

NOOSA HEADS SURF LIFESAVING CLUB



"saving lives since 1928"

SURF SPORTS COMPETITORS HANDBOOK

Season 2009 -2010

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FOREWORD

Welcome all to what is sure to be an action packed 2009-2010 season.

Noosa Heads Surf Lifesaving Club has a strong tradition in the competition arena with numerous past and present State and Australian Champions. To continue this tradition requires open communication, a positive attitude and an overall combined team effort.

As a Club we are always committed in supporting you to achieve your very best results. It is imperative that all competitors realise and respect the support the Club offers with craft and equipment, coaching and facilities including the Gymnasium; the cost per member can run into many thousands of dollars.

With our ever increasing team of competitors, officials, coaches and supporters, it is important to outline a "Code of Conduct" policy in relation to the use of equipment, conduct at Carnivals and Club expectations throughout the season.

By abiding by the Handbook conditions, you can be assured that competitors will be supported and our tradition in Surf Sports continues in Noosa Heads Surf Club.

Regards

*Noel Jamieson
Director of Surf Sports.*

CODE OF CONDUCT FOR **COMPETITORS**

Whilst competing at carnivals, all **COMPETITORS** are expected to

1. Compete by the conditions and rules and in the spirit of fair play
2. Accept the judge's decision as final. See your Team Manager if you have a complaint - never argue with an official!
3. Control your temper and no abuse of equipment
4. Compete to the best of your ability as an individual or with a team - never give up!
5. Support and encourage all members of the Club
6. Demonstrate good sportsmanship and be friendly to ALL participants
7. Respect the rights, dignity and worth of others
8. Be fair, equitable, considerate & honest in all dealings with others
9. Be aware of, and maintain an uncompromising adherence to, SLSA standards, rules, regulations and policies
10. Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct
11. Be professional in, and accept responsibility for actions
12. Make a commitment to providing quality service
13. Use club facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly
14. Refrain from anything which may abuse, intimidate or harass others

15. Whilst on tour you are a representative of your club. You are responsible for all actions. Any inappropriate behaviour will not be tolerated and disciplinary action will be applied.

16. Preserve and protect the standing and reputation of the Association

ELIGIBILITY TO TRAIN & COMPETE

To be eligible to train or compete, a member must be;

- A financial active and proficient Surf Life Saving Australia Bronze Medallion or SRC holder.
- In the case of Junior Activity members U14 Nippers, to be eligible to compete in Under 15 events, they must be 13 years of age, be the holder of a current/proficient Surf Rescue Certificate.
- Must not be in default with the Club, Branch, State Centre or SLSA in relation to their financial, discipline and/or patrol commitments.
- Have completed a competitors agreement form.

PROFICIENCY OF ALL COMPETITORS

All members from U15 to and including Masters who wish to compete at any Club, Branch, and State Centre requirements competition are required to undertake the SLSA Proficiency Test by 31 December each year.

Any member completing their proficiency after 31 December shall be eligible to patrol but shall not be permitted to participate in any SLSA Championship competition until 1 October later in that year. NB. Information regarding special circumstances is available if needed.

COACHING AND TRAINING

The Surf Sports Committee has approved the following:

- **Swimming**
Training at the Good Sheppard Lutheran College
Events: Surf Race, Surf Team, Belt Race, Tube Race
- **Gym**
The Gym is open between the hours of 5:00am and 9:00pm. Rules are posted on the Gym wall and must be adhered to at all times. Remember to bring a towel, covered shoes and shirt. The Gym is for all active members over 18 only, U15 to be supervised by an active member. **If any member is found to have brought people into the gym, who is not an active member they will have their membership suspended.**
- **Board & Ski**
The board and ski events are often referred to as craft. There are many variations of board and ski event, Ironman, Iron women, Taplin Relay, Cameron Relay, Lifesaving Relay
A comprehensive craft / Ironman coaching program is available.
- **Beach**
The beach events are conducted over a sand course varying in distance and hotly contested events.
Events: Beach Sprints, Beach Flags, Beach Relay
- **Champion Lifesaver**
An individual event testing physical skills, lifesaving and resuscitation knowledge.
- **Patrol Competition**
A team event where competitors must display strong lifesaving skills and team work in setting up a patrol arena and managing a beach scenario involving multiple incidents. Each member is also required to demonstrate good physical skills, lifesaving and resuscitation knowledge. (Age groups: 4 members/team; Open: 6 members/team including IRB driver and crew)
- **First Aid**
Teams of two must demonstrate competent first aid skills and good team work to manage a first aid scenario with multiple patients and injuries.

