Developing the Lifeguards of the Future
Welcome to the Mount Maunganui Lifeguard Service

We would like to welcome new and existing members to the 2018/2019 Junior Surf Season! We look forward to your involvement and trust that you will learn lifelong skills that will save lives.

MMLS Junior Surf: Developing the Lifeguards of the Future

Our Junior Surf Philosophy—Safety, Fun, Skills, Achievement

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Our Junior Surf Philosophy
Safety, Fun, Skills

At MMLS, we support and promote the delivery of the Nippers Programme for all age groups. The objectives of this programme are:

- To provide the best possible surf lifesaving experience for all juniors with the view to encouraging long-term active participation.
- To enable nippers to participate and enjoy life saving and competition in an aquatic environment by offering a wide variety of activities suited to the skill and maturation levels of all juniors.
- To ensure the safety of nippers on the beach through the provision of surf education programs.
- To develop a team based philosophy encompassing leadership, camaraderie, teamwork and fun.
- To promote social, emotional and physical growth and development in a healthy and safe environment.

The Nipper program is based on participatory evaluations rather than competence and is comprised of two outcomes. The first set of outcomes (skills and knowledge) are well set out in the lesson structure and sequencing within the educational resources. The second set of outcomes (self-confidence, self-respect and trust) is developed as a result of the supportive and nurturing environments in which the Nipper programs are delivered.

An example of the topics covered with the Under 9 age group would be:
Introduction to Surf Life Saving; Personal Safety; Ecosurf; Physical Health & Well-being; Surf Conditions & Hazards; Surf Safety; First Aid; Signs & Signals; Board Paddling Techniques; Body Surfing; Sprinting Techniques; Diving for the Baton.
Each age group builds on the knowledge and skills gained in the previous season.
Mount Maunganui Lifeguard Service – A Brief History

In 1929, a group of young men, armed with some wooden planks and a surf reel and line rescue kit, set about to make the famous Mount Maunganui beach safer for all. The first clubhouse was a tin shack situated on almost the same site as the almost completed new state-of-the-art building is today, proving that whilst some things change, they don’t change much.

These intrepid lifeguards were originally members of the Royal Life Saving Service and it was not until after the fishing launch ‘Ranui” went down in the harbour entrance on December 28, 1950, with the loss of 22 lives that momentum changed. The dedication and professionalism shown by club members helped cement the professional respect between the club and other rescue services, which still stands today. In November 1979, a ‘new’ clubhouse was created, generously funded by local businesses and built by local volunteers. However, much of the basement was destroyed in an arson attack on December 30, 1981, but this brought about a real sense of community spirit that is evident still.

Mount Maunganui Lifeguard Service has always been a leader and innovator in terms of surf lifesaving. During 1968, club member, Bob Mitchell decided that the children of Tauranga and Mount Maunganui needed to learn about the ocean and water safety, so he set up the Nippers’ programme - the first of its kind in New Zealand. At first, it was for boys only, but in 1975, girls were first enrolled. Another first was the use of a mobile beach vehicle, a Ford 10 with a flat deck and surf reel mounted on it in the late 1940s, that patrolled the beach. MMLS were also: the first club to use rescue tubes, the first club to establish a radio network for patrols and the first club to establish a designated after-hours callout squad. Club legends Louis Jordain and Kent (KJ) Jarman, were also instrumental in the introduction of IRBs to kiwi surf clubs. The re-introduction of a jet-ski in 2016, after one had first been used in the 1980s, has been predominantly used for coaching, but also in a number of rescues.

MMLS were also the first club to employ a full-time coach, and this foresight has lead to six consecutive national title holders, and two-time Oceans Under 14 champions. The junior surf programme (Nippers) is extremely highly regarded and the success of the older athletes is certainly inspirational.

Thus, it is evident that the Mount Maunganui Lifeguard Service is a pioneering and innovative club, which has maintained its tradition of leading from the front. The new, state-of-the-art club house is testament to this, and we trust you enjoy your time as members of the MMLS whanau.
Section One: Junior Surf Introduction and Overview

Mount Maunganui Lifeguard Service (MMLS) offers many opportunities to its members and their families. Our Junior Surf programme, or ‘Nippers’, is a great opportunity for families to become involved in surf lifesaving. More importantly however, Nippers teaches kids how they can keep themselves and their friends safe at the beach while having a heap of fun along the way. Nippers is not about teaching your child to swim. We instead focus on survival and rescue skills that are so valuable to children when enjoying time at the beach. This means ensuring that our Nippers have the decision-making skills to appropriately assess the safety of various aquatic environments for the rest of their lives. We also encourage the children to develop an awareness and responsibility for those around them.

