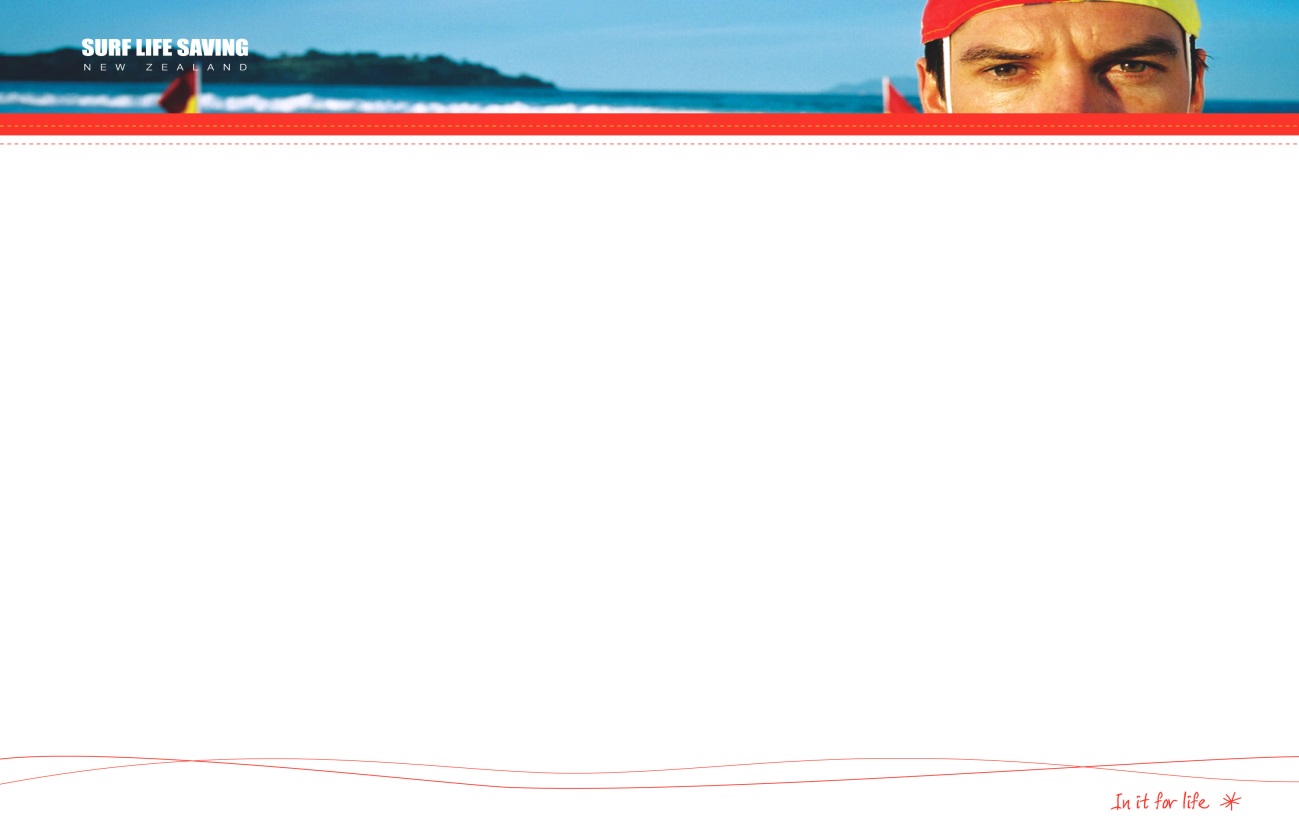


**JUNIOR SURF***This handbook contains much of the information you will need to know as a Junior Surf parent. Please have a look through and if you have any further questions feel free to ask. We are here to help.*



**BEING PART OF OBK SLSC**

OBK Surf Life Saving Club’s mission is to keep Ocean beach safe. It has 80+ lifeguards who patrol one of the most challenging beaches in the Hawkes Bay. OBK Surf Life Saving offers many opportunities to its members and their families.

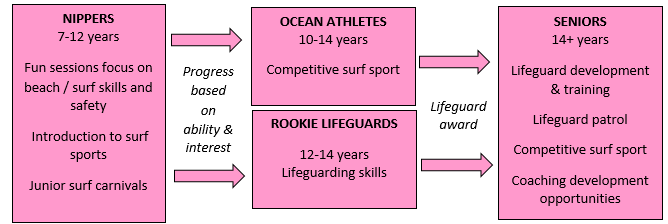
Our Junior Surf program, or ‘Nippers’ is a great opportunity for families to become involved in surf lifesaving. More importantly, Nippers teaches kids how they can keep themselves and their friends’ safe at the beach whilst having a heap of fun along the way.

Our Junior Surf programme enables kids to learn about being ‘surf smart’ and gives them the chance to pursue a sport which covers both land and water activities. Our Surf Lifesaving Education teaches Nippers everything there is to know about being a young surf lifesaver, starting with surf awareness and learning about rips. Surf sports allow surf lifesavers to practice and test their skills against each other and to ensure that our patrolling lifesavers can maintain their fitness for patrols. Surf sports also allows our young surf lifesavers to develop their lifesaving skills such as board paddling and catching waves. And just like their older clubbies, they are given the opportunity to compete against their friends in a fun, safe and friendly atmosphere.

