



SURF LIFE SAVING



St. Clair Junior Surf Lifesaving Club

<https://www.stclairsurfclub.org.nz/juniors>



[Facebook: St Clair Junior Board Training Group](#)

JUNIOR BOARD TRAINING POLICY

1. Background

St Clair Surf Lifesaving Club offers Board Training two times per week to give participants the opportunity to gain experience and improve their Board Paddling. The sessions are aimed at U14's, U13's, U12's & U11's who are likely to compete at carnivals however this is not compulsory.

2. Aim

The ultimate aim of all our training programs is to develop confident, capable lifeguards and well rounded individuals. Learning to paddle a knee board is an essential part of Surf Life Saving. The training will cater for all abilities from first timers to more experienced paddlers looking towards competition. The greatest opportunity for young athletes to develop their skills is through participation at carnivals.

3. Guidelines and Standards

- The Training sessions are available to junior club members who are able to focus and complete training for a 60 minute session.
- All members wanting to do Board Training must have achieved their **200 Metre Surf Certificate (200m badge minimum)**

Board Training will generally be held at least two times per week (Only once for mini-paddlers): Tuesday at 5:30 pm and Saturday at 8:30 am. Athletes should be punctual and if training is not at St Clair, ready to load their boards 15 minutes prior to the time specified.

Mini-Paddlers (U10's)

This is designed as a transition from boogie boards to paddle boarding. Sessions will be split between surf & flat water sessions on Otago Harbour depending on conditions and tides. Meet at the club, ready to start at 12:30 on Saturdays. Paddlers will be notified if the sessions are not at St Clair.

Achievement Standard – 200 Metre Surf Certificate

Age Indication – 8-9

Beginners Board Training

This will be an introduction to Board Paddling with initial sessions in small surf paddling and opportunities to practice on the Otago Harbour prior to the first competition.

Achievement Standard – 200 Metre Surf Certificate

Age Indication – 10 Plus

Competitive Board Training

This group is aimed at members who are wanting to compete at the Southern Regional championships and Oceans. Paddlers should be confident and competent. This will be distance and technique combined with cross training for additional fitness including swimming and surf skills. Initial sessions will be on the Otago Harbour graduating to surf paddling prior to the first competition.

Achievement Standard – 200 Metre Surf Certificate

Age Indication – 11 Plus

4. Supervision Policy

During Training every child **must be supervised**. A parent (not coaches) can supervise up to 5 athletes at one time. If you are unable to be there, please make contact with another parent who can provide adequate supervision for the session, knows where you will be and is able to contact you.

Outside of the training sessions all athletes must wear a high vis-vest and must be actively supervised on the beach by a parent or responsible caregiver over the age of 16 years.

5. General Information

Age Indications are a guideline but the 200 Metre Surf Certificate is a requirement to participate in Junior Board Training and competitions.

Training will be held at suitable locations depending on the weather and is usually announced prior to departing the clubrooms. If a session is cancelled, it will be communicated as soon as possible. Communication will be via email, Facebook and/or text message.

Locations likely to be utilised for Board Training are;

- Otago Harbour

Vauxhall, Macandrew Bay, Bayfield inlet, St Clair Boat Shed

- St Clair Beach
- Warrington Beach
- Waikouaiti Beach

Because of the nature and more powerful surf at St Clair beach, the week day sessions could be held on the Otago Harbour. Many of the weekend sessions may be moved to Warrington, Waikouaiti or on the harbour.

There are limited Boards available and the committee and coaching team does its best to provide appropriate equipment to as many athletes as possible.

Athletes are expected to care for and respect their board as if it was their own.

Where a substitute board is offered to replace a damaged board, these are only to be used for official training sessions.

Outside of training no more than **one person per wave** (general surf etiquette applies). This is designed to minimise damage to boards.

The Junior Committee reserves the right to restrict Board Paddling to members who show a positive attitude and a high level of effort and adhere to the policies above.

Further information is available from

Hamish McCaul - 021 447 266 / stclair.juniors@gmail.com
or other committee members

St Clair Junior S.L.S.C. Committee
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