Our Junior Surf programme enables the 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 they need to know to be a young surf lifesaver, starting with surf awareness and learning about rips. Surf sport exists to allow surf lifesavers to practise and test their skills against each other and to ensure that our patrolling lifesavers can maintain their fitness for patrols. Surf sports also allow our young surf lifesavers to develop their lifesaving skills such as board paddling and catching waves. And just like their older club mates, they are given the opportunity to compete against their friends in a fun, safe and friendly atmosphere.

While Nippers teaches everything there is to know about being a young surf lifesaver, we also focus our efforts to teach 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.

Your child’s safety is our number one priority. To ensure that your child has the necessary aquatic skills to participate safely in the ocean, they must complete a preliminary skills evaluation. Setting achievable aquatic goals for your child is an important part of our Nipper program at the MMLS.

PARENTS (YOUR INVOLVEMENT)
Parents play a huge role in Junior Surf. MMLS encourages all parents to take the opportunity to become active contributors to the Nipper programme. Your help during training sessions is always required and appreciated by the coaches whether 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 welcomed! If you have a talent we are sure we can use it! There are so many different facets to running Junior Surf, if you have some time available or have a great idea please contact the Junior Surf Coordinator. Thanks.
HOUSEKEEPING

You are welcome to use all the facilities in the Club so it is our responsibility to keep the Club clean and tidy after use, especially after Nipper sessions. Rinse feet before heading inside and no wet clothing or wetsuits upstairs.
If the kids are using the showers please keep them short. Better they rinse off quickly in the sea or the outside shower and then get changed in the warm changing rooms.

SAFETY REQUIREMENTS

1. NIPPERS 200M SAFETY BADGE

As already mentioned, 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. This test must be repeated yearly and must be sighted by a MMLS coach or instructor. Nippers must swim 200m of a competent non-stop single freestyle stroke with no stopping or changing of strokes.
The beginner pass time is 7 minutes with the expectation that the swim will be under 4.5 minutes by the time the child reaches 12 years of age. The assessments are done for safety purposes and the criteria will be upheld by the senior coaches of the MMLS. There is no limit to the number of times a candidate can re-test but they must have swum their 200m competency test in order to participate in open sea and board training.

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, Surf Lifesaving Eastern Region would rather U9 athletes keep competing as non-badged until they are confident to pass both the pool and ocean swim tests strongly, than have to rescue kids from badged arenas when they haven’t coped with the conditions.

2. 5:1 RATIO SUPERVISION

As another 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 modified.

3. 1:20 RATIO OF QUALIFIED SUPERVISION

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

One of the best ways to help at the beach is to become a lifeguard. We are really lucky at MMLS to have qualified guards keen to give up their time to coach and act as water safety for the kids. Contact Grant Mitchell g.mitchell@tbc.school.nz or 021 025 46125 for more information about becoming a qualified surf lifeguard.
There are 3 categories to our Junior Surf programme:

1) **Nippers:** 5 – 13 years old (recreational / educational focus)
   - Most **Sundays** from 10am – 12pm, with a two week break over Christmas/New Year
   - **Wednesdays** 4pm-5.30pm from November 21, ideal for those who can’t make Sundays
   - Each age group is assigned volunteer coaches who will oversee the activities for the children in their group
   - Optional School Holiday programme, December and January for 8 & 9 year olds who are keen on training towards competitions, with sessions Monday, Wednesday, Friday mornings ($120)
   - From ages 7 years and up children are eligible and encouraged to participate in carnivals

2) **Oceans Squad:** 10—13 years old
   - Skills based programme with an expectation to attend all carnivals including Oceans 19
   - Training starts on Wednesday 17th October 2018
   - Monday to Friday 4.00pm—5.15pm, Saturday 10am-12pm
   - During Summer School Holidays weekday training is run from 10am - 12pm.
   - Children new to this competitive programme may be required to attend an assessment to ensure this is the right programme for them
   - Fee $195 + any Allocated gear hire.

