



Junior Surf Programme - FAQs

1. How do the age groups work?

The group you are in is determined by your age on 30th September. E.g. If you are 8 on that date you will be in the U9s. If you are 12 on that date, you will be in the U13s. This is the age group you stay in for the whole season for both your training groups at the beach and also at carnivals. As per SLSNZ rules, the minimum age for competing is 7 years.

Age at Sept 30 th	Age group for carnivals / training
5 and 6	U7 (not eligible to compete) *
7	U8
8	U9
9	U10
10	U11
11	U12
12	U13
13	U14

*NB - Therefore U7 members may compete once they turn 7 years old during the season.

2. What happens on the Sunday training sessions at Taylor's Mistake?

Sunday morning sessions at the beach start promptly at 10am with a briefing about general beach conditions and notices regarding upcoming carnivals and events. Please ensure your child is changed into their wetsuit and wearing their vest and beanie ready for the start of the session.

After warming up, children will be divided into age groups and participate in a variety of land and water based activities depending on the plan for the session and the conditions on the day. The programme runs until approximately 11.30am but may go on longer on warm days.

We always finish up with a sausage sizzle – a chance to refuel and catch up with other families. Sausages are \$2 coin donation with all proceeds throughout the season going towards supporting the 'Oceans' Athletes attending Nationals. There are showers and changing rooms at the club and parents are welcome to use the kitchen to make themselves a cuppa. Please

ensure that mugs are washed and dried after use and the kitchen area is left clean and tidy for the next person.

3. What sort of activities will children be doing?

Sunday training sessions are for the family and are aimed at teaching the children water safety and learning the fundamental skills of lifeguarding. The coaches incorporate running, swimming and rescue skills into these sessions. Having fun, pushing yourself and conquering personal challenges are strongly emphasised. For newcomers, there's a focus on building water confidence. As they progress through the junior surf age groups, activities become more demanding – such as the distance to swim and paddle, the depth of water and size of surf, so it is important to gain confidence early. Children will also gain experience of some of the events offered at competitions to help them prepare for carnivals should they wish to compete.

Please note that we rarely cancel any training session but in the event of extreme weather, we will advise of cancellations on our [Taylors Mistake Junior Surf Lifesaving](#) Facebook page and the club website www.taylorsmistake.com

4. What should children wear and what do we need to bring on Sundays?

It is a requirement that all children wear their yellow or pink hi-viz club vest and beanie at every Junior Surf training session. This is compulsory. Any coloured togs may be worn along with wetsuits. Full wetsuits are highly recommended particularly in the cooler months before Christmas.

Don't forget sunscreen, coins for the sausage sizzle, a towel and a change of clothes!

5. What about safety?

The conditions at the beach are assessed prior to every session so that activities appropriate to the weather, size of waves, availability of adult helpers and children's skill level can be planned for the day.

We adhere to a strict ratio of 1 adult for every 5 children during water activities and we rely heavily on our Taylors Mistake parents to accompany juniors into the water and actively supervise. You do not need to be a trained lifeguard to do this, but it is important that you are a confident swimmer and are happy to be in the water. If there are insufficient parents for this ratio, the children are unable to do water based activities. Bring your own wetsuit to Junior Surf sessions so you can stay warm in the water.

We require ALL children to sign in on their age group clipboard at the beginning of each session. Children must be wearing their hi-viz vest and club beanie before signing in.

At the end of every session, ALL children will remove their club beanie and give it to their caregiver. They will then sign out. They are now no longer the

responsibility of the Junior Surf coaches. If children are staying in the water, we highly recommend that they continue to wear their hi-viz vest.

If you have any concerns about your child's confidence and/or ability please see Carrie before they participate. It is important that parents are available for the briefing at the beginning of each session so that we can effectively communicate the plan for the morning and ensure all the children remain safe and have fun.

6. Who are the mid-week training sessions for?

In addition to the Sunday training sessions, the club runs weeknight training sessions for children who are in the U11 to U14 age groups who wish to increase their fitness and develop their board and swimming skills in preparation for carnivals. Whilst the focus is on preparing these children for competition, we welcome any junior in the U11-14 age group who has their 200m badge and is keen to develop his / her skills. Please note that these midweek sessions are not appropriate for U8-U10s unless directed by your child's coach.

Parents are encouraged to bring their own wetsuits and assist with these weekday sessions whenever possible. Keep an eye on the Taylors Mistake website for details about these weeknight training sessions.

