

# Hampton Life Saving Club

President	Darren McLeod	0412 201 152
Secretary	Vanessa Witcombe	0412 484 815
	Clubhouse	9598 0600

# Hampton

## LIFESAVING CLUB

[www.hlsc.org.au](http://www.hlsc.org.au)

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### Membership Information 2006-2007



# HAMPTON LIFE SAVING CLUB

## Club Overview / Background

Hampton Life Saving Club is celebrating 89 years of service to the community. The Hampton Life Saving Club's core function is to patrol the foreshore between the Sandringham Yacht Club and Green Point. We have a small but dedicated team of active lifesavers, and would love to see some new faces down at Hampton patrolling the beach. The Hampton Life Saving Club is affiliated with Life Saving Victoria, an initiative of both Royal Life Saving Victoria and Surf Life Saving Victoria. The Club allows for the development of life saving and fitness skills in young people from an early age, right through to the Master's age group. We have a comprehensive training program in place to coach all these people in lifesaving skills, beach patrols, rescue boat handling, as well as board and ski rescues and riding/paddling, first aid, resuscitation skills and public relations. All of these skills are put into practice and at the same time members are able to have a great deal of fun whilst serving our community with pride. At the Hampton Life Saving Club, we have many activities happening year round, not just patrolling the beaches in Summer. We run an exciting Nipper's program, encourage our active members to participate in inter-club carnivals (both at the beach and in the pool) and for those that like to socialise, there is our Family Feasts and Youth Events which are held regularly throughout the year. We all want to make sure our kids are safe at the beach while they're in the water. Our Nipper training at Hampton helps the kids become familiar with the beach environment while having loads of fun in the process. We also promote teamwork skills whilst helping children feel confident and safe at the beach. Activities include sprints, relays, beach flags, "Run and Wades" and for the older Nippers, some board work and lots of games. Children aged between 5 and 13 years can participate in Nippers which is run Saturday afternoons during summer. Our nippers are also encouraged to participate in the inter-club carnivals which are run around the state throughout the season. A number of social events are held throughout the year, providing the opportunity for new and old members to get together and make new friends. Hampton Life Saving Club provides great facilities and has a very extensive equipment base for all our members to use. The March long weekend saw our third Brown Cow Point to Point Swim which is run in conjunction with the Rotary Club of Sandringham. It was yet another successful year with a dramatic increase in participants even though the weather left a lot to be desired. The ongoing support of the event will ensure all future swims will extremely successful for both the Life Saving Club and the local Hampton community.

## Patrol times :

*This year, the life saving 'season' runs from 25<sup>th</sup> November 2006 to Easter Monday 9<sup>th</sup> April 2007. Hampton Life Saving Club – with the approval of Life Saving Victoria will be trialing temperature related patrol times this season, any feed back would be appreciated.*

### **LIFE SAVING PATROL SERVICE**

**25<sup>th</sup> November 2006 – 31<sup>st</sup> March 2007**

**Saturdays: 1.00pm to 5.00pm                      Sundays: 1.00pm to 5.00pm**  
**Public Holidays: 1.00pm to 5.00pm.**

**31<sup>st</sup> March 2007 – 9<sup>th</sup> April 2007 (Easter Monday)**  
**As above if estimated temperature is above 24°C.**

**If the estimated temperature is to be above 28°C**  
**Friday evening 5:30pm – 7:30pm**

**Complete patrol details are available in the club**

## Senior Club Training (12 years and up):

Tuesdays : 7.00pm to 8.30pm / Saturdays: 11.00am to 12.30pm (Check with Chief Instructor)  
Additional training times may be available throughout the season (especially for specialist training), so please check your monthly newsletter.

## Club Constitution

Should you wish a copy of our Club constitution, please contact Darren on 0412 201 152 or send an email to [president@hlsc.org.au](mailto:president@hlsc.org.au).