3) **Rookie Lifeguard Programme:** 12 and 13-year olds
   - A transition from Nippers/Oceans into active lifeguarding.
   - Rookie Lifeguards participate in a training programme and assist lifeguards on patrol until they turn 14, when they will do additional training and sit the Surf Lifeguard Award.
   - The Rookie Programme generally trains during the weekend and the coordinators will be in touch with eligible members.
Section Two: Nippers Registration and Requirements

Registrations
Registration and have a go day: Sunday 28th October 10am-12.30pm

You can also register on any Sunday of the season, from 9.30am before each session begins. Registration forms are available from the Mount Maunganui Lifeguard Service office or www.mountlifeguards.co.nz on the Junior Surf page.

Membership Fees
Families are encouraged to join the Mount Maunganui Lifeguard Service as active family members. If you join as a family, then no junior registration fees are payable. Members have access to the club facilities, including showers, kitchen and bar facilities.

2018/2019 Junior Surf fees

One child $95.00
Two children $160.00
Three or more children $180.00
Active Family Membership $220.00
Nippers Rash Shirt $20.00

Programme Training Fees

Oceans Squad: Coaching Fee $195.00
Equipment Hire Fee (up to) $170.00 (allocated board)
or $50.00 (unallocated board)

8 & 9 year olds School Holiday Programme (December / January)
3 days per week, Mon/Wed / Fri $120.00

Fees can be paid to the club bank account 02-0372-0164102-00. Please use child’s full name as the reference.

Age Groups
Club and SLSNZ ages (age groups) are as at 30 September.
Apparel

Compulsory at Sunday Nipper days:
  o Club high visibility rash shirt $20
  o Club age cap (supplied / returned on day) No charge

Compulsory at inter-club carnivals:
  o Club competition cap $15
  o Club togs $45 - $60
  o Kids dri-fit Polo Shirt $45
  o High visibility Rash shirt or Vest

Recommended for all
  o Kids Hooded Zip Sweatshirt $50
  o Kids dri-fit Polo Shirt $45
  o Club Togs boys $45, girls $60
  o Club Jammers (rash shorts) $45
  o Competition cap (required for all carnivals) $15
  o Wetsuits (recommended pre-Christmas)

Minimum required swimming ability

5/6 year olds Basic swimming ability
7 year olds 5 - 25 metres at start of season
8 year olds 50 metre swim and treading water
9 – 13 year olds 200 metre swim + tread water badge (to be re-tested annually)

Club News

Regular news and important communications are provided via email and two facebook groups, “Mount Maunganui Nippers” and “Mount Ocean Athletes”. Please search these groups on Facebook and request to join.
We also communicate general club information via the Mount Maunganui Lifeguard Service Facebook page: www.facebook.com/Mount.Lifeguards
## Section Three: Season Calendar

### October

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 17</td>
<td>Ocean Athletes training Starts</td>
<td>4.00pm</td>
<td>Sunday 28</td>
</tr>
<tr>
<td>Sunday 28</td>
<td>200m Badge session Mt College Pool</td>
<td>1pm-2pm</td>
<td></td>
</tr>
</tbody>
</table>

### November

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 4</td>
<td>Junior Surf Nippers (note afternoon)</td>
<td>3pm-5pm</td>
<td>Sunday 11</td>
</tr>
<tr>
<td>Sunday 11</td>
<td>200m Badge session Mt College Pool</td>
<td>1pm-2pm</td>
<td>Sunday 18</td>
</tr>
<tr>
<td>Wed 21</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
<td>Sunday 25</td>
</tr>
<tr>
<td>Wed 28</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
<td></td>
</tr>
</tbody>
</table>

### December

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 2</td>
<td>Junior Surf Nippers</td>
<td>10am-12noon</td>
<td>Wed 5</td>
</tr>
<tr>
<td>Sunday 9</td>
<td>Junior Surf Nippers &amp; Christmas Party</td>
<td>10am-12noon</td>
<td>Wed 12</td>
</tr>
<tr>
<td>Saturday 15</td>
<td>The Mount Monster</td>
<td>10am Mount</td>
<td>Sunday 16</td>
</tr>
<tr>
<td>Sunday 16</td>
<td>Junior Surf Nippers 5 &amp; 6 year olds</td>
<td>10am-12noon</td>
<td>Sunday 23</td>
</tr>
<tr>
<td>Sunday 31</td>
<td>New Year Break</td>
<td>No Junior Surf</td>
<td></td>
</tr>
</tbody>
</table>

