



# Broulee Surfers SLSC



[www.brouleesurfersslsc.org.au](http://www.brouleesurfersslsc.org.au)

## Junior Surf Life Saving Handbook 2016 - 2017 Season

## **BROULEE SURFERS SURF LIFE SAVING CLUB**

Welcome to the 2016-2017 Nipper season at Broulee Surfers SLSC. We would like to take the opportunity to welcome new members and to also welcome back some familiar faces. As a club we hope that this season will be as successful as previous years and we look forward to watching our Nippers develop into junior surf life savers throughout the year.

The Junior Sub-Committee, responsible for organising Nipper activities, consists of Parents like you. Most Committee members have children who either are Nippers or have been in the past so they have first hand knowledge of being a Nipper parent. As a club we strongly believe in the value of surf education for the well being of our children at the beach.

2016-2017 Broulee Surfers SLSC  
Junior Sub-Committee

## **NIPPER COMMITTEE 2016-2017**

### **WATER SAFETY CO-ORDINATOR**

**Amanda Smith** 0414829703  
[gaah.smith@gmail.com](mailto:gaah.smith@gmail.com)

### **AGE MANAGERS & CO-ORDINATORS**

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**Neil Dolphin (U11)** 0407530535  
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**Claire Sheehan (U9)** 0450114299  
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**TBA (Under 8)**

## JUNIOR ACTIVITIES

Nipper's is held Sunday mornings between 10.00 am and 12.00 pm and some Saturday afternoons between 3.00 pm - 5.00 pm. Parents must accompany their child to the front of the gear shed for a 9.55am briefing prior to Nippers. This is not a child minding service and all parents/caregivers are expected to remain on the beach throughout Nippers. This ensures that the child's Age Manager knows who they have in their care and that a parent is close by.

There are set activities and events for all Nippers to participate in. They are designed to combine the elements of education, such as team cooperation, knowledge of the beach and of surf conditions, as well as physical skills. The knowledge and skills learnt at nippers are skills for life.

## ESSENTIALS FOR NIPPERS

- A positive attitude.
- Parent, Grandparents, Guardians on beach.
- Sunscreen Screen.
- BSSLSC Nippers cap, pink vest, swimmers
- Any medications normally available to the child when participating in a competitive environment (ie Ventolin etc if required) . Parents must be available to administer.
- Drink bottle
- Goggles (optional but strongly encouraged as surf skills are developed)
- Wetsuit (optional but particularly useful at season start)

- Towel
- Warm clothes for after Nippers session
- A smile

## WHAT TO DO ON NIPPER'S DAYS

• Assemble at front of gear shed at 9.55am ready for briefing on the day's activities and any other information.

• There will be several plastic tubs labeled by age group placed under the sun shelter on the beach. This is where goggles and drink bottles can be stored.

• Age Managers will call a roll and mark off an attendance sheet.

• Nippers will rotate through activities (water, beach, games and SLSC education). Safety measures to be undertaken to ensure the child's safety at all times. Children must stay with their Age Manager at all times, if children must leave their group, to go to the toilet etc, the Age Manager must be told prior to them leaving. No child is to enter the water unless authorised by the Age Manager. All Nippers must have a parent/guardian on the beach.

• At the conclusion of Nippers, parents must sign children off the attendance roll and Nippers must **REMOVE** their cap after being signed off.

• **Each age group is responsible for packing up their equipment including carrying boards off the beach.**

- Children are not to leave the beach/club surrounds until collected by an adult.

## WHY JUNIOR SURF LIFESAVING?

Junior surf lifesaving (Nippers) is one of the fundamental areas of the lifesaving movement.

Being a member of Broulee Surfers SLSC allows your child to have an identity within Surf Lifesaving Australia and know that they are part of a great national tradition that is identified worldwide.

Our Club offers every child an opportunity to develop confidence and skills in and out of the water with the added bonus of having fun along the way.

