

# SLSQ Guideline

<b>Title:</b> U8 Introduction to Negotiating the Break	<b>Department:</b> Membership
<b>Guideline No:</b>	<b>Version:</b> 1
<b>Effective Date:</b> 1.12.2023	<b>Approved Date:</b> 25.11.2023
<b>Revision Date:</b> 1.12.2024	<b>Approved by:</b> Membership Services Committee

## Purpose

The purpose of this procedure is to allow Under 8 members to start to familiarise themselves with negotiating the break and swimming/wading within the parameters of the guidelines. It is not designed to be a competition swim or a swim of any set distance.

## Application

Under 8 Nippers participating in activities within Surf Life Saving Queensland affiliated clubs are approved to commence short Swims at both Nipper & Training days, ONLY when ALL the following conditions are complied with:

- Prior to any training, the Under 9 Preliminary Evaluations must be completed. A completed Under 9 Junior Activity Competency Record needs to be kept in the Documents section on SurfGuard, or the Club JAC can keep a registered list within your clubhouse. Please note that you must not raise an Under 9 award in SurfGuard.  
It can be written in the notes section of the Nipper App, and if the Nipper app is not being utilised, it should be noted on the attendance sheet, so age managers are aware.
- Training can commence from 1st January each year – (Except for the North Queensland Branch from 1st August).
- Under no circumstance can an Under 8 compete in ANY U9 competition swim events.
- U8s negotiating the break must be conducted in low ocean risk rating, NOT in surf conditions. (The definition of low ocean risk rating can be found in Section 2 of this guideline below).
- Participants must be Active Financial members.
- The Club Risk Assessment must be completed by the coach or Water Safety Supervisor and maintained as current.
- All Under 8 'negotiating the break' components must be approved by the club's Management Committee prior to introduction. NOTE: The training approval form specifically requests the Age Group and Location to be provided.

- Correct Water Safety is in place – When completing the under 9 preliminary evaluations, water safety should be 1:1; if the Nippers successfully complete the under 9 evaluation, then the ratio can be extended to 1:3.
- Clubs are encouraged to talk to the Under 8 Nippers in the months leading up to January 1<sup>st</sup> (NQ August 1<sup>st</sup>) about swimming and surf conditions in preparation.
- This program is subject to surf and beach conditions each week and should not be conducted in unsafe conditions.

### 1. Low-Risk Ocean Environment Definition

Low Risk is defined as water with little current, little wind influence and small waves. Hazards are minimal.

RISK	CONTROL LIMIT
Current:	No rip and minimal tidal current
Wind Influence:	<15 knots
Wave Height & Shape:	<0.5m full or broken
Max Distance from Shore:	50m (in line with under 9 competency)
Hazards:	No Hazards
Access/Exit to Beach/Training Area:	Gradual slope, firm, clean bottom, no structure