** All dates, times, locations etc are correct when published but subject to change.
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 5</td>
<td>Saturday</td>
<td>“Grom Challenge” (Oceans Age)</td>
<td>TBD</td>
</tr>
<tr>
<td>Jan 6</td>
<td>Sunday</td>
<td>Junior Surf Nippers</td>
<td>10am-12noon</td>
</tr>
<tr>
<td>Jan 9</td>
<td>Wed</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
</tr>
<tr>
<td>Jan 13</td>
<td>Sunday</td>
<td>Junior Surf Nippers</td>
<td>10am-12noon</td>
</tr>
<tr>
<td>Jan 16</td>
<td>Wed</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
</tr>
<tr>
<td>Jan 19</td>
<td>Saturday</td>
<td>Papamoa Junior Carnival (Papamoa)</td>
<td>9am start</td>
</tr>
<tr>
<td>Jan 20</td>
<td>Sunday</td>
<td>Junior Surf Nippers 5 &amp; 6 year olds</td>
<td>10am-12noon</td>
</tr>
<tr>
<td>Jan 23</td>
<td>Wed</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
</tr>
<tr>
<td>Jan 27</td>
<td>Sunday</td>
<td>No Junior surf (Anniv Weekend)</td>
<td></td>
</tr>
<tr>
<td>Jan 30</td>
<td>Wed</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
</tr>
<tr>
<td>Feb 3</td>
<td>Sunday</td>
<td>Junior Surf Nippers</td>
<td>10am-12noon</td>
</tr>
<tr>
<td>Feb 10</td>
<td>Sunday</td>
<td>Junior Surf Nippers</td>
<td>10am-12noon</td>
</tr>
<tr>
<td>Feb 13</td>
<td>Wed</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
</tr>
<tr>
<td>Feb 16-17</td>
<td>Sat-Sun</td>
<td>Eastern Regional Junior Champs</td>
<td></td>
</tr>
<tr>
<td>Feb 20</td>
<td>Wed</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
</tr>
<tr>
<td>Feb 24</td>
<td>Sunday</td>
<td>Junior Surf Nippers</td>
<td>10am-12noon</td>
</tr>
<tr>
<td>Feb 27</td>
<td>Wed</td>
<td>Mid-week Junior Surf Nippers</td>
<td>4pm-5.30pm</td>
</tr>
<tr>
<td>Mar 3</td>
<td>Sunday</td>
<td>Junior Surf Club Champs</td>
<td>10am</td>
</tr>
<tr>
<td>Mar 7-10</td>
<td>Thu-Sun</td>
<td>Oceans 18- Under 14 Nationals</td>
<td>Mount</td>
</tr>
<tr>
<td>Mar 17</td>
<td>Sunday</td>
<td>Junior Surf Funday &amp; Prizegiving</td>
<td>1pm</td>
</tr>
</tbody>
</table>

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2019**
Section Four:  Sunday Nippers Days

- Sunday Nippers’ days are our main sessions for 5 – 9 year olds and 10 – 13 year olds who are new to Junior Surf.
- Children are grouped according to age and will remain in these groups, with the same volunteer coaches, for the season. (age as at 30 September).
- Each group is identified by coloured beanies that are issued and returned on the day.

The table below shows recommended starting abilities, provides an overview of skills worked on throughout the season and a guide to development balance through the age groups.

