



SLSA Age Managers

Online Course Competency Record

v1 July 2017



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Cover Page

This competency record details the evidence you are required to submit to your age manager mentor (third-party) after completing the online SLSA Age Managers course. When they sign off on your third-party form, return it to your club's Junior Activities Committee.

Participant details

First name Surname

Date of birth Club

Contact phone

Contact email

Age manager mentor assigned by club's Junior Activities Committee

Present this age manager mentor with a copy of the online course completion certificate (if completed the theory component online).

First name Surname

Date of birth Club

Contact phone

Contact email

Age manager mentor (third-party)

This age manager mentor signed off your third-party form and the competency record below.

First name Surname

Date of birth Club

Contact phone

Contact email

Competency record

SLSA course	SLSA award requirements met? Tick for yes, leave blank for no.	Date	Age manager mentor (third party) initials
Age manager	<input type="checkbox"/>		
Assessment tasks	Completed? Tick for yes, leave blank for no.		Age manager mentor initials
Technical session	<input type="checkbox"/>		
Mentor session 1	<input type="checkbox"/>		
Mentor session 2	<input type="checkbox"/>		

Technical Session

Instructions to participant

Undertake an on-the-beach technical session with an age manager mentor. This technical session can include time with a foundation coach. The age manager mentor will tick off the core beach skills listed in the technical session endorsement criteria when they have provided you with strategies for Nippers to learn these skills under different weather and beach conditions.

This technical session is intended to be equitable, fair and flexible. If you feel that we should change any aspect of this session to be equitable, fair or flexible, immediately contact your age manager mentor who will attempt to make alternative arrangements.

Upon completion of your technical session, your age manager mentor will guide you to complete the required on-the-beach mentoring sessions.

Age manager mentor endorsement that the participant has met all the requirements of the technical session

This endorsement is to be signed when the age manager mentor who led the technical session is confident the participant has strategies for Nippers to learn the Junior Development Program's core skills under different weather and beach conditions. Once this endorsement has been signed, participants can proceed to undertake the required on-the-beach mentoring sessions.

First name

Surname

Contact phone

Club

Contact email

Age manager signature

Date

Technical session endorsement criteria

Was the participant provided with strategies for Nippers to learn these skills under different weather and beach conditions?	
Core skills	Tick for yes, leave blank for no.
Beach flags	
Starting position	<input type="checkbox"/>
Up and run	<input type="checkbox"/>
Diving for a beach flag	<input type="checkbox"/>
Beach sprints	
Crouching beach sprint starts	<input type="checkbox"/>
Sand running technique	<input type="checkbox"/>
Beach sprint arm and leg drive	<input type="checkbox"/>
Finishing beach sprints	<input type="checkbox"/>
Swims	
Wading	<input type="checkbox"/>
Surf swimming techniques	<input type="checkbox"/>
Dolphin-diving	<input type="checkbox"/>
Diving under large waves	<input type="checkbox"/>
Body boarding	<input type="checkbox"/>
Surf race	<input type="checkbox"/>
Run-swim-run	<input type="checkbox"/>
Rescue tubes	<input type="checkbox"/>
Boards	
Carrying boards	<input type="checkbox"/>
Board care	<input type="checkbox"/>
Basic board positioning	<input type="checkbox"/>
Paddling	<input type="checkbox"/>
Entering and negotiating the surf on a board	<input type="checkbox"/>
Board dismounts	<input type="checkbox"/>
Catching waves on a board	<input type="checkbox"/>
Rolling under a wave on a board	<input type="checkbox"/>
Board race	<input type="checkbox"/>
Body boards to assist distressed swimmers	<input type="checkbox"/>
Board rescue	<input type="checkbox"/>
Relays	
Beach relay baton changes	<input type="checkbox"/>
Board relay	<input type="checkbox"/>
Wade relay	<input type="checkbox"/>
Cameron relay transitions	<input type="checkbox"/>
Ironman/Ironwoman	<input type="checkbox"/>

On-the-Beach Mentoring Sessions

Instructions to participant

After your age manager mentor has endorsed your technical session, undertake a minimum of two (2) on-the-beach mentoring sessions with an age manager mentor to complete the required third-party form. Age manager mentoring sessions will continue to be scheduled until you are deemed competent. If you are unable to perform some tasks or have any issues with understanding the tasks, your age manager mentor may ask you supplementary questions to determine your competency and can clarify any questions you may have.

