

MAROUBRA SLSC
Surf Sports Handbook
2017/2018





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Objectives of this Manual

The objective of this handbook is to provide all competitors, coaches, team managers and parents with a clear and concise set of guidelines when engaged in Surf Sports related activities.

Executive Summary

Welcome to the Maroubra Surf Sports program handbook.

Surf Sports is an excellent way for those Active Members that have a competitive nature and desire to increase their fitness levels, surf skills and craft techniques whilst developing self-esteem, confidence, teamwork, comradery and sportsmanship.

(U/15 – Open) and Masters (30 – 75) can compete in a range of aquatic and beach events designed to promote fitness and skills at all levels, within the framework of SLSA Surf.

We support members who are interested in representing the club in various events on the SLS Surf Sports calendar ranging from local carnivals, Branch, State and National Carnivals which are contested both regionally and inter-state.

The Maroubra Surf Sports program presently caters to and actively promotes the following activities for our competitors;

- Surf Boats
- IRB
- Water Events
- Beach Events
- Surf Board Riding
- Lifesaving Events
- March Past
- R&R



History

Maroubra SLSC has arguably the proudest history in competition of any surf club in Australia. With over 50 years of surf sports success, many of our members have won countless Branch, State and National Titles, we even have Olympic medallists amongst our members, and are well recognised for the contributions to the surf sports throughout the surf lifesaving movement.

The club has actively participated in a range of Surf Sports events from Surf Boats and Ironman through to IRB racing. The club has always maintained and promoted a very healthy Surf Sports culture as it seeks to encourage its active members to improve their skills and health to better facilitate its lifesaving services between the red and yellow flags. As a competitor you can train and compete in a range of different disciplines including: swimming, ski paddling, board paddling, ironman, surfing, boat rowing, and beach events. The weekly training calendar for board, ski and transitions (ironman) can be found on the Maroubra SLSC Team App.

You can also contact our Director of Surf Sports in the Surf Sports Committee contacts sub menu for any other information.

Club races are held every Sunday and are a fantastic way to maintain your skills and meet fellow members. There are 3 club championship rounds throughout the season as well as weekly point scores. Every Club member is welcome to participate, all you need to do is turn up.

Surf Sports Committee

Maroubra Surf Sports Committee is a sub-committee of the Club's Board of Management. The Surf Sports Committee is tasked with the responsibility of managing and providing guidance in all facets of the club's program, coaching, training and carnivals, along with its craft and equipment. The committee is coordinated by the Director of Surf Sports who also sits as a member of the Club's Board of Management. This committee consists of the following members (current occupants and supporting personnel are identified in Appendix 1);

- Director Surf Sports - Marc Glekis
- Head Coach - Lisa McGuigan
- Coaching Coordinator - Linda Hession
- Race Secretary - Sarah Goldrick
- Swim/Board Captain - Lisa McGuigan
- Ski Captain - Joe Fowler
- Beach Captain - Dave Love
- Boat Captain - Cliff Gerathy



- Board Riding Captain - Kylie Huessner
- IRB Captain - Mark Richardson

Selection Committee

Within the scope of the Surf Sports Committee and under the supervision of the Director of Surf Sports, an additional sub-committee has been formed to assist with selection of competitors and teams for carnival competitions. This sub-committee is responsible for the selection of competitors/teams for all SLS and SLSA approved events. This committee consists of the following members;

Director of Surf Sports (Chair), Head Coach/coaches & Team Manager/s

Coaching Personnel

Maroubra Surf Sports program provides its members access to specialised coaching to promote and develop the skillsets of its members. The Coaching Team that has been engaged by the Board of Management consists of both professional and volunteer coaches who work under the Director of Surf Sports. Coaching support is afforded to all competitors with training tailored to meet the needs of members either beginner, immediate and advanced levels. With the many diverse areas of competition, the coaching team seeks to provide all members equally with the level of training and development required for their chosen discipline.

