



# SOUTH WEST ROCKS Nippers Handbook



# JUNIOR ACTIVITIES HANDBOOK

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## 1. INTRODUCTION

Welcome to the 2012-2013 Nippers season. This handbook outlines the goals and plans that are in place to help run the Nipper program.

South West Rocks Surf Life Saving Club has been running Nippers since 1961. Our aim is for the children, new and existing, to have fun at the beach and to learn skills that they can put to use in the future.

South West Rocks Surf Club is a small family orientated club and Nippers group emphasise developing these characteristics. Junior members play a vital role in the overall operation of our club. They are the next generation of our patrolling members.

Our objective is to provide organised sports on the beach and/or in the water for children 5 years of age and upwards who are Club members. Each Sunday we aim to develop a spirit of good sportsmanship and citizenship amongst our girls and boys and further the interests of Surf Life Saving movement.

Benefits of Surf Life Saving:

- Learn how to survive and recreate in the surf environment,
- Learn how to help others to safely recreate in the surf,
- Promotion of physical growth, development and health together with social interaction, and
- Gain a sense of personal satisfaction from the experience of excitement and personal challenge.

The Surf Club is primarily a volunteer run organisation, so we rely on donations and assistance of our Club members and parents. These members give up a lot of their time to train our members and provide instruction to help them achieve their awards. All of our Age Managers are parents, just like you, and provide their time to teach and train your children, so please assist them by helping out where you can in whatever section you can as every bit helps.

Our Club also needs financial support from individuals and companies to upgrade our existing equipment and buy new equipment. The funds also go towards the purchase of teaching aids for your children to use so they can further enhance the surf life saving skills our Age Managers teach them. If you can or know of any business that is interested in making a donation or sponsorships, please contact the Club's Junior Activities Co-ordinator, as your assistance will be greatly appreciated.

Thanks goes out to all previous Age Managers, Water Safety Officers and Volunteers setting up the beach. Without you, we wouldn't have a Nipper season.

A Nipper calendar will be published at the commencement of the season.

To keep in touch with what is happening with Nippers, please go to the Club's website and click on 'Nippers'.

From all of the Committee members at the Club, we hope you thoroughly enjoy the Nipper Program each and every year.

## 2. NIPPERS

There are over 60,000 (2010-11 season) Nippers in Australia. Nippers start learning about surf awareness and safety through the Surf Life Saving Surf Education Program. Refer to the Surf Education under Nipper Proficiency in this handbook. They participate in board paddling, swimming, running, wading and other fun activities and games. We **DO NOT** teach children how to swim, however we will teach them surf skills. Nippers are encouraged to undertake regular swim training lessons through your local pool.

Practising these skills allows children to compete in Club, Regional and State surf life saving carnivals representing their clubs.

While competition is an important element, the surf awareness and education aspect is a primary aim. Children are taught from the youngest ages how to read the surf and use the surf to their advantage.

**This is done in an environment of fun and healthy lifestyle which is unique to surf life saving.**

Nippers season start from around October and runs through until around March.

## 2.1 Who can join Nippers?

Any child, boy or girl may join Nippers once they have turned 5 years old. They do NOT have to be super competitors or super athletes. One of the features of Nippers is seeing young children overcome their fear of the water. Children who are afraid of the water can develop through encouragement, education and training to be confident in the surf.

## 2.2 Age Groups

A child may join the club as soon as he/she turns 5 years of age, but not before.