7. What is expected of parents/caregivers at Taylors Mistake Surf Lifesaving Club?

As you may have gathered, we rely heavily on our wonderful parent helpers and strongly encourage parents to get involved with the Junior Surf programme rather than use it as a 'babysitting service'! The children love it when mum or dad are there with them on the beach and in the water. Many of our parents have also enjoyed developing their own water confidence and have gone on to gain the Surf Lifeguard Award themselves.

There are lots of ways to get involved at training sessions. Please talk to the junior surf co-ordinators if you would like to help out with any of the following:

- Coaching small groups of children
- Being in the water at training sessions to actively supervise and encourage the children – particularly the 7 to 10 year olds.
- BBQing the sausages for the sausage sizzle
- On the beach helping to organise gear

For further information on what we expect from parents and caregivers, as well as a description of the code of conduct, please refer to the club website.

8. What is the "200m badge"?

Each year the club carries out a 200m Safety Badge assessment for our junior members. Children who are **able to swim 200m under a target**

time of 7 minutes, followed immediately by continuously treading water for 1 minute will be awarded a cloth badge. This should be sewn onto their beanie so that it is visible to coaches at training and also to officials at carnivals.

The 200m badge assessment is carried out in a very supportive environment with the athletes, parents and coaches down at the Sumner Community Pool. Like all our Junior surf days, this is to be an enjoyable activity, so please let your child know that their best effort is all we are asking.

We require our Juniors to refresh their 200m badge every year so that we can update the SLSNZ database and children can track their improvement. Very young swimmers, who not feel ready to attempt the full 200m will have the option of completing a 50m or 100m timed swim. Competent swimmers who can comfortably manage to swim 200m under 7 minutes may be given the opportunity of carrying on and completing a 400m timed swim. Throughout their final years at Junior Surf, children aim to build up to swimming 400m within under 9 minutes. This is the target time for the Lifeguard Award.

9. Why do children need a 200m badge?

- SLSNZ requires all U11 to U14 athletes, wishing to compete in water events at carnivals, to have their 200m badge. Children in these age groups who have not gained their 200m badge will only be permitted to enter the land based events. (NB: U8 to U10 children do not require their 200m badge to enter carnivals as water events for these age groups are held within their depth.)
- Children must have completed their 200m badge in order to use a fibreglass board at Taylors.
- Children must have completed their 200m badge in order to take foam boards out of their depth when training at Taylors.

U11-U14s who wish to enter carnivals and are unable to attend the pool competency session at the Sumner Community Pool should do their 200m test with their swimming coach (e.g. Aquagym, Mac's). Please provide a copy of the time with the coach's signature to the Junior Surf Co-ordinators.

10. What is a carnival and who are they for?

At Junior level, there are a number of local 'participation' carnivals held in December and January that give all children (from U8 to U14) the opportunity to try a Surf Life Saving competition. A range of different events including beach flags, beach sprints, beach relays, board races, run-wade-run / run-swim-run races may be offered. There will be an opportunity to practice many of these events during our beach training sessions.

In February and March, there are three more competitive carnivals where individual and team medals and trophies are at stake:

- 1. The Canterbury Championships – one day event (all age groups)**
- 2. The Southern Regional Championships (Alternates each year between Christchurch and Otago - Otago in 2019) – two day event (all age groups)**
- 3. The New Zealand U14 Surf Life Saving Championships (also called 'Oceans'; usually held in Mt Maunganui) for U11,U12,U13 and U14 athletes only**

More information will be provided about each event nearer the time. Please see the calendar for dates for this season.

11. Why do a carnival?

Carnivals are great fun! They are a chance to pit your skills against athletes in the same age group from a number of other Canterbury Clubs in a range of beach, water, team and individual events. They also allow the children to experience conditions at different beaches and to meet up with friends in other clubs. We strongly recommend Juniors try at least one carnival in the season.

12. How much does a carnival cost?

There is no cost to the family of children entering local, regional or National carnivals as all competition entry fees are covered by TMSLSC. For National carnivals and carnivals outside the Christchurch area, travel, food and accommodation costs will be met by the family. When travelling out of town for carnivals, we try and stay together as a team, either camping or in large shared accommodation. This is a great experience for the children and lots of fun for the adults as well.

In previous years we have had several successful fundraising events to allow costs to be kept to a minimum and we ask all our junior surf families to help support these.

13. What do children wear for a carnival?

Athletes will need to wear the club uniform to compete at carnivals. This is:

- black togs (not board shorts)
- **yellow** hi-viz vest (pink vests no longer permitted for carnivals)
- green and white club beanie.

Children will not be allowed to compete without a vest and beanie. Wetsuits are permitted for younger age groups and at certain carnivals, in accordance with Canterbury Surf Lifesaving rules. Specific wetsuit requirements are usually announced at the carnival briefing, so always bring one with you but older athletes should be prepared to compete without a wetsuit in the warmer months.

