

# **Surf Sports Handbook 2020 / 21 Season**



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## **Introduction**

Surf Sports is an excellent way to be actively involved in surf lifesaving, the community, and Wauchope Bonny Hills Surf Club. Surf sports encourage members to develop skills which are used in real rescue situations and there is the benefit of increased fitness, a fun spirit of competition and the camaraderie of being part of the Bonny's team.

The objective of this handbook is to provide all competitors (Under 15 – Open and Masters), coaches, team managers and parents with a clear and concise set of guidelines when engaged in surf sports related activities on behalf of Wauchope Bonny Hills Surf Lifesaving Club.





## About Wauchope Bonny Hills Surf Sports

### History

The Wauchope Bonny Hills Surf Lifesaving club as we know it today was founded on the 8th of October 1958.

Wally Sneddon was elected as President. The club patrolled at Little Beach until 1960 when it was decided to move around to Rainbow Beach to provide more room for carnivals and future activities.

The club has a proud history in March Past and R&R events under the tutelage of Chalky Bob Smith, and a very strong surfboat rowing tradition. We are a small club but over the years our athletes have competed at State, National and even World Championship level.

### Our Mission

To provide an encouraging and inclusive surf sport program that strives to improve skills for both lifesaving and competition for members of all ages.

Our surf sports program is designed to cater for all members of the club across all age groups (Under 15 to Masters), levels of competency and disciplines.

Wauchope Bonny Hills Surf Sports program actively promotes the following activities for our competitors:

- Ocean Events (surf race, board, ski, ironperson, board rescue, taplin)
- Beach Events (sprints, flags,)
- Surf Boats - For more information relating specifically to surfboat rowing please see

**The Wauchope Bonny Hills SLSC Operations Manual - Surfboat Section**



## **Communication**

The Competition Director is a member of the club executive and works together with representatives from the different sections of the club to coordinate training , craft maintenance and carnival management. For details of club contacts please see Appendix 1.

Several channels of communication are used to keep competitors up to date and informed about training and carnivals and upcoming events:

Wauchope Bonny Hills SLSC Facebook group  
Wauchope / Bonny Hills NIPPERS Facebook group  
Email via Surfguard  
Facebook Messenger  
Club newsletter - The Rainbow Messenger.



## Code of Conduct

Surf Lifesaving Australia (SLSA ) and Wauchope Bonny Hills Surf Lifesaving Club ( WBHSLSC ) expect all Members involved in competition to cooperate to ensure a positive public image and to participate in a spirit of goodwill and sportsmanship.

As part of the SLSA Code of Fair Play, competitors will :

- Abide by the rules and spirit of the competition.
- Accept the decisions of referees and judges with good grace.
- Never consider cheating and in particular, never attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self control at all times.
- Treat their fellow competitors, team members and officials with respect, both in and outside of the competition arena.

### **Anti - doping**

All competitors are subject to the SLSA Anti-Doping policy and the penalties prescribed in Policy 5.02.



## **Abuse and Inappropriate Behaviour**

Wauchope Bonny Hills Surf Lifesaving Club is committed to the safety and wellbeing of all members. The SLSA Surf Sports Manual states:

SLSA is committed to ensuring that every person involved in the movement is treated with respect and dignity and protected from discrimination, harassment and abuse. Members are encouraged to familiarise themselves with the SLSA Code of Conduct for people in Positions of Authority when dealing with children and young people. Any concerns a member or the general public may have around the safety and protection of a child should be reported immediately via the Online Complaint and Report form ([forms.sls.asn.au](https://forms.sls.asn.au)).

Reports can remain anonymous.

For further information please refer to the SLSA Member Protection Policy or contact the SLSA Office.

If you would like to raise a concern, you can contact the Club's Member Protection Officer.

During competition:

Any SLSA member who abuses an official, a competitor, SLSA member or member of the public at an SLSA competition, carnival or event may be excluded or disqualified from that competition, carnival or an event at the discretion of the Referee.

Refer to the Surf Sports Manual, Section 2, General Competitive Conditions on the Members Portal.







## Eligibility and Obligations

This section outlines the requirements, set by SLSA and Wauchope Bonny Hills Surf Club, which competitors must meet to be eligible to compete at carnivals and championship events.