The program current provides coaching support in the following areas for more details contact the relevant person below;

- Board/ Ski /Iron – Lisa McGuigan and Brodie Schott
- Surf Boat – Cliff Gerathy
- IRB Racing – Mark Richardson
- Marchpast – Brian Purdon
- R&R – David Love



Competitor Guidelines

For a member to participate in Maroubra SLSC Surf Sports Program they must meet the following eligibility and training requirements:

Junior – Masters (U/15 – 75):

- Be a current financial active/proficient member of the Club, must be proficient prior to 31 Dec every year;
- Commit to relevant sections fundraising for the full season;
- Attend regular training sessions as set by each discipline
- All competitors under 18 must have sufficient supervision or an appointed chaperone. It is the Team Manager's responsibility to ensure such;
- If applicable, an adult (i.e. family member) will be included as support person for any competitors under the age of 18 and will be considered a team member and therefore bound by the Code of Conduct;
- To contest the Branch, State or National Titles, all competitors must have competed in at least two sanctioned SLS carnivals prior to the nominations closing for the Branch Titles;
- To contest any carnival, the competitor if applicable must have completed all Patrol hour requirements, have organized subs as needed and be up to date with their Patrol hours. Attendance at a carnival is not an excuse for missing your patrol.

Fulfil the Club's required patrolling commitments:

- Junior - Masters - 25 hours
- Active Reserve - 12 hours
- Long Service - 8 hours

(Prior to Dec of each Competitive Season of which a minimum of 12 hours to be completed between Sept – Dec 31)

Competitors will not have their carnival nominations considered if they have failed to attend or organize a substitute to maintain 100% patrol requirements at time of entries closing;



All competitors attending training sessions must bring their own craft (either club issued/hired or personally owned) and must use craft specific to their training discipline;

All competitors must complete training sessions to the best of their ability throughout the season and both follow and respect the coaches instructions at all times;

Unless a parent is a proficient Bronze holder they are not to participate in Club organised training sessions.

Parents are not to engage Coaches throughout training sessions our Coaches have competed at Elite levels and have the best interests of all Athletes, if you have specific range of questions the Director of Surf Sports is available every Sunday from 8am or please feel free to use contact details within booklet.

Youth – Open competitors are expected to do expected to do 3 discipline specific (Craft/Swim/Beach) training sessions per week;

In the event a competitor cannot meet the above conditions they can apply in writing to the Director of Surf Sports for consideration of circumstances that may allow for dispensation;

Failure to comply with the training requirements may result in your ineligibility to compete and represent Maroubra at carnivals.

Competitor Information

The following list is to assist each competitor in preparation for and during carnivals;

- Water/endurance drinks and snacks for the day (many competitors can't eat conventional meals while competing, preferring snacks such as pasta, fruit, energy bars, crackers and of course a few lollies);
- Thongs (as the sand can become very hot for spectators and competitors);
- Sunscreen, shirt and hats;
- Competing equipment including;
- Pink fluoro surf vest (as specified by SLISA) & Maroubra competition cap
- Maroubra Beach swimwear / uniform / towels / goggles - club gear can be purchased from the team app store <https://maroubraslsc.teamapp.com/store>
- Board, wax, scraper
- Injuries happen in every sport whether in training or competition it is important that an Incident report is completed no more than 24 hours after the incident.



- The incident report needs to be lodged with the Club Secretary or Administration Officer so a Incident Report number can be allocated through Surf Guard.
- Once the number is allocated other forms can be filled in which will be given to you through the Clubs Office.

Care of Craft

The Club will make efforts to support Athletes with Craft, please understand that Craft will be allocated to those who are committed to training and competing at Carnivals including Branch/State and Australian Championships. Being allocated Craft is not your right but a privilege to support you in your Athletic pursuits.

Club Race Craft is to be used for the purpose of training and competing and is not to be used for **Surf Play or Water Safety**. If you are supporting in a Water Safety activity for Nippers or Other than a Foam Rescue Board must be used.