Born Between	Age Group	Age as at midnight 30 September	Colour Cap
1 <sup>st</sup> October 2006 to 30 <sup>th</sup> September 2007	Under 6	5 years	Aqua
1 <sup>st</sup> October 2005 to 30 <sup>th</sup> September 2006	Under 7	6 years	Bronze
1 <sup>st</sup> October 2004 to 30 <sup>th</sup> September 2005	Under 8	7 years	Lime Green
1 <sup>st</sup> October 2003 to 30 <sup>th</sup> September 2004	Under 9	8 years	Purple
1 <sup>st</sup> October 2002 to 30 <sup>th</sup> September 2003	Under 10	9 years	Red
1 <sup>st</sup> October 2001 to 30 <sup>th</sup> September 2002	Under 11	10 years	White
1 <sup>st</sup> October 2000 to 30 <sup>th</sup> September 2001	Under 12	11 years	Yellow
1 <sup>st</sup> October 1999 to 30 <sup>th</sup> September 2000	Under 13	12 years	Aqua
1 <sup>st</sup> October 1998 to 30 <sup>th</sup> September 1999	Under 14	13 years	Comp Hat

## 2.3 Nipper Proficiency

For safety and development reasons, before a child is allowed to participate in ANY nipper activity, they are required to take a proficiency check.

To ensure all our young surf lifesavers are safe and continue to develop, all junior activity participants from Under 8's to Under 14's must successfully complete the Junior Participation Skill Evaluation (Pool Swim and Survival Float). This is required to be completed prior to ANY junior participation water activity. The Pool Swim and Survival Float event is held at the SWR local Pool on a specific day which will be advertised.

All Nippers are able to gain their respective Surf Ed Award for their age group during the season. Listed below is a summary of the wards for each age group.

Age Group	Preliminary Evaluation	Time Allocated	Competition Skills Open Water Swim	Surf Education Award
Under 6's	N/A	N/A	N/A	Surf Play 1
Under 7's	N/A	N/A	N/A	Surf Play 2
Under 8's	25 metre swim (any stoke) 1 min survival float	N/A	N/A	Surf Awareness 1
Under 9's	200 metre pool swim (freestyle) 1 min survival float	7 minutes	Minimum 150m	Surf Awareness 1
Under 10's	200 metre pool swim (freestyle) 1.5 min survival float	7 minutes	Minimum 150m	Surf Safety 1
Under 11's	200 metre pool swim (freestyle) 2 min survival float	5 minutes	Minimum 200m	Surf Safety 2
Under 12's	200 metre pool swim (freestyle) 2 min survival float	5 minutes	Minimum 200m	Surf Smart 1
Under 13's	200 metre pool swim (freestyle) 3 min survival float	5 minutes	Minimum 200m	Surf Smart 2
Under 14's	200 metre pool swim (freestyle) 3 min survival float	in less than 5 min	Minimum 200m	Surf Rescue Certificate (SRC)

\*The surf swim must be completed around a competition course.

All proficiencies must be achieved under supervision of the Junior Activities Co-ordinator or Water Coach.

Nippers successfully completing this evaluation may still be restricted at the discretion of the Age Manager in the activities in which they may be able to participate.

Any questions regarding proficiencies should be referred to the Junior Activities Co-ordinator.

## 2.4 How to Join

Registration is usually held around September and will be held at the South West Rocks Surf Club. Birth Certificates must be produced for NEW registrations. Details and membership fees will be advertised on the South West Rocks Surf Life Saving website [www.swrslsc.org.au](http://www.swrslsc.org.au)



## 3. A TYPICAL SUNDAY MORNING

### 3.1 *What Happens*

Sunday Nippers starts with an important briefing from the Junior Activities Co-ordinator at 9:00am on the grassed area of the club house with children assembling in their age groups.

Safety measures to be undertaken to ensure the child's safety at all times:

**ALL CHILDREN ARE REQUIRED TO HAVE THEIR ATTENDANCE RECORDED BY THE AGE MANAGER PRIOR TO JOINING THE MORNING'S ACTIVITIES AND MUST NOT LEAVE UNLESS THEY HAVE ADVISED THEIR AGE MANAGER.**

**NO CHILD IS TO ENTER THE WATER UNLESS AUTHORISED BY THE AGE MANAGER.**

**U6 and U7's MUST HAVE A PARENT/GUARDIAN REMAIN WITH AGE GROUP AT ALL TIMES**

**ALL MEMBERS MUST HAVE A PARENT/GUARDIAN ON THE BEACH**

Children should arrive ready to start activities with their coloured cap on and sun screen applied. IT IS COMPULSORY TO WEAR THE COLOURED CAP CONTINUOUSLY WHILST PARTICIPATING IN NIPPERS EVENTS. After completion, Nippers must remove their caps and have their names marked off by their Age Manager.