These on-the-beach mentoring sessions are intended to be equitable, fair and flexible. If you feel that we should change any aspect of these sessions to be equitable, fair or flexible, immediately contact your age manager mentor who will attempt to make alternative arrangements.

Upon completion of your third-party form, your age manager mentor will be able to provide you with additional feedback and guide you on your future options.

Return your signed third-party form to your club's Junior Activities Committee who will collate and return all age manager documentation to their local branch or state office as applicable. Keep a copy of this for your records.

Surf Life Saving New South Wales

Phone: (02) 9471 8000

Fax: (02) 9471 8001

Postal Address: PO Box 307, Belrose NSW 2085

Email: info@surflifesaving.com.au

Surf Life Saving South Australia

Phone: (08) 8354 6900

Fax: (08) 8354 6999

Postal Address: PO Box 117, West Beach SA 5024

Email: surflifesaving@surflifesavingsa.com.au

Surf Life Saving Northern Territory

Phone: (08) 8985 6588

Fax: (08) 8985 4737

Postal Address: PO Box 96, Nightcliff NT 0814

Email: surf@lifesavingnt.com.au

Life Saving Victoria

Phone: (03) 9676 6900

Fax: (03) 9681 8211

Postal Address: PO Box 353, South Melbourne VIC 3205

Email: mail@lifesavingvictoria.com.au

Surf Life Saving Queensland

Phone: (07) 3846 8000

Fax: (07) 3846 8008

Postal Address: PO Box 3747, South Brisbane QLD 4101

Email: info@lifesaving.com.au

Surf Life Saving Western Australia

Phone: (08) 9207 6666

Fax: (08) 9207 6699

Postal Address: PO Box 700, Balcatta WA 6914

Email: mail@slswa.com.au

Third-party Form

Participant details

First name _____ Surname _____

Date of birth _____ Club _____

Contact phone _____

Contact email _____

Age manager mentor endorsement for Session 1

This endorsement is to be signed when the age manager mentor who led Session 1 is confident that the participant can perform all the activities competently.

First name _____ Surname _____

Contact phone _____ Club _____

Contact email _____

Signature _____ Date _____

Age manager mentor endorsement for Session 2

This endorsement is to be signed when the age manager mentor who led Session 2 is confident that the participant can perform all the activities competently.

First name _____ Surname _____

Contact phone _____ Club _____

Contact email _____

Signature _____ Date _____

Age manager mentor (third-party) endorsement

This endorsement is to be signed after a minimum of two (2) age manager mentoring sessions have been endorsed and when the age manager mentor (third-party) is satisfied that the participant is competent to perform the role of an age manager.

First name _____ Surname _____

Contact phone _____ Club _____

Contact email _____

Signature _____ Date _____

The following activities must be completed over a minimum of two (2) age manager mentor sessions and under the guidance of an age manager mentor. Each column is to be ticked by an age manager mentor when they feel confident that the participant can perform the activity competently. It is recommended that participants have a different age manager mentor for each session.