We also focus our efforts on teaching our members the importance of being a team player and improving their self-confidence. It is very important to have young members who are positive leaders and play fairly.

Along with the Lifeguards and Junior Surf there are many other aspects of the Club. We have a strong Senior Competitive Squad competing in the water arenas either swimming or on boards/skis/canoes/surf boats & IRBs or in the beach arenas.

**JUNIOR SURF PROGRESSION**

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**NIPPERS**

Sessions start at 10:30am and generally finish at noon. Everyone meets on the deck at the clubhouse for a quick briefing before the sessions begin. It is a safety requirement that all parents/guardians/kids are required to be present at the briefings.

The sessions will start with a warm up involving stretching and jogging. Generally, this is followed by beach work based around beach sprints/relays and beach flags. When conditions allow, the sessions will progress to water activities based around swimming and board work. We incorporate games and races to keep the kids warm and having fun. Depending on weather conditions, an educational session may precede the beach/water activities.

The nippers may be split into groups according to ability, this will depend on numbers and parent help. Nippers are encouraged to participate or compete in the local junior carnivals.

Nippers will need to bring their OBK cap and hi-vis vest (compulsory), togs, wetsuit, sunscreen/hat, towel and warm change of clothes. They may also want to bring goggles.

**OCEAN ATHLETES**

The Ocean Athletes group focusses on competitive surf sport and is taken by a paid qualified coach. There are additional fees to belong to this group to cover board allocation and coaching. There are also costs associated with travelling to and entering regional / national events. This group will train 3 times a week either at Ocean Beach or Kiwi Beach (James St, Westshore). Kids don’t have to attend every training session if they are unable to. The programme aims to build skills and fitness across the range of surf disciplines:

Beach: beach sprints (100m), beach flags, beach relay.

Water: surf race (ocean swim approx. 200m), run-swim-run, board race, tube rescue, diamond race (swim/run/board)

Athletes compete at pool champs, local carnivals, regional and national competitions.

**ROOKIE LIFEGUARDS**

The Rookie Surf Lifeguard Program is aimed at developing young Surf Lifeguards in the areas of lifesaving education, beach management, patrol experience, and through participation and social development. It is hoped that by targeting and then preparing these young members in advance, the transition to qualifying as a lifeguard will be eagerly anticipated.

Once 14 years of age they are eligible to enrol in the SLGA (Surf Life Guard Award) to become a qualified lifeguard. Generally, the course is held during the October school holidays prior to the commencement of the surf season.

**SAFETY**

**Please take the time to read our safety requirements.**

* All participants must meet at the clubhouse before each session for a **safety briefing**.
* All participants must **sign in and out** at the start and end of each session.
* A club cap must be worn at all times and a hi-vis vest must be worn in the water.
* Nippers MUST achieve their **200m badge** before they can train or compete in water events which go beyond waist depth. This is a mandatory safety requirement which demonstrates that members are confident in the ocean and capable of returning to shore if they are separated from their equipment. Gaining the 200m badge is a first step to the next level – ocean swimming – not an immediate entry into surf competitions. Swimming in the ocean is very different to swimming in the pool. If the coaches are not confident that a child is a strong enough swimmer to tackle the conditions, whether it be training or at a carnival, they can stop the child taking part. This is not done lightly and is only done for the child’s safety. When it comes to carnivals, SLSNZ would rather have kids competing in non-badged arenas than have to rescue kids from badged arenas when they haven’t coped with the conditions.

**200M SAFETY BADGE**

Must swim 200m (any stroke) without stopping or touching the bottom of the pool or lane ropes in under 7 minutes and then immediately tread water for 1 minute to complete the test.

This test must be repeated yearly and be sighted by an OBK coach or instructor.

* **5:1 ratio supervision:**

This is a STRICT mandatory safety requirement. We require a minimum supervision ratio (in any water activity, regardless of depth) of 1 adult IN THE WATER per 5 children. On rough days, we will increase this number. If we cannot reach the required ratio, the water events will be cancelled.

* **1:20 ratio of qualified supervision:**

In addition to the ‘in-water’ 5:1 ratio we must also have 1 qualified guard per 20 children in the water.

* One of the best ways to help at the beach is to become a lifeguard.
* Children under the age of 14 years must have one adult (parent or guardian) enrolled as a member of OBK and SLSNZ and must not be left unattended at the beach.

**POOL SWIMMING**

We have weekly swimming sessions year round through term time. The sessions are run by a swim coach and focus on building swim fitness (it is not a swimming lesson).The sessions involve about 1-2 km of swimming.  This session is suitable for competent swimmers (able to achieve 200m badge).

We encourage all those with their 200m swim badge (or who can complete this) to attend these sessions.

Hawke’s Bay Pool Champs is an annual pool competition usually held in August/September open to 10 year olds and older. This is a fun carnival with obstacle races, brick carries and rescues.