Refer to Nippers Events in this handbook for more detailed description on events.

### 3.2 *What to Bring*

Items to take are swimmers, goggles (if required), a towel, coloured nipper cap, sun protection including rash shirt, labelled drink bottle and a SMILE ☺.

### 3.3 *Nipper Events*

#### 3.3.1 **Beach Events**

**Beach Races** – running over a set distance on the sand.

**Flags** – lying flat on sand, then getting up and running a short distance to grasp lengths of hose standing in the sand. Flag winners proceed to next round.

**Beach Relays** – teams of four run a relay over similar distances to the beach races.

**Surf Wade** – running through shallow water around a heavily supervised course (usually for younger age groups).

#### 3.3.2 **Water Events (will be decided on the day according to water conditions)**

**Wade** – from beach run to first marker located behind shore break, wading, duck diving, grabbing sand under waves and return. **Wade Relay** requires 4 to a team. U/8 Age Group Only.

**Surf (Swim) Race** – swimming from the beach, around 2 cans and back. **Surf Team** requires age group 2 to a team and 4 at Country Titles. Approximately 200 meters swim. U9 to U14 Age Groups.

**Board Race** – similar to the swim race, but paddling boards around the course. Approximately 300 meters. You MUST complete the swim race before doing the board and iron man/woman race. **Board Relay** requires age groups 4 to a team. U/9 to U14 Age Groups.

### 3.4 *Point Score*

Point score days will be determined by the Junior Activities Co-ordinator on the day and announced at the Sunday briefing.

Points are awarded as follows with water events doubled because of their importance in Surf Life Saving.

Position	Beach	Water
1 <sup>st</sup>	4	8
2 <sup>nd</sup>	3	6
3 <sup>rd</sup>	2	4
Every event a child competes in	2	3
Attendance on club days – 1 point		

Trophies are awarded to the girls and boys in each age group based on point scores and attendance.

### 3.5 Medical Conditions

Any nipper who suffers from asthma or other medical conditions MUST inform your child’s Age Manager of any medical condition which may affect your child’s participation in Nippers activities.

### 3.6 Equipment

Our club supplies all of the equipment needed for Sunday activities and Carnivals, which includes nipper boards.

We ALL need to look after our equipment. If you use it, then it’s your responsibility to take it back to the Clubhouse, wash all sand and salt water off it and return to the board storage room. Damaged equipment must be reported IMMEDIATELY to the Age Manager or committee member.

Nippers are welcome to use their own boards.

Age Group Boards to be used:

- Foam boards for U8’s, U9s, and U10s.
- Fibreglass Nipper boards for U11’s, U12’s, U13’s and U14’s.

The U6’s and U7’s under the instruction of their Age Managers may bring body boards to club days. They are not permitted to use any club boards.

All of the boards are expensive to buy and repair. SWR Nippers are extremely fortunate to have good quality foam and fibreglass boards available for use during nipper activities and club carnivals. It is important that these boards are handled and cared for correctly.

Boards should be carried and **not dragged** on the beach. They should not be sat or stood on and it is not wise to leave them lying in direct sunlight for a long period of time as this causes them to bubble. If a member is too small to carry a board, you should carry it with another Nipper. Nipper boards are not designed for standing up on.