Did the participant perform the following activities competently?	Tick for Yes	
	Session 1	Session 2
Demonstrate awareness of beach set-up factors.		
Set up the beach.	<input type="checkbox"/>	<input type="checkbox"/>
Speak to patrol captain and/or water safety about surf and weather conditions.	<input type="checkbox"/>	<input type="checkbox"/>
Meet water safety requirements.	<input type="checkbox"/>	<input type="checkbox"/>
Communicate with other age managers.	<input type="checkbox"/>	<input type="checkbox"/>
Contribute to a safe environment.	Session 1	Session 2
Do hazard assessment walk.	<input type="checkbox"/>	<input type="checkbox"/>
Know sun safety requirements.	<input type="checkbox"/>	<input type="checkbox"/>
Check shade & hydration.	<input type="checkbox"/>	<input type="checkbox"/>
Check equipment.	<input type="checkbox"/>	<input type="checkbox"/>
Know emergency procedures (e.g., first aid, missing child).	<input type="checkbox"/>	<input type="checkbox"/>
Know signals.	<input type="checkbox"/>	<input type="checkbox"/>
Inform parents and children.	Session 1	Session 2
Give clear and concise instructions.	<input type="checkbox"/>	<input type="checkbox"/>
Speak to the group at commencement of the day.	<input type="checkbox"/>	<input type="checkbox"/>
Speak to the group at conclusion of the day.	<input type="checkbox"/>	<input type="checkbox"/>
Know club structure.	<input type="checkbox"/>	<input type="checkbox"/>
Know going to the toilet procedures.	<input type="checkbox"/>	<input type="checkbox"/>
Maintain accurate records.	Session 1	Session 2
Receiving/maintaining/returning children.	<input type="checkbox"/>	<input type="checkbox"/>
Record head count regularly (especially after each water activity).	<input type="checkbox"/>	<input type="checkbox"/>
Record attendance after delivering each lesson in the record sheet.	<input type="checkbox"/>	<input type="checkbox"/>
Record if a Nipper has satisfied the learning outcomes in their surf education passport.	<input type="checkbox"/>	<input type="checkbox"/>
Plan and deliver a learning activity.	Session 1	Session 2
Know what outcomes are important.	<input type="checkbox"/>	<input type="checkbox"/>
Plan for inclusion.	<input type="checkbox"/>	<input type="checkbox"/>
Know where to go for resources, ideas, activities.	<input type="checkbox"/>	<input type="checkbox"/>
Plan on the day (e.g., wet weather options).	<input type="checkbox"/>	<input type="checkbox"/>
Deliver lesson plan	<input type="checkbox"/>	<input type="checkbox"/>
Allow enough time for Nippers to practise.	<input type="checkbox"/>	<input type="checkbox"/>
Collaborate with other age managers, coaches and/or trainers.	<input type="checkbox"/>	<input type="checkbox"/>
Maintain group engagement in activities.	Session 1	Session 2
Conduct engaging activity.	<input type="checkbox"/>	<input type="checkbox"/>
Emphasise fun.	<input type="checkbox"/>	<input type="checkbox"/>
Adapt or modify activities to suit different needs.	<input type="checkbox"/>	<input type="checkbox"/>
Encourage collaboration.	<input type="checkbox"/>	<input type="checkbox"/>
Allow for choice.	<input type="checkbox"/>	<input type="checkbox"/>
Provide effective feedback.	<input type="checkbox"/>	<input type="checkbox"/>
Challenge Nippers to think independently.	<input type="checkbox"/>	<input type="checkbox"/>
Encourage Nippers to compete against themselves.	<input type="checkbox"/>	<input type="checkbox"/>
Use Nippers' names.	<input type="checkbox"/>	<input type="checkbox"/>

Course Evaluation Form

Your evaluation of this program is very important.
It enables us to improve our training programs and the quality of our service.

Date:	
Course location:	
Age manager mentor name:	

Statements	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
General comments on course					
The course was explained to me prior to commencing and met my expectations.					
The course had the right balance between theory and practice.					
The course was the right duration and intensity.					
General comments on course content					
The course materials were clear and easy to follow.					
The activities were realistic and effective.					
The course materials will be a useful ongoing reference.					
General comments on training personnel					
Their knowledge was sufficient to effectively deliver the course.					
They kept the course interesting and interactive.					
They provided clear and complete answers to questions.					
General comments for the facilitator/s					
My knowledge and skills have increased as a result of this course.					
This course has helped me meet or clarify my goals.					
The course assessment activities were fair and realistic.					
General comments about the overall outcomes of the course					

Thank you for taking the time to provide this feedback