### Competition Eligibility

To be eligible to compete for WBHSLSC in any SLSA competition, Under 15 - Masters members must:

- Be a registered and current financial member of WBHSLSC.
- Be the holder of the appropriate SLSA Award (Bronze or SRC).
- Have completed a proficiency test before 31 December of each year
- Be eligible under the necessary age category
- Have carried out the minimum annual patrol hour requirements for Active, Under 15, and Reserve Active members as defined in SLSA Policy 5.04.
- Have met their patrol commitments as required by WBHSLSC.
- Not be in default with their club, Branch, State Centre or SLSA in relation to their service, financial or discipline obligations
- Have met any other competition eligibility qualification requirements for specific events e.g. IRB, Surf Boat (sweep),

## **SLSA Policy 5.04 : Minimum annual patrol hour requirements (from award date)**

<b>Award date</b>	<b>Minimum patrol hours Active and U/15</b>	<b>Minimum patrol hours Active reserve</b>
<b>January</b>	<b>25</b>	<b>12</b>
<b>February</b>	<b>24</b>	<b>12</b>
<b>March</b>	<b>20</b>	<b>12</b>
<b>April - September</b>	<b>16</b>	<b>8</b>
<b>October</b>	<b>12</b>	<b>8</b>
<b>November</b>	<b>8</b>	<b>4</b>
<b>December</b>	<b>4</b>	<b>4</b>

Those members who do not complete the minimum patrol hours by 31 December will not be eligible for interclub or championship competition and will not be entered in carnivals (unless a valid reason is accepted by SLSA). Any other competition benefits will also be reviewed.

For further information, please refer to Policy 5.04:

Proficiency and Patrol Hour Requirements for Competition Eligibility.

### **Patrol Attendance**

It is the member's responsibility to stay informed with what is happening in relation to patrols, and to keep their Patrol Captain and the Club Director of Lifesaving informed.

Patrol rosters are distributed at the beginning of the season.

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

Note: It is your own responsibility to ensure that you have signed the patrol logbook or water safety Logbook or have been logged into the patrol app if used, and that your patrol hours are recorded correctly. Members can view a record of their patrol hours in the Members Portal.

### **Arranging a Substitute**

If members are unable to attend their rostered patrol, they must endeavour to find a suitable substitute. It is the responsibility of all members to organise a substitute as early as possible and not leave it until the last minute. Substitutes can be arranged via the club Facebook page, or by telephone. A contact list of all patrolling members is also handed out at the beginning of the season.



## Training and Equipment

WBHSLSC is committed to providing opportunities for improving the fitness and skill level for all members, whether they compete or not. There are a variety of training sessions throughout the year.

There is a regular club swim on a Sunday morning ,conditions permitting , regular Ski training sessions , And we are developing more board training sessions.

The competition director has also been working on organising some professional coaching sessions for Ski Paddling through Wet Fitness.

Sessions are widely advertised on the club Facebook page and a Training Timetable is distributed at the start of the season via surfgaud email,and is posted on the noticeboard in the gear shed and the patrol room.

The surfboat Rowers also run regular training sessions.

Participants must have a Bronze proficiency for ski, board swim and boat sessions.

## Gym Usage and Membership

The Club's gym is available to all members of WBHSLSC.. Members need be financial to have access to the gym.

Members are not allowed to bring in other members who have not paid their fees.

Gym Sessions must be booked online using the Pick Time App <https://www.picktime.com/wbhslscgym> ,

The gym is to be left tidy after use.

## **Using Club Craft and Equipment**

The craft and equipment owned by the Club, such as boards, skis, and boats, is expensive and requires maintenance and repairs to keep it safe and usable.

Members are not allowed to use club craft or equipment without permission. The Boat or Craft Captains will give permission for members to use Club-owned craft for training outside designated training times when they demonstrate a level of competency and commitment to training and competition.

Members who use club craft are expected to care for the equipment or usage privileges may be revoked.

Members should:

- Wash down and store the craft securely in a designated rack within the Craft Room except when being held away from the Club for travel or training.
- Not leave craft in the sun for extended periods of time.
- Check for damage before and after use – do not use damaged craft.
- Report any damage in writing/email to the Craft or Boat Captain within 24 hours.
- Always remove bungs from skis after use.

## **Craft Allocation**

As WBHSLSC Surf Sports team grows, there is an increase in the demand to use club owned craft, i.e. skis and boards.