- **Pool Rescue**

Individual and team events requiring strong swimming skills and demonstration of rescue techniques in a pool setting.

- Champion Lifesaver, Patrol Competition and First Aid are conducted at Branch, State and Australian championship carnivals. Separate Pool Rescue carnivals are held during the year. All participants are guaranteed an improvement in their lifesaving skills and plenty of fun!!

- **March Past**

A traditional Lifesaving event which dates back to the 1920's. Noosa Heads Surf Life Saving Club supports a senior and junior teams. A team of twelve club members, including a reel party carrying the traditional surf reel, march to music, around a designated course on the beach each led by a Flag Bearer, carrying the Club Flag.

They are judged on eight separate sections: Tim and Step, Arm Swim, Leg Action, Body Carriage, Covering, Spacing and Dressing, Wheeling and Length of Pace. The team with the least amount of faults wins the competition.

If you are interested in joining, contact the office where further details can be supplied.

- **Board Riding**

The sport is supported from beginner classes through to advanced competition squad. Surfing is an excellent cross training discipline for all other Surf Sports activities - and is especially embraced by the Cadet age groups. Nippers are welcome at any age, but require a parent to remain on the beach. It is common for Nippers and Parents to surf together in the same squad. Our competition squad has developed State and National success at all SLSQ and Surfing Australia competitions.

- **Surf Boats**

Noosa has a long tradition in surfboats with a number of successful crews earning medals in both the state and National arena and are ranked as one of the top surfboat clubs in QLD.

We have excellent equipment as well as very experienced sweeps and coaches to assist you. We cater for all categories from under 19s, under 23 men's, Reserve Grade, Open (A grade), under 23 women's and open women's as well as the masters division. It is a tough and exciting sport and is the ultimate team sport that creates life long bonds. If you wish to participate or just are curious contact Mick Curwen 0419 491 615.

CRAFT ALLOCATION POLICY

Please remember that the equipment you use remains the property of the Club and you have a responsibility in maintaining it at the highest level.

You are financially liable for any unnecessary or careless damage and must NOT **be** sold or loaned without the express authority of the Craft Captain and Director of Surf Sports.

Every year the cost of repairs and maintenance for careless use of equipment runs into thousands of dollars and it is in everyone's best interest to respect the Club equipment.

Craft allocation will be determined by a panel comprising the Director of Surf Sports, Captain of the Discipline and Discipline Coach(es).

Preference is given to Active Junior cadet members, first season competing with the club or in the craft discipline.

Club craft allocation is available for one season only or at the discretion of the above panel.

Extended allocations available only when craft available and incurs a fee.

Competitors must compete in all relevant carnivals and competitions as directed by the selection committee.

Allocated craft must be locked up by competitor in allocated rack.

Competitors must maintain the allocated craft to a high standard.

Competitors will pay for repairs to craft/equipment for damage sustained outside carnivals. Repairs must be approved and reputable repairer authorized by Discipline Captain.

Competitors must fulfill all club Surf Lifesaving commitments.

Failure to fulfill the requirements of the allocation will initiate a review of the allocation by the above committee.

CARNIVAL GUIDELINES AND POLICIES

As a Member of Noosa Heads Surf Lifesaving Club, when you are touring or competing at Carnivals you are representing your Club and must behave accordingly.

The Team Manager must sign a declaration form for each Carnival guaranteeing the conduct of Members does not breach the SLSQ or SLSA Code of Conduct Policy.

If a breach does occur, not only does the Team Manager face disciplinary action but also the competitor and Club may be penalised.

Breaches of the Club "Code of Conduct" will be dealt with severely.

Should you feel that any rule of fair competition has been breached, DO NOT enter into a disagreement with officials or other competitors. Report your issue immediately to your Team Manager. ONLY a Team Manager can submit and follow through a competition protest.

ALL members must assist with the loading and unloading of trailers, the packing up of the team tent and gear from the Carnival and offer assistance.

