



# *Ballina Lighthouse & Lismore Surf Life Saving Club Inc*

*Founded 13<sup>th</sup> September, 1933*

www.ballinasurfclub.com.au  
PO Box 590  
BALLINA NSW 2478

## **JUNIOR ACTIVITIES (Nippers) Junior Activities Committee (JAC)**

Our aim is to provide a safe and fun environment for children aged 5 to 13 years to participate in surf education activities, competition and learn surf skills. Children interested in competition are encouraged to use their natural skills at a series of carnivals held throughout the season. This promotes fellowship, fair play and enjoyment whilst giving the children the opportunity to learn valuable life long surf skills. ***The emphasis in Junior Lifesaving is on fun and education***. Children in each age group gain a Surf Education Award at the conclusion of the season .

### **Who Can Join**

Any child aged 5 (on 30 Sept) to age 13 (on 30 Sept) can join. Children in the Under 6 & Under 7 Age Group join on an educational basis. Those children in the Under 8 to Under 14 years age groups may join in friendly competition at club or at inter-club carnivals in the area. Once the children reach the Under 8 Age Group there is a requirement for them to satisfy minimum standards in the water (or demonstrate their "proficiency") prior to participating in activities (see below for details) .

### **Cost**

Parents are required to join as an Associate Member of our Club (\$30 each)

- Children in the Under 6 and Under 7 Age Group - \$75 per child per annum
- Children in the Under 8, Under 9 and Under 10 Age Group - \$85 per child per annum.
- Children in the Under 11, Under 12, Under 13 and Under 14 Age Group - \$95 per child per annum.

Note: Registration fees include a Club Cap for each child and fees are capped at \$300 for a family. Club costumes are purchased separately and are only required if the child wishes to compete at carnivals. Costumes are available on beach activity days and are sold as near to cost price as possible. It does make the children feel "part of the team" if they have Club costumes. Check our web site for details and pricing.

### **Qualifications (or Proficiency)**

Once children reach the Under 8 Age Group they are required to undertake proficiency checks (obtain their 'S' badge) prior to being allowed to participate at Carnivals. Those children unable to obtain their 'S' badge may still participate in Beach Activity Days, provided they can complete the Junior Participation Skill Evaluation for their age as shown in the table below.

Age Group	Junior Participation Skill Evaluation	Junior Competition Skill Evaluation	
		Timed Pool Swim	Beach Run-Swim-Run
<b>Under 8</b>	25 metre swim (any stroke) 1 minute survival float	Not Applicable	Not Applicable
<b>Under 9</b>	25 metre swim (any stroke) 1 minute survival float	200m pool swim within 6 minutes	Run-Swim-Run (50m-50m-50m)
<b>Under 10</b>	25 metre swim (freestyle) 1.5 minutes survival float	200m pool swim within 6 minutes	Run-Swim-Run (50m-50m-50m)
<b>Under 11</b>	50 metre swim (freestyle) 2 minutes survival float	200m pool swim within 5 minutes	Run-Swim-Run (50m-100m-50m)
<b>Under 12</b>	100 metre swim (freestyle) 2 minutes survival float	200m pool swim within 5 minutes	Run-Swim-Run (50m-100m-50m)
<b>Under 13</b>	150 metre swim (freestyle) 3 minutes survival float	200m pool swim within 5 minutes	Run-Swim-Run (100m-100m-100m)
<b>Under 14</b>	200 metre swim (freestyle in less than 5 minutes) 3 minutes survival float	200m pool swim within 5 minutes	Run-Swim-Run (100m-100m-100m)

If you have concerns relating to your child's ability to obtain their Proficiency Qualifications, please contact Club Representatives listed on the final page of this Information Package. Some children aren't able to pass their proficiency until later in the season - this isn't uncommon. Sometimes it just takes a little more pool practice, some encouragement and confidence building!

## Sunday Activities

Sunday Activity Days kick off at 9.15 am with a 5 minute "News & Views" address by the JAC President.. After this quick news bulletin the Age Managers mark the attendance role prior to each Age Group moving down to the beach. Activities conclude around 11 am with each Age Manager marking the attendance role with each child removing their cap once their name is marked off. Please ensure your "Junior Lifesaver" assists with cleaning and packing away of our gear. It teaches them "team work" and keeps the equipment in good condition (especially our Junior Lifesaver boards which are expensive to replace).

The Under 6 and Under 7 age groups participate in various events to introduce them to beach and water activities, eg water wade relays, beach flags, fun water events. They are also introduced to surf safety principals (Surf Education Program). The Under 8 & Under 9 Age Groups are introduced to water and beach activities to familiarise them with competitive carnival events.

While Surf Education is compulsory - competition is not! No child is forced to enter any event they don't wish to participate in. Some prefer to participate in Beach Activity Days only. The regular Sunday morning sausage sizzle is ready about 11 am and it helps if each parent can pitch in as their Age Group is rostered on BBQ Duty. Not only does this raise a few dollars towards equipment purchase, it encourages parents to socialise and meet other members.

## About Awards

For the Season each child has the opportunity to earn points towards end of year Club Championship trophies or medals. As well as earning points for winning particular events and carnival participation, points can be earned for 100% attendance at Beach Activity Days and even participation at fund raising events.

## **Parent Involvement**

It is important that parents and/or carers NEVER leave their child unattended at Junior Lifesaving. Please introduce yourself to your child's Age Manager. We need all the help we can get in organising the children and support from willing parents/carers will ensure the success of all activities.

Don't forget our Age Managers and Office Bearers are parents too - they have volunteered so our kids can participate in "Junior Lifesavers". Remember - many hands make light work! Any help is appreciated, from setting up the beach equipment to cooking the BBQ and helping out on the beach.

For our children to enter the water on Beach Activity Days and/or compete at carnivals, we are required to provide sufficient water safety. This involves an IRB ("rubber duckie") crew being on duty and also those parents with "bronze medallion" qualifications to undertake water safety duties. In this regard our Senior Club Members offer assistance with patrols and water safety so we can have our Junior Lifesavers on the beach. In return our parents with Bronze qualifications are active patrolling members. So..if you have a Bronze qualification (or are willing to obtain one) please let your child's Age Manager know.

## **Season Calendar**

Our Event Calendar will be updated all the time - new Calendars will be issued as dates and details change. Our Web Site will also contain up-to-date info. Visit [www.ballinasurfclub.com.au](http://www.ballinasurfclub.com.au) each week for updated news and information. We welcome all members to join in our "social activities". If you have any ideas for social events - please let us know - we'd love to hear from you. Our end of season "Wet 'n' Wild Trip" is always popular. Start saving now!

## **Slip Slop Slap**

Our aim is to teach the children about all aspects of surf/beach safety - including sun protection. We parents and carers should set the example - don't forget to bring plenty of sunscreen, a good hat and a water bottle for each family member. Each child should have 1) A parent or carer present 2) A water bottle 3) Their Age Group Cap on (A sun hat for before & after beach activities is a good idea) 4). Plenty of sunscreen 5) Costume and Rash Shirt (Lycra Shirt) & 6) Towel

## **Any Questions**

Visit our web site and look at the Contacts to get in touch with the current Junior Activities Chairperson (JAC).