There is a limited number of craft available.

The **Craft Allocation Policy** has been designed to support athletes who are entering surf sports competition by providing club owned craft (boards and surf skis) to members for their use throughout the season for training and competition. This allows competitors to develop a level of confidence and competence in craft events before investing in personal equipment.

This policy applies to all cadet and senior members (under 15, 17, 19 and open) and masters representing WBHSLSC in interclub and championships competition. The craft is allocated for the period of 1 October to 30 September.

Successful applicants will be granted sole usage of the craft for the season.

Failure to fulfill the requirements of the allocation will initiate a review of the allocation. Craft allocation may be withdrawn if a competitor does not fulfill their commitments or obligations to the club.

## **Craft Allocation Policy**

This policy applies to all cadet and senior members (under 15, 17, 19 and open) and masters representing WBHSLSC in interclub and championships competition.

- The craft is allocated for the period of 1 October to 30 September.
- Craft allocations are only available if and when craft is available.
- Craft will be allocated for one season or at the discretion of the surf sports committee
- Successful applicants will be granted sole usage of the craft for the season.
- The club has the right to allocate usage by other competitors for team events as needed or at the discretion of the coaching staff.



## APPLICATION PROCESS

- Members will be required to complete a Craft Allocation Application Form by 7 September.
- Submission of an application does not guarantee allocation of craft due to the limited number of club owned craft available

## APPLICATION FORM

See Appendix 2.

## APPLICANT CRITERIA

Members wishing to apply for craft allocation must meet the following criteria:

- Be a current financial member and hold competition rights with the Club.
- Be a SRC or Bronze Medallion holder and have passed their proficiency examination for the current season on or before December 31 of that season.
- Have met the competition eligibility requirements as outlined in the Surf Sports Handbook.
- Have met their patrol commitments (as per Club rules).
- Be actively and regularly competing for the Club in sanctioned SLS craft specific events.
- Be regularly participating in club sanctioned craft related training sessions.
- Have demonstrated an ability to work with coaching staff, team officials and other team members.
- Have demonstrated a positive attitude and commitment to the Club.

## CONDITIONS

- Club owned equipment remains the property of the Club and the competitor has a responsibility for maintaining it at the highest level..
- Failure to fulfil the requirements of the allocation will initiate a review by the club .  
Craft allocation may be withdrawn if a competitor does not fulfil their commitments/obligations to the Club.
- A member who is allocated a craft is required to sign the Acceptance of Terms and Conditions. In the case of a member under the age of 18 years, a parent or guardian's signature is also required.
- If any of these conditions are not met, the Club has the right to resume the craft and allocate to another member.

## CARE OF CRAFT

Each competitor who has been allocated craft is expected to follow the care of craft directions outlined above. Failure to follow these directions may result in the craft being taken back.

- All craft must be returned at the end of the season in similar condition to when allocated.
- Do not leave craft in the sun for extended periods of time.
- Wash down and store the craft securely in a designated rack within the Craft Room except when being held away from the Club for travel or training.
- Check for damage before and after use – do not use damaged craft.
- Competitors are responsible for transporting craft and loading on the trailer at designated times..
- Any damage must be reported to the Craft or Boat Captain within 24 hours.
- Repairs must be carried out by a reputable repairer authorised by the Club.
- Allocation may be withdrawn if a competitor does not maintain craft to an adequate standard



## Carnivals and Competition

Interclub carnivals and championships are a vital part of a competitor's development. All members are strongly encouraged to participate in surf sports to improve their skills.

### Competition season and ages

The competition season runs from the 1st October in one year to the 30th September in the following year. Events that take place during the winter months are part of the same competition season as the previous summer. For SLSA competition, an athlete's age group is calculated as at midnight on 30th September each year, i.e. age at midnight on 30th September determines the competitor's age category (for individual events) in that competition season.

## **Carnival Entry Fees Policy**

The Club will pay carnival and championship entry fees for competitors, subject to the following criteria;

For Branch carnivals WBHSLSC will pay all entry fees , if a member enters and fails to attend they will be billed for the entry fee and no further entries will be accepted until this has been paid. Exceptions will be made in the event of injury or illness.No late entries will be accepted

For Championship events ( Country , State and Aussies Championships) competitors are required to deposit their entry fee with the club , this will be held until the event and will be returned after the event .