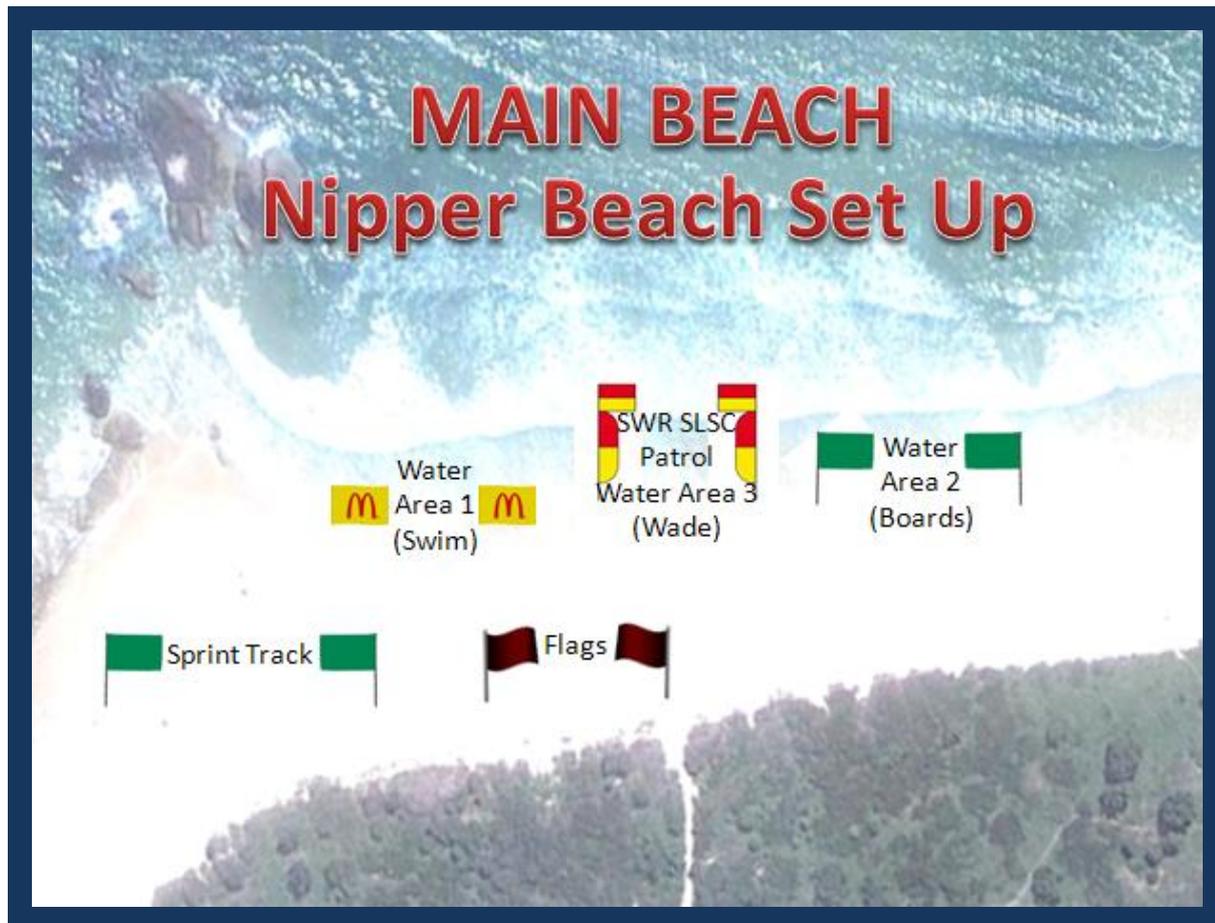
{Carnivals}Boards required at carnivals will be inspected by the Board Captain and a parent responsible for the board at the time of allocation. Any repairs required that are not the result of accidental damages, or normal wear and tear are to be paid by the parent. Loss or non return of the board will result in the parent being responsible for the cost of a replacement board.

NOTE:

- NIPPERS or PARENTS WHO MISTREAT BOARDS WILL NOT BE ALLOWED TO USE THEM UNTIL THEY CAN DEMONSTRATE APPROPRIATE CONDUCT AND MAY BE ASKED TO CONTRIBUTE TO THE COST OF REPAIRS.
- THE CLUB CANNOT BE HELD RESPONSIBLE FOR ANY DAMAGE TO PRIVATE BOARDS.

