aid Manager Lauren Axiak	IRB Manager Washington Avila
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 Jan Devlin
Merchandise/Clothing Manager Alison Tilbury	Communications Manager <i>Vacant</i>

WHAT TO EXPECT

Youth Membership

- Patrol uniform
- Payment for the Surf Rescue Certificate (SRC)/Bronze Medallion (BM)
- Access to Club equipment (Age and ability level considered for access)
- Gym use (Age and qualification held considered for level of access)
- Opportunities to achieve accredited qualifications
- Presentation of trophies & participation medals
- Insurance cover for all approved Surf Life Saving & Club training activities
- Regular training opportunities with coaches
- Additional clinics/holiday activities as advised
- Intra club competition opportunities
- Opportunity to participate in competitions against other clubs throughout WA

RENEWALS & REGISTRATIONS

Community Open Day

Saturday 9 September 2023 10:00am-2:00pm

This is an opportunity to visit the Club and learn about the different opportunities available to both Youth and adult members.

Registration is online via [SLS Members Area Portal](#).

A guide on how to register online is available here: [New member registration process](#)

A guide on how to renew online is available here: [Existing member renewals](#)

Help will be available at the Community Open Day if you experience difficulties in finalising your registration online. It is also an opportunity to show ID, which is required to be sighted for each new member showing full name and date of birth. Acceptable forms of ID are:

- Birth certificate
- Driver's licence
- Passport

Membership Prices

Youth members can be either register on a family membership or an individual member. Family Membership includes 1 or 2 parents/guardians and children under 19 (as at 30 September 2023). All volunteers must be members.

Family with 1 child	\$345.00
Family with 2 children	\$430.00
Family with 3 or more children	\$515.00

Individual Membership

Cadets 13-15 years	\$250.00
Active Junior 15-18 years	\$250.00
Active Senior 18+	\$260.00

2022/23 members who renew their membership and pay the membership fee by 5:00pm on 1 September 2023 will be eligible for an early bird discount of \$50 per Family Membership or Individual Membership.

Refund Policy

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

PRELIMINARY SWIM

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 or continue with (this is a requirement of SLSA and is compulsory). Only new youth members and those who are doing a new award need to do the preliminary swim. If you are not doing a new award this season, you will need to requal your current award before 31 December 2023.

What do you need for the preliminary evaluation? You will require bathers and goggles, with an optional swim cap if needed. A hi-vis vest is needed if completing the swim at the beach. At Craigie Leisure Centre, Club bathers are not advised as they are not suitable for chlorinated water.

There are 2 options to complete the preliminary swim:

Saturday 16 September 2023 at 10am at Quinns Beach

Sunday 17 September 2023 at Craigie Leisure Centre, Craigie:

Time	Outside pool	Preliminary Evaluation
9:00am	SRC/U14/U15	200m swim in under 5 minutes
10:00am	BM/U17	400m swim in under 9 minutes

You must pay your own entry fee at Craigie Leisure Centre but once you have completed your proficiency swim you are free to enjoy a general public swim.

If you are unable to attend either of these, please let us know.

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 (mid-November)
- complete an unaided swim of 200m in 5 minutes or less (goggles and masks permitted) in a swimming pool or measured open water course

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 (mid-December)
- complete an unaided swim of 400m in 9 minutes or less (goggles and masks permitted) in a swimming pool or measured open water course

If you are not doing a new award this season, you will also need to requal your current award before 31 December 2023.

COMPETITION (CARNIVAL) ELIGIBILITY

To maintain safety and lifesaving standards, SLSA has set a minimum standard of proficiency that all lifeguards need to abide by. All 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.

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
- 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

CLUB NIGHT

Wednesday evening 6:00-8:30pm the function room/social area is designated as the club night. This is an opportunity for Youth/Senior/Masters members to socialise, eat 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 experiences 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 Mentor/Youth Coordinator to sign it off.
- When you have achieved the level you are working towards, email to youth@sllswa.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

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
- Surf Swimming
- Surf Boats
- Beach Flags
- Beach Sprints
- 1km and 2km Beach Runs
- Iron person
- Carnivals/Surf League
- State Championships
- National Championships

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)

The Education Program is overseen by Jim Gail (Director of Education) 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 events
- IRB/Jet ski demonstrations/tasters
- IRB crew course (15) (must hold BM)
- Drone operators (16 – with supervision by licensed adult over 18)
- ART (15) (must hold Provide First Aid)
- Radio operators (13)
- Provide First Aid (14 – with parent/guardian supervision)

Leadership/Training

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

Youth Age Manager - 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 Official - like in many other sports, officials play a vital role in our movement. 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.

Youth Coach - 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 Trainer - 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 the SLSWA Youth Leaders Program.

Youth Event Producer - 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) South West Development Centre, Margaret River Monday 8 January – Thursday 11 January 2024

Rise-up Camp (U16-17) South West Development Centre, Margaret River Wednesday 3 January – Saturday 6 January 2024

Nominations for these camps will be taken in October with a minimum of 2 candidates from Quinns Mindarie SLSC being put forward for each camp.

YOUTH SEASON CALENDAR

The calendar is a guide but may be subject to change dependent on external factors (e.g. coach and trainer availability, weather, etc). Please join the [QMSLSC Youth and Seniors Facebook page](#) to receive updated information.

U14 Youth members will stay together as a cohort for the first part of the season before moving into their preferred pathway.

The full calendar is available on the Club website [QMSLSC Calendar](#). It will include information on education, lifesaving and surf sports.

SUNDAY MORNINGS

The traditional surf season typically runs from mid-October to late March. Club day occurs on Sunday morning and is a range of activities and opportunities.

On a Club day:

- Assemble on the beach in front of the Club, at 7:55am
- 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 at 9:00am (board, age manager shirt, hat)

Every Sunday, 8:00am is the Club beach run followed by the Club swim at 8:30am. It is strongly recommended that all Youth members attend this to maintain patrolling fitness and to engage with other Club members. Please meet on the beach at the bottom of the ramp.

9-11am is for Youth Age Managers (YAMS) to support the Woodside Nippers Program. Please meet your group on the grass in front of the club.

9-10am Surf Sports Training will be available (except on carnival days). Please meet on the beach at the bottom of the ramp.

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

ADDITIONAL PHYSICAL TRAINING OPPORTUNITIES

In addition to Sunday mornings, Youth members can access various training sessions throughout the season as part of their membership. These sessions are both performance based and recreational. Some are sports specific whilst some are generic fitness based. Please see your Youth Mentor or the Director of Surf Sports for further guidance.

YOUTH BOARDS AND SKIS

For Youth who wish to use the Youth boards and skis, the Club suggests the **2** 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.

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 Coaches, 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 their 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 and skis must be CARRIED on the beach not dragged.

CONTINUOUS IMPROVEMENT

Quinns Mindarie SLSC undertakes annual members' surveys and ongoing evaluations of all its operations to ensure standards are appropriate to the expectations of members and the community. The Youth portfolio 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 on the Youth program in one of the following ways:

- E-mail communication
- Verbal communication
- Writing a letter
- Dropping suggestions into the office
- The Youth Board members

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 with an issue, bring a possible solution and be prepared to volunteer to make it happen.

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