CARNIVAL OBLIGATIONS

PATROL DUTIES

This policy has been developed to clearly outline the Club, regarding members completing the appropriate number of patrol hours.

COMMUNICATE - It is your responsibility to stay informed with what is happening with your patrols, and to keep your Patrol Captain and the Club Captain informed.

Patrol rosters will be on the web site, and on Club notice board. Patrol reminders will be sent out each week by SMS from your Patrol Captain. You need to contact your Patrol Captain giving your mobile number and for those without mobile your correct email address so a letter will be sent to you.

All patrol members are required to complete their allocated patrol or arrange for an appropriate substitution with similar awards.

PATROL HOURS REQUIREMENTS

A member who wishes to compete must be a current, proficient and financial member of the Club he/she wishes to compete for and **must also have satisfied his/her patrol obligations as defined by the Club.**

The minimum requirement for all active reserve and long service members will be 12 hours. New members, members re-joining or members returning after a leave of absence are required to do four (4) hours patrol per month before competing in any association championships.

Those members who do not complete the minimum patrol hours during this period will not be eligible for competition rights and their craft subsidies and club benefits will be reviewed. This includes gym access.

Patrol captains are to enforce this requirement. If you are running 10-20mins late due to unforeseen circumstances please ring your patrol captain to inform them of your situation.

Remember: - It only takes a phone call or email to communicate your intentions to the Patrol Captain.

PATROL ROSTER

The Patrol Roster will be sent to all Patrol Members however copies are available for viewing on the Notice Board, Office and also on the Club Website:
http://www.noosasurfclub.com.au/active_members.php

CARNIVAL ENTRIES AND NOMINATIONS

Carnival nominations and calendar will be available on the notice board, weekly newsletter, website and posted on the notice board.

It is **your responsibility** to complete the Club nomination form.

Please note that verbal nominations will not be accepted. Nominations will need to be signed by a Parent/Guardian if competitor is U18.

Please note the Club closing date for return of the nomination form. It is the Competitors responsibility to communicate any changes to the Team Manager and the office. All competitors are encouraged to view nominations and teams on the notice board prior to Carnivals and discuss any issues with the Coach or Team Manager.

Non attendance at a carnival or non participation in an event that you have nominated will mean that the competitor is required to reimburse the club. Reimbursement must be made before nominating at next carnival.

NO late nomination fees will be paid for by the Club. The competitor may pay for the late nomination fee. This must be approved by the Director of Surf Sports and Discipline Captain.

An exemption will only be granted if you can produce a Medical certificate or other extenuating circumstances by letter.

Selection for team events will be undertaken by the Director of Surf Sports, Team Manager, Discipline Captains and Coaches. If you are selected in a team that the selection panel put you in you are expected to compete in that team to represent the club. If you wish to be granted exclusion from the team selection, or you need to pull out on the day, that is at the discretion of the coach/team manager but you need to show cause why this is the case.

Competitor's entry fees will be paid by the Club to all sanctioned SLSA & Branch events.

Please note that the Dolphin Ocean Classic, Junior Coolangatta Gold and NIB Coolangatta Gold are not paid or sanctioned by the club.

SELECTION PROCEDURES

Club Selectors are Director of Surf Sports, Discipline Coach & Captain

Selection Criteria may include the following:

- Satisfaction of or ability to satisfy the applicable eligibility criteria in respect of the squad, team, event or other activity under consideration.
- If selected the member's attendance at all relevant camps and all workshops associated with an individual's selection. Failure to do this without reasonable justification to the Selection Panel may see the member ineligible for selection.
- Past local carnival, branch, state, national and international performances being performances that have occurred including and since the event in which selection is being considered was last conducted.
- Current local carnival, branch, state, national and international performances being any such performances that have occurred within the 12 months proceeding selection.
- Demonstrated and/or potential ability to work with coaching staff, team officials and other team members.
- Demonstrated attitude and commitment to NHSLSC.
- Current level of skill and physical fitness for the nature of the event that is being selected.
- Current or potential injury or conditions which may impair inhibit or prevent the participant's performance to the requisite level.
- The potential to successfully achieve the objectives of this Policy and of NHSLSC under its Constitution; and
- Any other factor considered relevant in the circumstances

In considering the Selection Criteria the Selectors may give weight to extenuating circumstances. Extenuating circumstances may include but are not limited injury or personal bereavement.