Should a competitor fail to attend the Championships their fee will be non returnable.

Exceptions can be made in cases of injury or illness. No late entries will be accepted.

If a competitor needs to withdraw due to unforeseen circumstances they must inform the competition director as soon As possible so that entry fees can be avoided if possible.

Competitors are responsible for their own entry fees for non-SLSA or non-ILS sanctioned events such as ski races, ocean swims (except the Aussies Ocean Swim), or Coolangatta Gold.

Competitors are responsible for notifying the Competition Director of the carnivals they wish to attend.

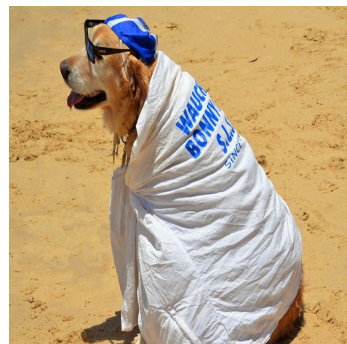
Carnival nominations should be emailed to :

[wbh.competition@gmail.com](mailto:wbh.competition@gmail.com)

## **Carnival Code of Conduct**

As a member of WBHSLSC, competitors touring or competing at carnivals are representing the Club and must behave accordingly. The following basic rules must be abided by:

- The competitor must conduct himself or herself in an appropriate manner.
- The competitor is required to compete to the best of their ability.
- Competitors under the age of 18 years will be required to abide by any curfews set by the Team Manager or Competition Director
- Male and female competitors under the age of 18 years are not permitted in each other's rooms.
- All competitors shall be responsible for the loading and unloading of trailers, and set up and take down of associated competition equipment.
- All competitors are required to assist where directed by the Team Manager, Competition Director or Competition Coach.
- If a competitor nominates themselves for a team event they will be expected to compete in that event unless exempted by the team manager.





## Uniforms

During competition, competitors are required to wear their club competition cap securely fastened under the chin in all races. Handlers must also wear a competition cap. Competitors are responsible for bringing their own caps to competition.

For safety reasons, the majority of carnivals require competitors to wear a high-visibility vest (usually fluoro pink or yellow). Competitors are required to wear high-visibility vests during training sessions. Competition caps and high-visibility vests can be purchased from the Club Merchandise Officer.

A club shirt will be available for purchase at the start of the season for competitors to wear on the beach when representing the club in competition. Team members can have their team name embroidered on their shirt if they wish.







**Fundraising**

Competitors may be asked to participate in fundraising activities such as BBQs or raffles to help subsidise the costs of travel and accommodation to major carnivals such as the Australian Championships (The Aussies). To ensure a fair and consistent distribution of funds the club has put in place a funding policy:

**Aussies Team Funding Policy**

Wauchope Bonny Hills SLSC has a proud history of competitors attending the Australian Surf Life Saving Championships. This is a tradition we aim to continue.

Our club will continue to assist competitors with the best competition equipment, training facilities and funding arrangements “**Aussies Subsidy**” wherever possible. This is determined at the sole discretion of the Wauchope Bonny Hills Executive Committee and applies as follows:

#### Club Contribution:

- Entry Fees
- A lump sum amount to be determined by the executive and based on the following general criteria:
  - i. Number of members in Aussies Team.
  - ii. Financial success of Aussies Team fundraising efforts.
  - iii. Location (and therefore cost consideration) of Aussies venue.
  - iv. Financial position of the club.

The club contribution will be distributed evenly to all competitors who attend the Aussies subject to the following rules:

- The involvement of any competitor in fundraising is completely voluntary, however to be eligible for the subsidy an individual competitor must attend a minimum of 75% of fund raising activities they have been rostered for.
- The Club member must be a financial patrolling member of the club.
- The Club member must be up to date with fulfilling their patrol requirements.
- The Executive will have the final decision regarding distribution of any subsidy to competitors.

### **Funding Policy for WBHSLSC members selected in SLSA Teams**

The aim of this policy is to ensure that WBH members are given the best possible opportunity to represent the club at the highest level of competition within Surf Life Saving. It is the aim of the club to financially assist WBH members who are selected in SLSA recognised teams and ensure transparency and equity for funding distribution.

It is the medium term goal of WBHSLSC to be the best overall competition club in the NSW Country Branches.