<table>
<thead>
<tr>
<th>Age as at 30 Sept</th>
<th>Prior to starting, should be able to:</th>
<th>Through the season we’ll work on:</th>
<th>Recommend also:</th>
<th>Development Balance.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 yr olds</td>
<td>Put head under water, enjoy the beach!</td>
<td>Open water, small surf confidence, boogie board play. Sand based activities.</td>
<td>Swimming Lessons</td>
<td><img src="5/6_yrs.png" alt="5/6 yrs" /></td>
</tr>
<tr>
<td>6 yr olds</td>
<td>Swim a short distance Paddle a board in flat water.</td>
<td>Wading skills, porpoise diving, boogie boarding, beach skills.</td>
<td>Swimming Lessons</td>
<td><img src="7/8_yrs.png" alt="7/8 yrs" /></td>
</tr>
<tr>
<td>7 yr olds</td>
<td>Swim at pool &amp; at beach. Catch small waves with boogie board.</td>
<td>Wading, porpoising, basic bodysurfing, board paddling, sand event skills. Intro to carnivals.</td>
<td>Swimming Lessons Athletics club</td>
<td><img src="9/10_yrs.png" alt="9/10 yrs" /></td>
</tr>
<tr>
<td>8 yr olds</td>
<td>Swim 50m Pool &amp; Beach. Catch waves on boogie board.</td>
<td>Surf swimming, board paddling skills. Sand event skills.</td>
<td>Swim lessons Swim club / swim squad Athletics club</td>
<td></td>
</tr>
<tr>
<td>9 yr olds</td>
<td>Swim 100m Pool &amp; Beach. Prone paddle on a soft board.</td>
<td>Body surfing, board paddling in and out in small surf. Sand event skills.</td>
<td>Swim Club / Squad Athletics club</td>
<td></td>
</tr>
<tr>
<td>10-13 yrs</td>
<td>Swim 200m pool &amp; beach. Prone paddle on a soft board.</td>
<td>Body surfing, board paddling in and out in small surf. Beach running</td>
<td>Swim Club / Rookie programme</td>
<td></td>
</tr>
</tbody>
</table>
A Sunday Nippers session generally involves a short warm up, followed by a mixture of fun games, races and skills-based activities on the beach. This is followed by some water activities, which will vary according to the age group.

A sample session throughout the season may run like this:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.50</td>
<td>Assemble at meeting area in age groups at coloured flags</td>
</tr>
<tr>
<td>10.00</td>
<td>Welcome and news update from Coordinator</td>
</tr>
<tr>
<td>10.05</td>
<td>Beach based warm up</td>
</tr>
<tr>
<td>10.15</td>
<td>Beach based skills: Sprints, Beach Flags, Relays, etc.</td>
</tr>
<tr>
<td>10.55</td>
<td>Drink / Snack / Change</td>
</tr>
<tr>
<td>11.05</td>
<td>Water based skills, swimming / wading / bodysurfing / board paddling</td>
</tr>
<tr>
<td>11.55</td>
<td>Wash and return gear</td>
</tr>
<tr>
<td>12.00</td>
<td>Sausage sizzle and catchup on club deck</td>
</tr>
</tbody>
</table>

**What to bring / What to wear**

We encourage you to check the weather forecast and prepare for the day accordingly. The children are active and use a lot of energy, so can require “refueling” during the session and often warm clothing afterwards, once they cool down. Please clearly name all of your child/ren’s belongings, in case of loss.

**Sun Smart:**
- MMLS rash shirt
  - Nippers wear Yellow Hi-Vis Rash Shirts
  - Oceans Squad train and compete in MMLS issued Hi-Vis Vests
- Apply sunscreen before arriving at the beach

**Surf Smart:**
- Proper swimming togs or jammers (rash shorts). No board shorts allowed
- Wetsuits highly recommended prior to Christmas (with rash shirt/vest over the top)
- No jewellery please

**Energy Smart:**
- Nippers runs for two hours, so bring a big drink bottle and a couple of snacks
- Water, Snacks, a few dollars for sausage sizzle!

Please clearly name all of your child/ren’s belongings. There is a lost property bin just inside the changing room entrance. Please check regularly for lost items.

**Where Nippers generally assemble and Nippers water based activities may take place.**
Section Five: Carnivals and Competition

Carnivals (7 years and older)

JUNIOR SURF CARNIVALS CHECKLIST

On the day, arrive at the carnival 30 minutes before the first event and report to your Group Coordinator. 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. Coaches will advise which boards are with each group. Parent help is required for all carnivals, even little jobs like helping put up the tent or being there at the end of the weekend to take the tent down are crucial, please offer your time.

It is important that you always remember to bring:

- MMLS competition cap (no cap means you cannot compete)
- MMLS togs, hi-vis rashie/vest and 200m badge if applicable (no hi-vis rashie/vest means 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
- Club Hi-Vis Rash shirt or vest, and Club Caps are compulsory for carnivals.