### **Nipper Activities (5 to 13 years):**

Saturdays: 4.00pm to 5.30pm Registration from 3:45pm

<b><u>Under 6 Duration 1 hour</u></b> Beach based activities and games Flags Sprints Relays Nippers <b>cannot</b> go into the water unless accompanied by an adult where they can do water familiarization activities	<b><u>Under 7 &amp; Under 8 Duration 1 hour</u></b> Beach and water based activities and games Flags Sprints Relays Wading and water familiarization
<b><u>Under 9 – Under 10 Duration 1 1/2 hours</u></b> Flags Sprints Relays Wading Swimming Boards <b>THIS AGE GROUP ARE NOT TO USE SKIS DURING NIPPER TRAINING</b>	<b><u>Under 11 – Under 13 Duration 1 1/2 hours</u></b> Flags Sprints Relays Wading Swimming Boards These age groups do all the same activities but longer distances in all events. Skis can be taken out at the discretion of the trainer but must be returned to club rooms immediately after use.

### **Hampton Life Saving Club Facilities:**

#### **The Clubhouse**

Our clubhouse facilities are available to all financial members when the Club is open. Throughout the 'season' the Clubhouse is open, as a minimum, during patrol times. Most Saturday evenings club members are welcome to relax on the balcony or in the clubhouse and enjoy the socialising with other members. Keep an eye on the newsletter and Club notice board for special Saturday night activities and other functions.

The Club has excellent kitchen facilities for members' use. We request any members that use these facilities please keep them clean at all times, and ensure they are left clean and tidy.

#### **Showers**

Showers and change rooms are available for use by all members. We request any members that use these facilities, **MUST** keep them clean. **A MAXIMUM OF 4 MINUTES PER SHOWER !!**

#### **Lockers**

Lockers are available for use by patrolling lifesavers **ONLY**.

#### **Equipment**

Boards and Skis are allocated for competition and recreational use. Competition equipment is only available for use by those who compete. Equipment marked with a red star is **ONLY** available to financial members during patrol times. Prior to using any equipment, members **MUST** consult with the Patrol Captain. The guidelines posted in the Club must be adhered to. When you use the equipment and no longer require it, please ensure it is washed down and returned to the correct location in the clubhouse.

#### **Nippers** (see more information following)

The philosophy behind Nippers is to provide children with water skills, water familiarisation and to make them aware of water while having loads of fun. Children aged 5 through to 13 can participate in Nippers. Nippers is held most Saturday's from 4.00pm to 5.30pm. There is a break between Christmas and New Year. The monthly newsletter will keep you up to date with special activities including inter-club and intra-club competitions and social activities.

#### **Life Saving Training**

##### **Competition / Summer Beach Carnivals**

Both junior and senior members can compete at Life Saving Victoria carnivals. These carnivals are a great fun way to improve your fitness and skills but they are not compulsory. You don't even have to be a water lover to compete, as some events are land-based. Events include: swims, beach flags, ski races, malibu races, craft relays, belt and reel races, beach sprints, beach relays, run/wades and many others.

**Nipper Carnivals**

To compete at junior carnivals it is necessary that you are a financial member of the Club and that you attend Nipper training on Saturdays. Junior carnivals involve both land and water activities. To compete in Surf Life Saving carnivals children are required to complete and 'S Badge', which can be achieved during Nipper sessions.

**Senior Carnivals**

To compete in carnivals it is necessary that you are a financial member of the Club. You also need to hold a Life Saving Bronze or Life Saving Star qualification and meet minimum patrol hours.

**Winter Pool Carnivals**

Each winter, Life Saving Victoria holds pool carnivals for juniors and seniors. There are different swimming style races, as well as life saving events including initiatives and tows. To compete you need to be a financial member of the Club.

**The Newsletter/Website**

Each month, we put together and circulate all the news and social activities happening around the club. Hampton also have a website, which summarizes all of our activities. You can also download newsletters, annual reports, Club and State policies, you name it .... it's there. [www.hlsc.org.au](http://www.hlsc.org.au)

**How you can be involved with the Hampton Life Saving Club**

If you feel you are able to assist in any area of the Life Saving Clubs operation, please contact the President, Darren McLeod on 0412 201 152 or via e-mail, [president@hlsc.org.au](mailto:president@hlsc.org.au).