There is General craft available for Recreational use within the front part of Board and Ski shed. When finished with please wash off and store away.

Athletes with allocated Craft are expected to look after their craft by following a few simple rules. Failure to follow the Care of Craft directions may result in the craft being taken back from the competitor. Competitors who are using club equipment should remember this equipment remains the property of the Club and the competitor has a responsibility for maintaining it at the highest level.

- All craft must be returned at end of season in similar condition to when Allocated;
- NEVER leave in the sun for extended periods of time;
- Store/travel in a cover and out of the elements while not in use (e.g. garage, shed, under the house);
- Wash with fresh water after use, to remove sand and salt.
- Check for damage before and after each use - NEVER use damaged craft, Craft is expensive and when water affected changes the dynamics of performance.
- It is YOUR responsibility to repair any damage before returning allocated craft to the club. To be repaired by specialists that are recognised repairers. See Director of Surf Sports.
- All competitors are responsible for securely loading and unloading their equipment on gear trailers at the designated times.



Carnival Nominations

Maroubra SLSC contests most regional carnivals, as well as the Branch, State and National Championships from our Nippers through to Masters. The following information will assist you with nominating and attending your selected carnival;

Club supported Carnival entries will be posted on the website, emailed and/or placed on social media. It is the competitor's responsibility to inform the Race Secretary of their entry prior to closing date for nominations. racesecretary@maroubraslsc.com.au

Neither phone nor verbal nominations will be accepted;

All competitors' entry fees will be paid for by the Club to all sanctioned Branch, SLSS and SLSA events, except where the competitor has not fulfilled their required Patrol obligations;

Late nominations will only be accepted provided the competitor makes the late entry fee payment at the time of nominating. This must also be approved by the Director of Surf Sports;

For any non-sanctioned SLSA events, an application must be made to the Director of Surf Sports who will make recommendations to the Board of Management as to whether financial assistance may be provided;

If an individual competitor entered into a carnival does not attend that carnival without a reasonable excuse they will be required to reimburse the Club all entry fees for that event. A reasonable excuse may include injury or sickness etc. (proof of such may be required).

Competitors will not have their carnival nominations considered for subsequent carnivals if there are any outstanding reimbursements to be paid;

Competitor nominations for Branch, State and Australian Titles will not be accepted unless any outstanding missing carnival payments have been reimbursed.

Any competitor who gains selection in a Branch/State/Australian Team or similar representative competition will have their nominations fees met by the Club

Any individual prize money won from carnivals shall be kept by that individual. Any prize monies won during team events will be treated as a contribution to the Surf Sport Budget;

Any prizes, vouchers, clothing or craft won during either a carnival raffle or racing event shall be kept by that individual;

SUPPORT ROLES AND ASSISTANCE

Carnival competitions are a great way for everyone to become involved in some capacity and support our team. There are a number of roles that parents, chaperones, supporters can fill that are imperative to the efficient running of these carnivals. It is a requirement of each club to provide a designated number of Officials and Water Safety to ensure our competitors are permitted to compete. In the event that our club does not comply with these SLSQ guidelines, our club may not be permitted to enter competitors in a carnival and/or can be removed from it. Therefore, at least one member from each family of the nominated competitor must provide assistance to the Team Manager in one of the following roles;

ROLES:

Coaching - Coaches play a critical role within the surf sport environment. Their responsibilities revolve around providing an inclusive, safe and organised environment in which those they coach can achieve their potential. Discipline specific coaches work with athletes to support the development and performances in specialised areas – i.e. Board, Ski, Swim, Surf Boats, Board Riding, Rescue and Resuscitation, Inflatable Rescue Boat, March Past, Surf Rescue and Beach Events.

We understand that from time to time there may be questions in regards to how Coaches run these sections. We would appreciate that these questions come through the Director of Surf Sports or Coaching Coordinator. Our Coaches are highly experienced and always have the whole squads' interests at heart.