JUNIOR SURF OFFICIALS

There is a requirement that the club supply carnival officials and water safety officers for carnivals. If in the event there are insufficient officials, our club may be withdrawn from the carnival. Parents of nippers competing at carnivals are expected to help with water safety (if qualified guards) or officiating.

A surf official is the person helping to set up the flags arena, recording winners, marshalling children to the start lines, starting the races and more. The only people closer to the action are the athletes.

To become an official, you must first do a Surf Officials Level 1 (one day) course which the club will pay for and arrange. Then you will be mentored on the beach and assessed in your role before being issued a qualification. Surf Official uniforms are issued so children and spectators may easily identify you and lunch and snacks are supplied at most carnivals.

If you are interested please see the Grant Davis-Calvert. If you decide to take the course the Club will expect you to finish the course, attend the carnivals to be assessed and for you to gain the final qualification. You will not be expected to official at Carnivals that your child does not attend, but the opportunity to do so is there if you would like to.

Whilst we encourage all parents to help and be part of the Club activities, being an official is a full day’s job on Carnival day and it is not advisable if you have small children that will need to be
kept an eye on. If you have an older child who is too old for Nippers but interested in surf and will be available at the beach to help, they can be put forward to take the course.

WATER SAFETY
On Carnival Days, we will be asked to supply qualified lifeguards for water safety. This is an important job but less demanding, usually water help will be on duty for 2-3 hours and then swap with other guards. Please let your Junior Surf Coordinator know if you can help.

Team and Club Selection Policy
- Team selections will be made based on performance throughout the season and what is best for the team and the Club as a whole
- Team changes may be made at any time, and will be at the coach’s discretion
- If changes need to be made it could be for various reasons - injury, conditions on the day, how teams work together and individual performance
- This may mean children are not always in the same team as their friends.
Section Six: Conduct, Behaviour and Expectations

Our aim is for everyone to enjoy their time in the Junior Surf programme.

FAIR PLAY CODE OF CONDUCT

In order to maintain a high standard of behaviour and sportsmanship, our Club has a two warnings system. If an age manager or official deems either a nipper’s or adult’s behaviour inappropriate, including verbal or physical abuse, an official written warning will be recorded. Two such warnings will be investigated and exclusion from the Club and/or competitions may be enforced. Please remember that Club officials and managers are volunteers. We ask that you treat all members with respect and courtesy.

Parents Code of Conduct
• Children are involved in sport for their enjoyment
• Encourage children to play by the rules
• Encourage the effort that your child makes – it’s as important as the result
• Congratulate other children’s efforts
• Work towards improving skills and sportsmanship
• Do not yell or abuse a child for making a mistake
• Recognise the efforts of club volunteers – they have given up their time to assist your child
• Oversee activities and take responsibility for your child’s location at all times

Participants Code of Conduct
• Participate to enjoy yourself
• Play by the rules
• Do not question the decisions or argue with officials
• Treat other participants how you would like to be treated
• Listen to your age manager and follow their instructions

Spectators Code of Conduct
• Never use offensive language or yell at participants, officials or coaches
• Encourage and reward good performance by ALL participants
• Do not criticise officials and their decisions

Fundraising
• Fundraising is an essential part of sustaining the junior surf programme.
• Parents are expected to help and participate where required.
• If you have any ideas for fundraising, please talk to the Junior Surf Coordinator or the General Manager.
BBQ: Every Sunday and at many other events, we provide a BBQ sausage sizzle as part of Junior Surf fundraising.

- A roster of volunteers to help with the BBQ will be circulated to each age group. This assistance is greatly appreciated and benefits everyone.

MMLS Junior Surf Gear Use Policy - during junior surf sessions

- An MMLS Hi Viz vest or Rash shirt must be worn at all times when using club equipment.
- All Junior Surf members should attain their 200m safety award to use 8’10” foam paddle boards and must attain their 200m safety badge to use 10’6” fibreglass paddle boards.
- Junior Surf members who have not attained their 200m safety award may still train under supervision on 8’10” foam paddle boards, or similar, at the coaches or Junior Surf Coordinators discretion and dependent upon conditions on the day.