### 3.7 Beach Set Up

A typical Sunday morning beach set up.



## 4. POSITION DESCRIPTION

### 4.1 Junior Activities Co-ordinator

The Junior Activities Co-ordinator (JAC) is a member of the committee and is responsible for the running of the Nippers and the co-ordination of Carnivals. The Junior Activities Co-ordinator attends monthly Branch meetings as well as SWR Committee meetings.

### 4.2 Junior Activities Superintendent

The Junior Activities Superintendent (JAS) is a supporting role to JAC and is responsible for the co-ordination of water safety including carnivals.

### 4.3 Age Managers

These volunteers take care of their Age groups on a Sunday morning and at carnivals. They are responsible for the 'Surf Education' of your children, both in water and beach skills as well as Surf Life Saving.

Age Manager's aren't required to have obtained their Bronze Medallion. Support is provided to assist Age Manager's through the season.

Position	Name	Phone Number	Mobile Number	E-mail
Junior Activities Co-ordinator	Shannon Ryan	6566 7888	04343 16273	mrsaskew@hotmail.com
Junior Activities Superintendent				
U6's Age Manager				
U7's Age Manager	Jo Rogers			
U8's Age Manager	Andrew + Amanda Busch			
U9's Age Manager	Matt Ryan + Mick Chalker			
U10's Age Manager	Grant Schubert + Brad Schubert			
U11's Age Manager	Denise Crawford + Jo Maybon			
U12's Age Manager	Wazza Reynolds + Donna Owens			
U13's Age Manager	Darren Ferguson + Steve Maybon			
U14's Age Manager	Darren Ferguson + Steve Maybon			

#### **4.4 Water Safety**

The Club must meet the water safety requirements listed by SLSA. It is therefore essential that as many parents as possible obtain their Bronze Medallion and assist with water safety. If we do not have the required number of Water Safety, then smaller Nipper numbers will be arranged to reflect the water safety ratio.

The SWR Patrol Captain and Superintendent will conduct a risk assessment prior to the commencement of any water events. The Patrol Captain or superintendent may cease activities if conditions become unsafe. The decision of the Patrol Captain and Superintendent shall be final.

The guidelines for water safety are laid down by Surf Life Saving Australia and must be adhered to by all. The IRB (Inflatable Rescue Boat) is present during all water events and it is imperative that as many qualified water safety officers as possible are in the water to accompany children in water activities. No race or activity will commence unless there is the correct number of water safety personnel.

Water Safety Officers must be suitably qualified (Bronze Medallion or SRC), and a minimum ratio of Water Safety Officers to Nippers applies. Water Safety Officers must wear orange or yellow high visibility vests whilst helping out with water events.

Parents and/or siblings providing water safety must hold a valid Surf Rescue Certificate (SRC) or Bronze Medallion and complete an annual proficiency test.

We also have to provide water safety at competitions/surf carnivals.

Many parents complete their Bronze, and in doing so enjoy the learning experience and getting a greater understanding of surf life saving.

Check the SWRSLSC website for further information about obtaining SRC or Bronze Medallion certificates.

#### **4.5 Parents Help**

It is the experience that the more you get involved, the more your child will enjoy Nippers.

The club operates entirely from volunteer help. There are many jobs, so you do not need to have had surf life saving experience. The clubs values the contribution from parents - it makes our Club.

Appointments that parents can volunteer for include:

- Age Managers
- Setting up the beach at 8:30am each Sunday
- Putting equipment away after Nippers concludes each Sunday

- Setting up at Carnivals
- Cooking the Sunday Barby

If Age Managers require help and are unable to find any help, they will be required to perform the tasks themselves which may result in that Age Group not being able to participate in activities.