Team Managing – Team Managers can work with Junior, Cadet, Senior and Masters' teams, at all levels of surf sport competition (i.e. club, branch, state and national). The primary purpose of Team Manager is to efficiently and effectively manage the team during the particular event campaign.

Roles and responsibilities of the team manager include:

- Liaising and pre-carnival planning with Carnival/Coaching Coordinator
- Leading others
- Planning
- Organising and administering
- Communicating with others
- Maintaining team control
- Understanding the relevant competition manual
- Attending to an appeals process



- Liaising between all levels of the team and relevant team officials
- Selecting quality personnel to fill supporting roles within the team
- Facilitating the writing of a detailed report at the completion of competition
- Acting as the lead spokesperson for the team.

Officiating – Officials play a critical role within the surf sports environment. Their responsibilities revolve around providing safe, fair and fun surf sport competition environments, in which participants develop a love of surf sports and of competition. Each club is required to provide an allocated number of officials based on competitors entered, hence the importance of this position to the team. If you are a parent or partner of a competing member and do not currently have a role please consider doing your officials course.

Workforce – Each carnival requires a number of personnel to ensure gear and equipment is transported to and from the carnival, tents are set up and take down and any other duties as required to be done. If you are not a qualified official or water safety personnel, don't worry there's always duties that will require your assistance. Your help is always appreciated.

Levies and Subsidies

Australian Titles – The Competition committee shall use approved criteria for the purpose of Subsidies which is approved each season by the Board of Management in regards to the criteria and the level of Subsidy which will be made available for competitors. The subsidy policy will be formed using the Maroubra SLSC By- Laws as a guide to formulating.

Members are not eligible for a subsidy unless they are Financial with the club, have fulfilled their patrol hour obligations and be fit and eligible to participate at the championships. Further, competitors must have a signed and sighted patrol contract should they be on patrol over the Australian Championship weekend.



Club Board/Ski Usage Rules General

Board/Ski owned by the Club or its members shall be stored under the control of the Board & Ski Captain

Members shall not use other members' Board & Ski without prior approval of the owner.

Members shall not use Club gear without prior approval by the Board & Ski Captain, or Director of Surf Sports.

The Boards/Skis should never be launched or brought in near the marked surf bathing area or buffer area, nor where swimmers are likely to be encountered.

Access to club equipment is a privilege and all boards/skis should be treated with the greatest care and never be inadvertently bumped into things or other boards, or dragged on any surface including sand.

NO BOARD/SKI IS TO BE TAKEN AWAY FROM THE CLUB WITHOUT THE PERMISSION OF THE BOARD, SKI CAPTAIN or DIRECTOR OF SURF SPORTS

Before using boards/skis, members must be inducted by the Board or Ski Coach (or nominee) into their correct/safe use and these rules, and be allocated a board suitable to their level of experience and size.

When taking a board/ski from the clubhouse to the beach extreme care must be taken so as not to damage it and if possible use a "buddy" to help get the board out of the gear shed

All members using boards/skis must at all times display a responsible attitude and show care and attention in and out of the water as you are highly visible and representing the club.

Members are responsible for any board/ski they are using until it is returned safely to the racks.

ANY damage to boards/skis must be reported to the Board or Ski Captain as soon as possible.

This includes accidental damage. A "damaged" or "repair" tag must then be attached to the board, and the board number written on the whiteboard in the Competitor shed.

The Club Board or Ski Captain will in some instances allocate exclusive use craft to competition members for that season if any damage occurs to this craft it must be



repaired professionally at the member's expense. The repair must be done to the satisfaction of the Board or Ski Captain.