INCENTIVE PROGRAM

BRANCH, STATE AND AUSTRALIAN CHAMPIONSHIP CARNIVALS

How it works

- Only available for **U15, U17 and U19**
- All categories

Criteria

1. Must attend training sessions in the appropriate discipline 10 sessions per month
2. Must not be in default
3. Must attend Branch Championships to be able to progress to State. No Branch voids you from the incentive programs
4. Prize money won in an event i.e. money voids the points for that event.

Sample - Branch Carnival Points

1. Each competitor gets 1 point for each round they progress through e.g. 1 point for starting, 1 point for quarter final, 1 point semi final.
2. Finals are worth 6 points for 1st, 5 points for 2nd, 4 points 3rd, 3 points 4th, 2 points 5th, 1 point 6th.
3. Team events are as per individual points

Example:

Sunshine Coast Branch Carnival

Board event	1 point starting, 1 point semi final & 1 point final	= 3 Points
Ski event	1 point starting, 1 point final	= 2 Points
Board Relay	1 point starting, 1 point final	= 2 Points
Ski Relay	1 point starting	= 1 Point
Taplin	1 point starting	= 1 Point
Beach Relay	1 point starting, 2 points 5 th place	= 3 Points

State Championships Carnival

Board Rescue	heat semi final plus 4 th place	= 8 Points
Board and Ski event		= 4 Points
Beach Relay event		= 6 Points

Total 30 points

Payment

Each 6 points = \$90.00

Payment is achievable for every 6 points earned.

This athlete scored 30 points which equals \$450.00 for the carnival. If they nominated for beach, surf race, ironman etc. they could have earned more points to take themselves to 36 points, the new total would be \$540.00.

Sunshine Coast Branch Championships will be One Point per result

State Championship Carnivals will be Double Points per result

Australian Championship Carnival will be Triple Points per result

TEAM SPIRIT

Whilst many of the rules relating to the Clubs expectation of members focus on what not to do, the Surf Sports team is also highly motivated and wants to harness the Team Spirit and positive atmosphere at Carnivals.

We encourage all members to present a positive and encouraging attitude at all times. This can be as easy as going down to the beach and cheering on your fellow competitors or offering positive encouragement back under the tent. Applaud good performances and sportsmanship. Turn any defeats or disappointments into a positive by focusing on the competitor's effort, good sportsmanship and what can be learnt from the experience.

PRIZE MONEY

Any prize money won from carnivals shall be used to reimburse the individual competitor for reasonable competitive expenses incurred by the athlete for that event. eg. transport, accommodation. 66% of any surplus money will be allocated to the competitor; the other 33% is allocated to the relevant surf sports budget. In the case of a team event, reasonable expenses will be paid for competitors as above, then 66% of surplus to be divided between competitors, the other 33% is allocated to the relevant surf sports budget.

Prizes Besides Cash

- Those not suitable for general club use are to be kept by the individual or team. eg. Myers voucher, t-shirt, drink bottle, MP3 player.
- When the vouchers are to be used to purchase club equipment, 30% of the vouchers value is to be awarded to the competitors to be used to subsidize reasonable competitor's expenses. eg. Squad fees, club togs, towards the purchase of a craft.

Craft Prizes

- Surf Board/Ski
If the competitor has won a prize (competing, random or lucky draw) then the craft is deemed a subsidized craft. The winner is given the option of entering 50/50 subsidized craft agreement, or selling the craft to the club at 50% of fair market price.
- Surf Boat
The boat will become a Surf Club asset for use by the winning crew or at the discretion of the Boat Captain.
- 10% of the dollar value of the surf boat will be given to the crew
- Surf Boat Oars & Sweep Oars
These become a Surf Club asset to be used by the winning crew for as long as they require them.

Extraordinary Prizes

The Surf Sports committee will recommend a course of action to be ratified by the Management Committee. Eg. Leases, holidays, cars etc

Prize money up to the value of \$1 000.00 will be at the discretion of the Surf Sports Committee.

TRAVEL AND ACCOMMODATION

All carnival accommodation and travel costs shall be met by the competitor.