Nipper's is often seen as being for those kids that are good at swimming and surfing - this is not the case. It is vitally important that all children have knowledge of the hidden dangers of our beaches. During the season every child is shown (in a way that they are able to understand) a little about the dangers of the surf and ways to avoid getting into difficulties in and out of the water. This is part of the National Surf Education Program. This is an ideal way of introducing inexperienced and frightened children to the surf environment.

Children who satisfy the Surf Lifesaving Australia's standards of water proficiency can enjoy the water activities. These include swimming in the surf and board paddling.

For those who are not yet ready to obtain their water proficiency, there are beach-based activities to

participate in until they gain the necessary skills and confidence. Beach activities include Beach Sprints, Beach Sprint Relays, Flags, Wades, Surf Education (theory), March Past, and other fun activities.

## WHAT DO THEY LEARN?

Whilst providing a platform for fun, enjoyment and competition at an individual or team level, all children are encouraged to participate in junior surf lifesaving awards appropriate to their age group.

Surf Education is a series of graded activities that aims to teach children the basics facts about the beach, the water and the environment. The Surf education program covers, Surf Awareness, Surf Safety, Surf Smart and Surf Rescue.

Nippers are also taught the fundamental skills of both the beach and water activities to prepare them for the carnivals should they want to enter into the competitions.

## NIPPER CALENDAR 2016-2017

### October

- Saturday 15th Pool Swim Moruya, 10am - 12pm  
(please be there at 10.00am)
- Saturday 29th Sydney Water - 1st Round  
Venue TBA, 8am Start
- Sunday 30th Nippers Commences  
10.00am - 12.00pm  
Broulee Beach

### November

- Sunday 6<sup>th</sup> Nippers 10.00am-12.00pm  
Broulee Beach
- Saturday 12<sup>th</sup> Nippers 3.00pm to 5.00pm  
Twilight Nippers & BBQ  
  
Sydney Water - 2<sup>nd</sup> Round  
Venue TBA - 8am start
- Sunday 13<sup>th</sup> Broulee Senior Carnival
- Saturday 19<sup>th</sup> Interbranch Training Camp  
Broulee Surf Club
- Saturday 20<sup>th</sup> Nippers 10.00am - 12.00pm  
Broulee Beach  
Interbranch Training Camp
- Saturday 26<sup>th</sup> Sydney Water - 3<sup>rd</sup> Round  
Venue TBA- 8am start
- Sunday 27<sup>th</sup> Bermagui Nippers Carnival  
8am start



## December

Saturday 3rd      Sydney Water - Junior Finals  
Venue TBA- 8am start

Sunday 4th        Nippers 10.00am - 12.00pm  
Broulee Beach

Saturday 10th     Interbranch Carnival  
Sunday 11<sup>th</sup>       The Lakes Surf Life Saving  
Club, Central Coast

Sunday 11th       Nippers 10.00am -12.00pm  
Broulee Beach

Sunday 18th       Final Nippers, 10am - 12pm  
Christmas Party and BBQ.

**Nippers resumes Saturday 21st January 2017**

## 2017 January

Saturday 21<sup>st</sup> NIPPERS RESUMES  
3.00pm-5.00pm  
Twilight Nippers & BBQ

Sunday 29<sup>th</sup> FSC Nippers Carnival  
Narooma, 8am start

## February

Saturday 4<sup>th</sup> 2017 Stramit NSW Country  
Sunday 5<sup>th</sup> Surf Life Saving Champs,  
Mid Nth Coast, South West  
Rocks

Sunday 5<sup>th</sup> Nippers 10.00am - 12.00pm  
Broulee Beach

Sunday 12<sup>th</sup> Nippers 10.00am - 12.00pm  
Broulee Beach

Saturday 18<sup>th</sup> FSC Branch Championships  
Senior Carnival - Pambula  
12pm Start