# 2006-2007 Hampton Life Saving Club Committee of Management

Name	Position	E-mail	Phone Numbers
Darren McLeod	President / Delegate to LSV Councils <b>MEMBER PROTECTION OFFICER</b>	president@hlsc.org.au	0412 201 152
Paul Harding	Vice President - Operations	info@hlsc.org.au	0411 191 158
Donna Maloney	Vice President – Corporate <b>MEMBER PROTECTION OFFICER</b>	info@hlsc.org.au	0421 650 031
Vanessa Witcombe	Secretary	secretary@hlsc.org.au	0412 484 815
Ross Maloney	Treasurer	info@hlsc.org.au	0407 838 072
Cath Costa	Club Captain	patrol@hlsc.org.au	0403 311 684
Brad Wooding	Radio Officer	patrol@hlsc.org.au	
James Costa	Power Craft Officer	patrol@hlsc.org.au	0403 073 736
Bree Ambry	Chief Instructor / First Aid Officer	patrol@hlsc.org.au	0424 661 984
Anna Harding	Junior Activities Co-Ordinator	yld@hlsc.org.au	0409 146 170
David Barnes	Winter Activities Co-Ordinator	info@hlsc.org.au	
Norm Coombs	Gear Steward	info@hlsc.org.au	0400 655 302
Sharon Trapani	Hall Hire Manager	hallhire@hlsc.org.au	0425 713 596
Helen Barnes	Social Manager	info@hlsc.org.au	0407 412 465
Simon Cartwright	General Committee Member Emergency Management	lifesaving@hlsc.org.au	0418 149 923
Nick Forbes	General Committee Member	patrol@hlsc.org.au	0405 547 890
Peter Lewis	General Committee – Sponsorship	info@hlsc.org.au	
Chris Eastman	General Committee Member	info@hlsc.org.au	0419 898 007
Bernie Blackall	General Committee Member	info@hlsc.org.au	

# Nipper Parent Information Guide

## Background

Lifesaving is primarily a volunteer organisation that has been providing a water safety service to the beach going public for close to 100 years.

The majority of life savers are rostered on duty by their clubs and complete patrols in their own free time with no financial reward. In addition to the traditional beach patrols, lifesaving runs community and school education programs, helicopter and jet boat/offshore rescue boat services, a radio communications network, a medical research program and database of geographical conditions, wave action and hazard rating on all beaches around Australia.

Through its junior activities program, lifesaving provides a unique activity for young people to enjoy. It is a program that provides an environment where children can have fun and meet new friends, at the same as providing them with education about the beach.

Age groups in lifesaving are determined by the age you are on 1st October each year. The Junior Activities program runs for children between the ages of 5 and 13.

Graduates of the junior activities programs who are older than 13 years of age, can experience a fulfilling and exciting career as an active surf lifesaver. These members undergo a high level of specialised training in beach safety, and are actively involved in the provision of lifesaving services to the general public.

## Cost

Nippers is an inexpensive activity that provides members with a wide range of opportunities, including physical activity, surf awareness and fun. The cost to members varies from club to club, however all membership fees include a component which covers members for public liability insurance whilst participating in club activities.

## Activities

The activities offered by life saving clubs in their nipper program vary around Australia depending upon membership numbers, climate and membership demographics. Essential to each clubs activities, however, is the delivery of programs which teach members the basic principles of beach safety and surf awareness, as well as the skills necessary to effectively negotiate the surf.

## Skill Development

Members develop a number of skills in negotiating the surf. These include learning how to wade through the water, dive under waves, and also how to safely body surf a wave. As members skills develop, different levels of competition are offered to assist in further skill development.

## Competition

Competition is offered in a number of different disciplines that not only assists members maintain their surf skills, but also provides children with a regular physical activity that incorporates fun and team work. Events for nippers involve swimming, board paddling and running. Children can also participate in team events that incorporate a number of these disciplines, and may also begin to teach the basics in rescue techniques, such as the board rescue event.

## Surf Education

The surf education program is a national education program, which is structured to provide a continual development of surf awareness throughout the nipper program. Following the surf education program, participants should have a good awareness of beach hazards such as waves and rips, and also have a basic knowledge of resuscitation and basic first aid.

## What does my child need ?

Bathers, club cap, long sleeve T-shirt or CLUB rash vest, a sun hat, towel and sunscreen.