MMLS Junior Surf Gear Use Policy - outside of junior surf sessions

- If using MMLS club equipment outside of training hours, a supervising parent must be present.
- An MMLS Hi Viz vest or Rash shirt vest must be worn at all times when using club equipment. No exceptions.
- Outside of training hours, club equipment use is confined to Mount Main beach, Shark Alley and Pilot Bay. Club equipment is not to be used south of Castle Rock. Please ask if unsure.
- All Junior Surf members must attain their 200m safety award to use either 8’10” foam paddle boards or 10’6” fibreglass paddle boards outside of training times.
- 6’6” and similar foam boards may be used outside of training times provided there is direct parental supervision and there has been prior approval from an appropriate Coach and / or Nippers coordinator.
- Boogie boards may be used by any Junior Surf member under direct parental supervision.

General Gear Usage Guidelines

Junior surf equipment has been provided for member use through generous donations, sponsorship, grants and club fundraising. It is the responsibility of each club member to ensure the equipment is looked after for longevity, safety and the next person who may use this equipment. Please respect club gear, treat it as your own. It is a privilege, not a right that this equipment is available for use at any time by club members.

- An MMLS Hi Viz Vest or Rash shirt vest must be worn at all times when using club equipment. No exceptions.
- All equipment must be washed down after use and returned to where it was stored in the gear shed. No exceptions.
- Damaged fibreglass boards must be turned upside down in the racks to alert the coaches they need repairing. A coach must be notified of gear damage, so that it can be sent away for repair.
- If conditions are too rough to participate in water activities on the day, please respect the
decision that has been made for the safety of all involved.

- MMLS club equipment may not be used by non-club members without the prior permission of both a club coach and the General Manager.

Failure to adhere to MMLS Equipment Use Policy may lead to loss of privilege to use club equipment outside of training hours

Section Seven: FAQ’s

FREQUENTLY ASKED QUESTIONS

My son turns 5 in December 2016, can he join?
Because of the huge developmental and emotional range within these younger years it can be difficult to accommodate younger children. If your child turns 5 during the October - February period of the season and wishes to join in, they will be considered for inclusion on a case by case basis. The parent will need to attest that the child is confident/mature enough to handle being in a group situation with children up to 6.5 years old and be 100% responsible and in attendance with them at all times.

My child is currently 8 (9 in January 2019), what age group will he be in?
The age group that your child is, is the age they are as at the 30th September, therefore your child was 8 on the 30th Sept 2018 (turning 9 in January) and is classed as being in the 8 year old age group (even though they turn 9 during the season). Children must compete at carnivals in the correct age group, children may train “up” or “down” an age on Sundays if agreed to, which will be assessed on a case by case basis.

Can I drop my children at nippers and leave?
No, it is absolutely necessary that a parent or designated guardian is at the beach during the entire duration of nippers or Junior activity.

Who will be coaching the children?
Most of our coaches are parent helpers. We are always on the lookout to enlist more parents into the role of assisting with Coaching. Please talk with any of the parents currently involved or our administrators if you’d like to help, but are not sure how to start.

I have 3 children and can’t be with all groups at the same time?
That is fine. Parents of 5 & 6yr old children need to be with their group at all times. Parents of 7s and up just need to inform the Age Group Beach Manager of where they will be.

My child’s friend’s birthday puts him in a different age group. Can they be together?
Children are put into groups where their birthday falls - they will be able to make new friends and still be able to socialize before & after. Should ability or other reasons suggest children may benefit moving “up” or “down” an age on Sundays, this may be agreed to and assessed on a case by case basis.

How often do I need to bring my child to the beach?
Our Nipper Days are held most weeks (with two weeks off over Christmas/New Year). We understand that families are busy so the programme doesn’t require 100% participation, but your child will benefit from regular attendance.
What do we need to bring?
High visibility rash shirts, togs, water bottle, snack, towel, sunscreen. (a wetsuit is recommended prior to Christmas)

Where are the key areas again?

Section Eight: Key Contacts

Sunday Nippers Contact:
  Grant Mitchell  g.mitchell@tbc.school.nz  02102546125
Oceans Head Coach:
  John Bryant (Spindles)  spindles@xtra.co.nz  027 2214322
MMLS Head Coach:
  John Bryant (Spindles)  spindles@xtra.co.nz  027 2214322
General Manager:
  Glenn Bradley  glenn@mountlifeguards.co.nz  07 5755595
Club Administrator:
  Shelley Kerr  info@mountlifeguards.co.nz  07 5755595