Craft Storage Pricing

Board Locker (per Year) Active Members	\$35
Board Locker (per Year) Non Active Members	\$75
Ski Rack	\$50
Craft Storage Active Member [Competitor]	\$0
Craft Storage Active Member [Non Competitor]	\$200
Craft Storage Long Service [Competitor]	\$0
Craft Storage Long Service [Non Competitor]	\$200

Policies

MAROUBRA SURF LIFE SAVING CLUB INC - CODE OF CONDUCT

Maroubra SLSC endorses the following Code of Conduct for Maroubra members, particularly those responsible for activities involving members under the age of 18, and/or similar statements as endorsed by SLSA.

As a Maroubra SLSC member you should meet the following requirements in regard to your conduct:

- Respect the rights, dignity and worth of others.
- Be fair, considerate and honest in all dealings with others and be a positive role model.
- Make a commitment to provide quality service.
- Be aware of, and maintain an uncompromising adherence to SLSA's standards, rules, regulations and policies.
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age.
- Contribute to the provision of a safe environment to the conduct of all activities within surf lifesaving.
- Abide by the relevant role specific codes of conducts outlined by SLSA.

Maroubra Surf Lifesaving Club expects all members, supporters, advisors and associates of Maroubra SLSC to abide by this Code of Conduct that upholds the principles and values of the organization. Members should recognize that at all times they have a responsibility to a duty of care to all members of SLSA.



Specifically:

- Understand there are possible consequences if you breach Maroubra SLSC Code of Conduct.
- Immediately report any breaches of the Maroubra SLSC Code of Conduct to the appropriate authorities.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment towards others.
- Provide a safe environment for the conduct of the activity in accordance with relevant Maroubra SLSC policy.
- Show concern and caution towards others who may be sick or injured.
- Be a positive role model.

Club Races

Weekly handicapped club races will start first Sunday in Oct at 9:30am. ALL proficient members are welcome to compete in a fun and inclusive environment. Events may include –

- Surf Swim
- Board
- Ironman race
- Ski

Run subject to surf conditions

Club Championship Races

Club Championships will be held over 3 rounds (subject to surf conditions). U15, U17, U19, Opens, Over 50's Surf Race

Events include:

- Swim
- Board
- Ironman
- Flags
- Sprint



Eligibility for Club Races & Championship Races

- If a Maroubra SLSC member has chosen to move their competition rights to another Surf Club they can compete but will be ineligible to gain points in all Club Championship rounds.
- Maroubra SLSC members who have chosen to move their competition rights can still gain points in weekly Handicapped Club Races.
- There will be a male and female Club Champion awarded in each age group

Perpetual Trophy Winners

- The highest point scorer Male or Female through the 3 club championship rounds in each age group will be awarded as the perpetual trophy winner.

U15 – Barry Rodgers perpetual trophy: male or female highest club champion point scorer

U17 – Peter Kirkwood (Cuz) perpetual trophy: male or female highest club champion point scorer.

U19 – Stan Baker Trophy

Open – Arthur Rodman Trophy

The Dennis Heussner Award and will be decided by the Surf Sports Committee using the below criteria.

- Competes for the season at Branch, State and Australian Titles
- Attends all club training session
- Fulfils all club patrol requirements
- Assists in fund raising and other club activities.
- Role model to other competitors.
- Takes part in Club Races and Club championships
- Represents the club to the best of their ability



Useful links

SLSNSW Selection Policy

<http://www.surflifesaving.com.au/members/surfsports/sport-documents/slnsw-selection-policy-2.pdf>

Anti-Doping Policy (SLSA Policy 5.2)

<http://www.surflifesaving.com.au/members/surfsports/sport-documents/anti-doping-policy-slsa-policy-52.pdf>

SLSA Safety Initiatives

<http://www.surflifesaving.com.au/members/surfsports/sport-documents/slsa-member-bulletins-on-mandatory-wearing-of-helmets-and-lifejackets.pdf>

Competition Proficiency (SLSA Policy 5.4)

<http://www.surflifesaving.com.au/members/surfsports/sport-documents/competition-proficiency-slsa-policy-54.pdf>