## What happens if it is raining ?

Nippers will go ahead even if the weather is poor. Groups can work indoors on lifesaving, surf ed and first aid.

## What do I need to fill out ?

A membership form needs to be correctly completed, and preferable signed by both parents and/or guardians.

## S-BADGE PROFICIENCY GUIDELINES

To maintain our safety and lifesaving standards, the association has set a standard of competency that junior members **must achieve before being eligible to compete in any junior carnival.**

### - Aim

- To ensure all competing swimmers at junior carnivals are sufficiently proficient in both a physical and mental capacity.
- To standardise the placement and ensure high visibility of qualified swimming competitors to carnival officials.
- To maintain standards and recognise the proficiency level of all junior members.

**- Rules**

- All competing swimmers are required to complete annual S Badge Proficiency tests.
- All junior members must have completed their relevant proficiency tests on or before the 31st December each year.
- Failure to requalify by this date will cancel the member's ability to partake in junior competition until the proficiency test has been undertaken.
- This proficiency shall be valid until 31st December the following year when the same conditions shall apply.
- It is the total responsibility of the Junior Team Manager to ensure that all competitors are tested efficiently and certified correctly prior to Junior Carnival participation.
- Competitors not displaying an 'S Badge' Proficiency patch will not be permitted to compete in water-based events at Junior Carnivals.
- Carnival race starters will inspect competitors at the start line.
  - If worn, wetsuits must be rolled down to display S-Badge Proficiency patch.
  - Competitors not displaying the 'S Badge' Proficiency patch will not be permitted to compete.
- S Badge Proficiency tests must be undertaken on recognised and patrolled beaches and must be supervised and endorsed by one of the following people:
  - Level 1 Coach
  - Training Officer
  - Lifesaving Assessor
- Junior Team Managers must submit a signed carnival entry form prior to each carnival indicating competing or training competitors.

**S-Badge Proficiency**

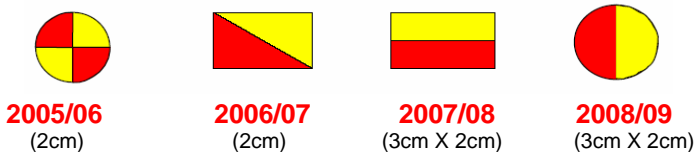
- There are 2 levels of "S-Badge" Proficiency
  - **Competing Swimmer** - competently completes the required distance
  - **Training Swimmer** - does not competently complete the required distance

AGE	RUN-SWIM-RUN	Competently Achieved	Not Competently Achieved
Under 7	Run-Wade-Run (50m-50m-50m)	Competing	Training
Under 8	Run-Wade-Run (50m-50m-50m)	Competing	Training
Under 9	Run-Swim-Run (50m-50m-50m)	Competing	Training
Under 10	Run-Swim-Run (50m-50m-50m)	Competing	Training
Under 11	Run-Swim-Run (50m-100m-50m)	Competing	Training
Under 12	Run-Swim-Run (50m-100m-50m)	Competing	Training
Under 13	Run-Swim-Run (100m-100m-100m)	Competing	Training
Under 14	Run-Swim-Run (100m-100m-100m)	Competing	Training

Note: **Any member not competently completing the required run-swim-run for their age will be designated as 'Training Swimmers'**

**Competing Swimmer**

High visibility colour patch, changing shape each year (Red/Yellow)



**Training Swimmer**

High visibility colour patch (Yellow Triangle) (3cm X 3cm)



**Placement**

Forward of Left Hip



**Member Protection**

Surf Life Saving Australia, subsidiary companies and affiliated clubs, branches and states, is committed to the health, safety and well-being of all its members and is dedicated to providing a safe environment for participating in surf lifesaving activities.

In order to provide such a safe environment in clubs across Australia, Surf Life Saving Australia has developed a member protection policy. This Member Protection Policy conveys a message to all SLSA members, and prospective members, responsible for surf lifesaving activities, particularly those involving members under 18 years of age, about minimising risk exposure of these members. All SLSA members, particularly age managers, coaches, officials, leaders, trainers and management personnel, have a responsibility to provide safeguards dedicated to the well-being of other members.