**PARENTS (YOUR INVOLVEMENT)**

Parents play a huge role in Junior Surf. OBK encourages all parents to become active contributors to the Nipper programme. Your help during training sessions is always required whether it be coaching, setting up equipment, cleaning and packing away the gear, helping on the beach or being involved in the water.

Parent involvement is also crucial when it comes to attending surf carnivals. Whether it be as a water helper/official or putting up the tent and cooking sausages on the BBQ – we need you.

The Club and Nippers rely on sponsors and fundraising to provide equipment. Everyone is expected to get involved with fundraising and any new fundraising ideas are warmly welcomed!

**MEMBERSHIP**

Your child/ren can trial 2 sessions before joining the club to see if surf is for your family. Joining involves registering on the surf lifesaving NZ website. Parents must register themselves and their child/ren using the surf lifesaving portal <https://webportal.surflifesaving.org.nz/new-membership/> Once completed you will then be invoiced your annual subscription fee. Membership entitles you to participate in junior surf sessions, enter competitions, use club gear and the clubhouse facilities. <http://www.obk.org.nz/members/subscriptions/>

**COMMUNICATION**

Newsletters: sign up here <http://www.obk.org.nz/members/newsletters/>

Facebook: we have a closed members group ‘Ocean Beach Kiwi SLSC (Official) – find us and ask to join.

**THE CLUBHOUSE**

As a financial member of the Club you are welcome to use the clubhouse facilities including the kitchen/lounge/deck upstairs & the toilets & showers downstairs. Financial members are also able stay the night at the clubhouse. <http://www.obk.org.nz/members/club-policies/>

Please keep the club clean and tidy. Please get the kids to use the back door (near the gear shed) if going in and out to the toilets or when going to get changed. Rinse feet before heading inside and no wet clothing or wetsuits upstairs. Keep showers short and conserve water, better to rinse off quickly in the sea or the outside shower by the gear shed first.

**GEAR USAGE AND GUIDELINES**

We are fortunate to have a variety of gear (boards, boogie boards, tubes etc.), that has been purchased through the hard work of club members either fundraising, sponsorships or grants. Boards and equipment can only be used by registered Surf Club Members. Gear is generally used during coached surf sport sessions but can be used by the Nippers outside of sessions. Please help us take good care of the gear and teach your kids to do the same so we all enjoy the benefits:

• Handle & carry the equipment correctly. **DO NOT** drag boards, including boogie boards - carry them or if your child cannot handle the board, please assist them.

• Make a hole for the board fins when placing it on the beach.

• Use gear in designated areas, not near the rocks or around swimmers.

• Avoid prolonged exposure in the sun, do not leave boards out in the sun.

• Take all precautions necessary when transporting the equipment. If you are putting boards on a roof rack they must have padding and be tied down CORRECTLY! Ask a coach for help if unsure.

• When you have finished using the equipment please rinse it thoroughly in fresh water before storing it in the container.

• No gear is to be taken from Ocean Beach without approval by one of the JS coaches.

• If the gear is damaged please advise one of the coaches.

**UNIFORM**

Our uniform co-ordinators will take orders for uniforms during the Sunday session or you can contact them directly. Caps and hi-vis tops are compulsory for all our surf sessions and carnivals. Ocean Beach Kiwi branded togs, hi-viz vests & rash tops are available. Other club merchandise is also available for purchase, please see the website below for more information [**http://www.obk.org.nz/members/club-uniform/**](http://www.obk.org.nz/members/club-uniform/)

**JUNIOR SURF CARNIVALS**

Carnivals are a great opportunity to participate in both a fun and competitive environment, meet nippers from other clubs, and see other beaches. While it can be competitive at times, the emphasis is always on safety, sportsmanship and enjoyment. All the carnivals in Hawkes Bay are divided up into competitive and participation arenas. The participation arenas are purely for fun and experience and aimed at getting the young kids involved at a safe and comfortable level ie the kids do as much as they can. The competitive arenas allow kids to pit their skills against those from other Hawkes Bay clubs and points are awarded at an individual and club level.

On the day, arrive early and report to your Group Coordinator to help set up and ensure the kids are registered, in the right gear and warmed up. Members are expected to stay in the club area during the Carnival. Children must tell their Group Coordinator if they are leaving the club area for ANY reason.

At carnivals there are a limited number of boards available, so ALL CLUB BOARDS ARE TO BE SHARED. Parent help is required for all carnivals, even little jobs like helping to erect the shelter tent or being there at the end to dismantle the tent are crucial, please offer your time.

It is important that you always remember to bring:

• OBK cap (if you do not have your cap you cannot compete)

• OBK togs and hi-vis vest/rashie (if you do not have your hi-vis vest/rashie you cannot compete)

• Food & plenty to drink (snacks are easiest - sushi, sandwiches, fruit, muesli bars, yoghurts)

• Sun hat & sunscreen

• Towel & warm clothing, including a warm jacket to put on between events

**a massive thanks to**

All supporters of Ocean Beach Kiwi SLSC Nippers, the next generation of Ocean Beach lifeguards.