## 5. PROHIBITED PERSONS DECLARATION CHILD PROTECTION

Every assistant of the club over the age of 18 who is in direct contact with children is required to complete a Prohibited Persons Declaration Form. Forms are available on Registration Days which are kept on file and are only required to be completed once. This is a mandatory requirement that is legislated by NSW law to ensure the protection of all children.

Should there be a concern on this matter, or about an individual, then the concern should be immediately addressed to the Club's President.

## 6. WEATHER

In the event of a washout, please check our notice board. Activities are amended for bad conditions.

Under the control of their Age Managers, children then take part in fun activities on the beach and in the water.

Under 6's, 7's and under 8's age groups are encouraged to do water wades and water relays every week to learn how to negotiate shallow surf. These age groups also play lots of games in the sand and surf to assist with the development of motor skills.

**As a parent or guardian you are REQUIRED to be at the beach AT ALL TIMES during Sunday and Carnival activities. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on the beach is the responsibility of the parent or guardian. Nippers is NOT a child minding program.**

For safety reasons, all Nippers MUST wear their coloured caps at all times during Nippers. At all carnivals South West Rocks Club navy blue and white cap MUST be worn.

## 7. SURF EDUCATION

The 'Surf Ed' Program is an integral part of our Junior Activities Program. The Program is based on a clearly defined structure and outcomes to aid the children's life saving development.

All Nippers are able to gain their respective Surf Ed Award for their age group during the season. Listed below is a summary of the awards for each age group.

- Under 6's – Surf Play 1
- Under 7's – Surf Play 2
- Under 8's – Surf Aware One
- Under 9's – Surf Aware Two
- Under 10's – Surf Safe One
- Under 11's – Surf Safe Two
- Under 12's – Surf Smart One
- Under 13's – Surf Smart Two
- Under 14's – Surf Rescue Certificate (SRC)



## 8. SAFETY – ALWAYS FIRST PRIORITY

Safety is our first priority in all activities conducted by South West Rocks Surf Club. Safety extends to safety on the beach, in the water and gives consideration to the protection of all children.

## 9. CARNIVALS

Throughout the season various carnivals are conducted which enable the children to represent their club. Children from the U8's and up are encouraged to compete. When there is a carnival on, there will be no Nippers for that Sunday. Refer to Nipper calendar for dates.

Children are required to wear their competition navy and white caps. Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, however for the majority of children, participation can be an enjoyable and rewarding experience. Carnivals are fun and engage great team spirit.

We encourage all Nippers to represent our Club. We also take pride in our teams and enter as many teams as possible to represent SWRSLSC.

It is the competitor's responsibility to advise their Age Manager if they wish to compete in any carnival. The club pays entry fees to the majority of carnivals. You will be asked to reimburse the club if you enter and subsequently do not take part. The club will not enter you in future carnivals until all outstanding entry fees are paid.



### 9.1 Team Events at Carnivals

Children can compete in events other than Nipper events, such as:

Team Even	Competitors
March Past	All ages, 12 competitors
Wade Relay	4 per team
Age Beach Relays	4 per team
All Age Relay	One competitor from each age group
Surf (Swim) Teams	Officially 4 but typically 3 nominated swimmers. U9 to U14 Age Groups.
Board Relay	3 per team (but must have completed the swim). U9 to U14 Age Groups.
Cameron Relay	4 per team, 1 swimmer, 2 runners, 1 board paddler. Junior Team U/11 to U12. Senior Team U/13 to U14
Board Rescue	2 per team, 1 swimmer/patient, 1 paddler/rescuer. Junior Team U/11 to U12. Senior Team U/13 to U14
Buchanan Relay	Mix of 4 x U8 (2 wade & 2 runners), 1 x U9 (swim or board), 1 x U10 (swim or board)
Iron Person	Individual Swim, Board, Run. U11 to U14.

### 9.2 Team Selection for Carnivals

We endeavour to place as many children in teams as possible. However, this is not always possible due to specific team numbers. Please be aware that a place cannot be guaranteed in team events and at carnivals. Teams are picked to represent the club so in the interest of the club, team selection must be based on performance.