The Club policy allows subsidy for State and Australian Championships; the amount is \$50.00 per night of competition and arrival prior to competing.

For State and Australian Championships a deposit will be required and to be paid in full by the due date.

FUNDRAISING

To be eligible to received funding to assist with your subsidized travel and accommodation for carnivals to State and Australian Championships, you must have a genuine and consistent commitment to training, patrols, carnivals and raffles throughout the 2009/2010 season.

All Competitors will be placed on a Raffle Roster and you are expected to attend your allocated dates and times. If you are unable to attend you must obtain a substitute to ensure the raffle can be undertaken.

State and Australian Championships. - funds raised from the raffles will be allocated to eligible members and will be allocated equally across all the surf sports.

All members are encouraged to participate in any further fundraising activities that may be organised to increase the funds.

The raffle policy and any further decision on funding and eligibility are made by the Management Committee.

UNIFORM

Club cap and togs must be worn at carnivals per SLSA requirements.

Where ever possible a uniform will be issued to all State and Australian Championship selected competitors to wear whilst attending carnivals. This is subject to Surf Sports and Management Committee financial commitments.

CLUB CHAMPIONSHIP DAYS

Club Championships days will be held on two separate days, generally held before the Christmas break up and towards the end of the season, dates to be advised. This is subject to the desertion of the Surf Sports Committee.

PARENTS

The Club recognises the valuable contribution and role that parents play in our successful Surf Sports Program. It is essential to have this support given the large number of your competitors in our Club.

To ensure that training programs and carnival weekends are successful, the Club asks for parental co-operation in the following ways:-

- Parents are asked to read this Handbook and ensure that they and their child are familiar with Club requirements.
- Parents are encouraged to attend carnivals both local and away to assist with the supervision of fewer than 18 members.
- Parents are asked to participate in the BBQ roster when provided by the Club.
- Assistance with the loading and unloading of gear and tents would be appreciated.
- It is in the best interest of competitors, if parents recognise the role of Coaches and Team Managers at carnivals and training sessions and **NOT** interfere in these activities or in team selection. The Coaches are the best qualified people to offer advice and pick the right teams based on previous carnival results, attendance and attitude in training etc. You are encouraged to discuss any issues with Coaches / Team Managers at the appropriate time. Good communication is important.
- Remember you are a valuable and important part of Noosa Heads please share your support with all team members.

CONTACT PHONE NUMBERS AND EMAIL

	NAME	PHONE	EMAIL
Director Surf Sports	Noel Jamieson	0418714675	noosablu@bigpond.net.au
Deputy Director of Surf Sports	Tony (Lemo) Lemarseny	0417451473	jamberooconstructions@hotmail.com
Team Manager	Anna Widdicombe	0438 146 633	widdos4@bigpond.net.au
Surf Boat Captain	Mick Curwen	04 18491615	royalmailhotel.manager@ourhotels.com.au
Board Captain	Jenny Hales	0417646745	pjhales@bigpond.net.au
Ski Captain	Paul Matters	041211-9817	paulmatt@westnet.com.au
Beach Captain	Mason Powell		
Surf Rescue/Lifesaving Captain	Felicity O'Brien	0448 061 291	fobrien5@bigpond.net.au
Swim Captain	Bruce Warren		
Board Riding Captain	Chris Doney	0412037914	chris@it-spark.com.au
Ski & Board Coach	Adam McKane	0409629842	akmckane@gmail.com
Masters Board Coach	Ian (Jobbo) Jobson		
Gym Coordinator	Phil Bowden	0408 761 631	

Assistant Managers

CODE OF CONDUCT
For
MEMBERS

1. Respect the rights, dignity and worth of others;
2. Be fair, equitable, considerate and honest in all Dealings with others;
3. Be aware of, and maintain an uncompromising adherence to, SLSA standards, rules, regulations and policies;
4. Be professional in, and accept responsibility for actions;
5. Make a commitment to providing quality service;
6. Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly;
7. Refrain from anything which may abuse, intimidate or harass others;
8. Preserve and protect the standing and reputation of the Association;
9. Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.

GOOD LUCK FOR THE SEASON

Noosa Heads is a great Club, made up of many great members, achieving great things.

With a combined unity there is no reason why our Club cannot be the best Club in Australia.

With your commitment and dedication our goals can be achieved.