14. What are the top tips for attending carnivals?

Carnivals run from approximately 8.30am to 2pm and although there is usually a planned programme of events, timings and order may change due

to the conditions. It can be a long and busy day! Come prepared for all weather conditions and remember that even warm days can feel very cold for athletes when an easterly is blowing and they are in and out of the water many times!

Don't forget to bring:

- several towels
- Goggles / swim hat (if desired)
- warm / windproof jacket
- dry warm clothes
- lots of food and water (more than you think)
- Cash for sausage sizzle / coffee cart
- Sunscreen
- Your own wetsuit (parents may be asked to help out in the water at times)
- Large plastic tub or box to keep all your gear in on the beach
- And of course the TMSLSC uniform – togs, beanie and YELLOW hi-viz vest

15. How can parents help out at carnivals?

All the boards and Club equipment that the athletes require for carnivals is loaded on to the gear trailer and transported to the event by the Junior Co-ordinators. We also have a large club tent to put up on the beach that is used for storing gear and as a place to rest and refuel between events. Your help to load and unload the trailer and set up / pack away the tent is much appreciated.

We may also enlist your help to 'manage' a small number of children in a particular age group – this involves ensuring the children are in the right place for their event at the right time, with the gear that they need, and making sure that they drink and eat enough during the day. This role is often a team effort among parents and is a great opportunity to get to know other families whilst watching your children participate!

At carnivals, each club is required to run an 'arena' where certain events take place. TMSLSC usually runs a water arena for the younger age groups. This requires at least 1 'official' to oversee marshalling, a starter, a results taker and at least 2-3 people in the water as 'buoys'. Please bring your wetsuit and be prepared to take a turn in the water if needed!

As you can appreciate, carnival days are busy but a lot of fun and there are only a small number of them each season. So once again, please step up and help out - the day runs more smoothly for everyone if we all pitch in together. And don't panic! We will brief parents about what help is needed on the day.

16. What board is my child allowed to use?

The boards used by junior members is dependent on both the age group and experience of the child. For carnivals, this is determined by SLSNZ:

Age group of Child	200m badge required	Used at competition / carnivals
U8	No	Boogie Board
U9,U10	No	Foam Sonic board
U11, U12	Yes	Foam or Fibreglass Dolphins 8ft - 8ft10"
U13,U14	Yes	Foam or Fibreglass Dolphins up to 10ft6"

For training sessions at Taylors Mistake, U8s use boogie boards. U9s and U10s will use a mix of boogie boards and Foam Sonic boards. Most U11 to U14s will train on a fibreglass board but depending on experience may still use the Foam Sonic boards when developing their skills. Only children who have achieved their 200m badge are permitted to use the fibreglass boards.

17. When are children allowed to use the club boards?

Club boards are available to junior members at all Sunday morning and midweek training sessions. Appropriate boards will be available for carnivals. Children may also use club boards on Saturdays and Sundays during patrol hours. For the safety of your child and the longevity of our boards, please ensure your child only takes out a board that their coach has deemed suitable for them.

18. What are my responsibilities when using club gear?

Please treat all club gear with care and respect, particularly the boards. Carry them, don't drag them when out of the water, and control them accordingly in the ocean. Whenever a child uses a board, he / she is responsible for rinsing off the sand and salt water and returning it to the storage container. Please encourage all children to do this.

Accidents with the boards do happen so if you do ding or damage a board, please tell the junior surf coordinators as soon as possible so it can be repaired.

Children in U11-U14 age groups, who are planning on training and competing regularly over the summer, will be allocated a specific fibreglass board to use throughout the season. There is a charge for the use of allocated boards and this will be invoiced by the Club.

19. Where do I buy the uniform?

Black Taylors Mistake logoed togs, green and white club beanies and yellow hi-viz vests are available from our uniform administrator, Adrian Mouldey: adrianmouldey1@gmail.com. Most sports shops stock plain black togs. Other

items are available such as club tee shirts and hoodies.

Wetsuits can be purchased from any surf retailer. Ask your coach if you need any advice on the best type of wet suit. We gratefully accept donations of second hand wetsuits and will have these available for cash sales every Sunday. All proceeds will go to help support the Oceans' athletes attending Nationals.

13. Further information contact:

Carrie (Coaching)	027 305 4111	nzworthos@gmail.com
Kathryn (Admin)	027 676 6100	kanewbery@gmail.com
Adrian (Uniform)	027 358 6531	adrianmouldey1@gmail.com

Thank you from Taylors Mistake SLSC.