### 9.3 Branch Carnivals

These carnivals are held at either Hat Head, Camden Haven, Scotts Head, Tacking Point, Crescent Head, Port Macquarie, Wauchope/Bonny Hills or South West Rocks. All children from U8's to U14's are asked to make a big effort to attend these carnivals. If you have a problem with transportation, please see your Age Manager. Refer to the Nipper calendar for dates.

### 9.4 Interbranch

Children are selected for this carnival based on their performance at the last carnival of season and first of next season branch carnivals. It includes ages U11's and up. One beach and two water events are selected for Branch. Mid North Coast team competes against other NSW branches for place in the State team. Refer to Nipper calendar for dates.

### 9.5 Country

All children U8's and up are eligible to enter. Refer to Nipper calendar for dates.

## **9.6 State Titles**

At carnivals, each club is required to provide a minimum number of water safety and carnival officials. Please volunteer to ensure the carnival is a success.

## **9.7 March Past**

The March Past event is traditionally one of the first events held at a Nippers carnival and other competitions is stopped where necessary to allow members to participate. The March Past event comprises teams of 12 members who march around a rectangle and are judged on such things as arm swing, leg action, body carriage and the team's ability to hold their formation throughout the march. The team captain is at the front of the team and carries the club flag. Members march to music and are dressed in their club swimmers. The team work together with the winning team scoring the lowest number of errors. It's a good team activity for the full range of members.

The March Past is open to all members from Under 9 to Under 14. Every year we need to recruit new marchers from all age groups to replace the members of the team moving into the U15's. Training will be announced at Nipper briefings.

Please advise your Age Manager if you are interested in joining the March Past.

## **10. AWARDS**

### **10.1 Attendance and Participation**

To be eligible for point score awards/trophies, children must meet the 70% attendance criteria for the season. These days include all club days and branch carnivals and other official carnivals/events.

For U6's to U14's to be eligible for 100% attendance, they must attend all club days.

### **10.2 Junior Life Saver of the Year**

Those members in the U14's who are interested will be asked to present themselves before an independent committee for selection. A boy and girl is selected to represent our club at branch level. If successful, they then proceed on to state level. Some of the qualities they look for include enthusiasm and ongoing commitment to the Surf Life Saving Movement and community involvement. It is a great opportunity to showcase our great children from South West Rocks.

### **10.3 Encouragement Awards**

This is awarded to best all-round club person in each age group at the discretion of the Age Manager, subject to ratification by the JAC. This is based on competitive performance, behaviour, team participation, leadership qualities displayed (commitment, enthusiasm, reliability) and interest in surf life saving. The age manager will determine the child who best deserves this award.

### **10.4 Club Presentation**

Will be notified via the calendar each season.

## **11. BBQ**

The BBQ is the primary source of fund raising for the surf club. Please support your club by purchasing BBQ sandwiches and drinks.

## **12. MERCHANDISE**

Club swim wear, nipper caps, rash vests are available for sale at the club on Registration Days. Any purchase made will need to be paid up front. Credit Card facilities are available to make purchases.

## 13. CALENDAR

Calendar for Nipper events/carnivals will be advertised on the SWR SLSC website.

## 14. COMMUNICATION

### **Email**

The most effective form of communication is email. If you don't receive these emails, please contact Junior Activities Co-ordinator.

### **Website**

Our website provides all information regarding club news, upcoming, events, and training etc.

### **Notice Board**

Is located within the club opposite the bar. Events and notices are posted here. Nippers notice board is downstairs facing out onto the deck from the Nippers room.

### **Texts**

If we need a message to be communicated quickly, we will send out a text message eg if a Sunday Nipper day is to be cancelled.