Subject to the WBH member being a financial member of the club, meeting patrol obligations, satisfactory attendance at fundraising activities, and committing to remain as a member of the club for at least the remainder of the season and being endorsed by the Competition Director, the club will assist duly selected athletes with the following assistance:

North Coast Academy of Sport (surf life saving program only) - 50% of program fee.

MNC Branch Team - 75% of team member levy.

NSW Country Team - 90% of team member levy.

NSW Team - 100% of team member levy.

Australian Team 100% of team member levy.

Development Teams or Teams which are selected on nomination only basis (as opposed to results based performance), will be funded at half of the level mentioned above (eg. NSW Country Development Team 45% of team member levy etc).

The executive may alter the level of subsidy in exceptional circumstances (eg. Where economic hardship means that a selected member of the club would not be able to fund the athlete portion of the subsidy).



## Parents of Cadets and Juniors

The Club recognizes the valuable contribution and role that parents play in a successful Surf Sports Program.

To ensure that training programs and carnival weekends are successful and enjoyable, 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 Under 19 members.
- Parents are asked to consider assisting in the running of carnivals by taking on roles such as Carnival Official.

## Officials

Officials are essential for the smooth running of carnivals and there is a requirement for clubs to provide a certain number of officials based on a quota system relating to the number of competitors. **If the club does not meet the quota for the number of required officials then we have to limit the number of competitors accordingly..**

The Core Officials course can be done online via the members portal.

Any parent who has their Officials qualification and is attending a carnival with their child will be expected to officiate If required. For Officials Quotas please see Appendix 4.





# Appendix 1

## Club Contact Details

Competition Director	Elaine Walker	0405492109	wbh.competition@gmail.com
Craft Captain	Richard McGovern / Brett Anderson		
Swim Captain	Paul Khunell		
Ski Coach	Elaine Walker	0405492109	wbh.competition@gmail.com
Surfboat Coach	Steve Monaghan	0412662887	steven@ultrafloormc.com.au
Member Protection Officer	Leanne Goggin	0439848996	wbhspsc@gmail.com



## Appendix 2

### **2019 -20 Craft Allocation Application Form**

I would like to be allocated :

☐ Board

☐ Ski

#### **Competitor Details**

Name : \_\_\_\_\_

Email Address : \_\_\_\_\_

Phone Number : \_\_\_\_\_

Competition Age : \_\_\_\_\_

#### **If under 18 ,details of parent or guardian**

Name : \_\_\_\_\_

Email Address : \_\_\_\_\_

Phone Number : \_\_\_\_\_

#### **Competition plans**

This season I intend to compete at :

☐ MNC Branch Championships

☐ Country Championships

☐ State Championships

☐ Australian Championships

#### **Competitor ( Parent or Guardian ) Declaration**

By submitting this application, I understand that I have sole usage of the craft and agree that the cost of any repairs occurring outside of competition or training shall be covered by myself. I have read and agree to comply with the conditions of the Craft Allocation policy. I agree that the craft remains the property of Wauchope Bonny Hills SLSC.

**Signature :** \_\_\_\_\_ **Print Name :** \_\_\_\_\_ **Date :** \_\_\_\_\_

## Appendix 3

### **Additional information sources**

The Wauchope Bonny Hills Operations Manual -Surfboat Section.

Nippers Carnival and Competition Guidelines.

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

Wauchope - Bonny Hills SLSC on Facebook

[www.surflifesaving.com.au](http://www.surflifesaving.com.au)

## Appendix 4

### Officials Quotas

The Mid North Coast Branch of SLSNSW have adopted the same quota used by SLSNSW at the State Championships.

For Branch carnivals the number of officials to be supplied per club is capped at 10, this is to prevent clubs with fewer Officials becoming overly reliant on other clubs to make up their quota and to encourage those clubs to increase their own Official numbers.

For Age and Opens competitors :

For Masters competitors :

Competitors Entered	Officials Required	Competitors Entered	Officials Required
0 - 4	-	0 - 4	-
5 - 10	1	5 - 11	1
11 - 20	2	12 -24	2
21 - 30	3	25 - 37	3
31 - 40	4	38 - 50	4
41 - 50	5	50 +	5
51 - 70	6		
71 - 90	7		
91 - 120	8		
121 - 150	9		
151 +	10		