## 15. SWR SLSC COMMITTEE CONTACT LIST

Position	Name	Phone Number/s	E-mail
President	Rod McDonagh	0428 003 934	<a href="mailto:rod_swrspsc@bigpond.com">rod_swrspsc@bigpond.com</a>
Vice President	Paul Owens	0418 162 990	<a href="mailto:Pd.owens1@bigpond.com">Pd.owens1@bigpond.com</a>
Director Administration	Michelle Stocks	0427 290 761 or 6566 6775	<a href="mailto:m-stocks@bigpond.com">m-stocks@bigpond.com</a> <a href="mailto:mstocks@burnside.org.au">mstocks@burnside.org.au</a>
Director Finance	Greg Tyler	0401 404 898 or 6566 7127	<a href="mailto:dty06605@bigpond.net.au">dty06605@bigpond.net.au</a>
Director of Lifesaving	Roger Wilkinson	0447 655 417 or 6566 5417	<a href="mailto:Roger.wilko@bigpond.com">Roger.wilko@bigpond.com</a>
Director Competition	Andrew Packwood	0412 785 134	<a href="mailto:movingwithbeauty@bigpond.com">movingwithbeauty@bigpond.com</a>
Registrar	Bruce Caldwell	0412 690 394 or 6562 8208	<a href="mailto:branchregmnc@tsn.cc">branchregmnc@tsn.cc</a>
Junior Activities Coordinator	Shannon Askew	0434 316 273 or 6566 7888	<a href="mailto:mrsaskew@hotmail.com">mrsaskew@hotmail.com</a>
Patrol Officer	Lyall Holmes	0447 486880	<a href="mailto:l.rholmes@hotmail.com">l.rholmes@hotmail.com</a>
IRB Captain	Tony Silvia	0439 479 372	<a href="mailto:tonyjenn@bigpond.net.au">tonyjenn@bigpond.net.au</a>
Board Captain	Andrew Busch	0413139797	<a href="mailto:buschy23@hotmail.com">buschy23@hotmail.com</a>
Boat Captain	Troy Gaddes	0432 067 444	
Publicity Officer	Leon Robinson	0401 166 415	<a href="mailto:lrobinson@lism.catholic.edu.au">lrobinson@lism.catholic.edu.au</a>
Junior Activities Superintendent	Janelle Cook	0413 998 245	<a href="mailto:Cookie36@aapt.net.au">Cookie36@aapt.net.au</a>
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## 16. CARING FOR YOUR BOARD

### **Transport**

The best way to transport your board is in a board cover on top of the car. You should tie it down firmly with flat straps, not rope or ockie straps as they can put pressure dings in the board. Once you get home, take the board off and store it somewhere out of the sun, like the shed or garage. If you have to transport your board in the car, be careful when closing the doors as you may ding it.

### **Waxing**

Waxing mini-mals is the same as waxing foamies. Wax the top where most of your body lies and along the rails (the sides). Surf wax is inexpensive and can be picked up from any surf shop. Storing the wax in a small container is a good way of keeping it from melting in your bag and from getting sand on it.

### **Dings**

Dings are caused by something hitting or putting pressure on the board. they can be small dents, fractures or even large gashes and can end up being expensive to fix (if large) and decrease the value of the board if you want to sell it later. The best way to stop your parents from forking out money to fix the ding is to not get one in the first place!

If your board does get dinged, TELL YOUR AGE MANAGER AND/OR MUM/DAD STRAIGHT AWAY. It is important that you take the board out of the water and dry it out in the sun so the board does not get water logged and heavy. If it is a small dent or fracture, put duct-tape/electrical tape over it until you can get it fixed.

### **General**

DON'T drag your board in the sand unless you're starting a race. Dragging will cause dings and fractures in the end of the board.

ALWAYS wash down your board with fresh water after using it. This will get rid of the salt and is also a good time to check for any cracks and dings. Try to keep the board out of the sun as much as possible.

All of this should help prolong the life of your board and allow you to get a good price for it later, should you wish to sell it. Remember, fibreglass does break and can cost more to fix than breaking a foamie so be careful with the board.

However, don't let all of this stop you from having fun on the board as there is no better feeling than racing down a wave and catching it into shore!