Sunday 19<sup>th</sup> FSC Branch Championships  
Junior Carnival - Pambula  
8am Start

Sunday 26<sup>th</sup> Nippers 10.00am - 12.00pm  
Broulee Beach

## March

Friday 3<sup>rd</sup>,  
Sat. 4<sup>th</sup>, Sun 5<sup>th</sup>      **NSW State Age Champs.  
Swansea Belmont Beach**

Sunday 5<sup>th</sup>      Nippers 10.00am - 12.00pm  
Broulee Beach

Saturday 11<sup>th</sup>      Nippers 3.00pm to 5.00pm  
Twilight Nippers & BBQ

Sunday 12<sup>th</sup>      Broulee Ocean Swim

Sunday 19<sup>th</sup>      **Nippers 10.00am - 12.00pm  
Broulee Beach  
FINAL NIPPERS & END OF  
YEAR PRESENTATION**

Saturday 25<sup>th</sup>      Wambiri Camp  
Date yet to be finalised.

## April

Saturday 25<sup>th</sup> March - Sunday 2<sup>nd</sup> April  
**2017 Australian Surf Life Saving Championships**

### **The Child Protection (Working With Children) Act 2012**

The Child Protection (Working With Children) Act 2012 came into effect in June 2012.

The Act means that a **"prohibited person"** is not permitted to work or continue to work with or alongside children.

**"Prohibited person"** is a person who has been convicted of a serious sex offence.

**"Work"** includes performance as a volunteer for an organisation.

This Act means that as a volunteer organisation we are required by Law to request that each volunteer involved in working with or near children complete a comprehensive Working with Children Check.

In addition, **every adult Club member** is required to complete a Working with Children declaration form. This is all for the protection and wellbeing of our children.

There are severe penalties for failing to comply with the Act, including fines and periods of imprisonment. The Checks and/or declaration you are asked to complete is our compliance with the Act.

**Privacy and discretion are assured with the treatment of your documentation and we also follow the SLSA Privacy Policy.**

## PARENTAL INVOLVEMENT

Parental involvement in any club, in any sport is vital to its success and our club is no different, we rely heavily on the co-operation, help and patience of all parents.

The junior side of surf lifesaving can be a very rewarding experience for the whole family. The kids learn valuable skills in a safe and fun environment and you can contribute to their education by supporting the club and becoming involved.

Parents are invited to gain their Surf Rescue Certificate (SRC) or their Bronze medallion or a Surf Lifesaving award such as first aid, advanced resuscitation, and radio operator. Other areas of interest may include becoming an Age Manager, Coach, Carnival Official or Recorder.

**Those parents that have gained their Surf Rescue Certificate (SRC) or their Bronze Medallion can assist with club or carnival surf events as a Water Safety Officer. Please note that it is a SLSNSW and Broulee Surfers SLSC requirement that parents without the relevant surf lifesaving qualifications are unable to assist with nippers water activities.**

**Help is required on a weekly basis from all parents with beach set up and pack up.**

## WATER SAFETY

Your child, if qualified to participate in the ocean swims, may from time to time get into difficulty. It is the responsibility of the qualified lifesavers (Water Safety personnel) to help that child out and encourage them to continue, or if not able, pick up and take back to the shore. Every element of this process is well rehearsed. For more information please feel free to talk to the Water Safety Officer or the Junior Co-ordinators.

It is **strongly advised** that children are working towards becoming proficient swimmers through learn to swim lessons or squad training. This will increase their confidence and ability in the water and enhance their Nipper experience.

## AGE GROUPS

Under 8	01/10/2008 - 30/09/2009
Under 9	01/10/2007 - 30/09/2008
Under 10	01/10/2006 - 30/09/2007
Under 11	01/10/2005 - 30/09/2006
Under 12	01/10/2004 - 30/09/2005
Under 13	01/10/2003 - 30/09/2004
Under 14	01/10/2002 - 30/09/2003

**The above ages are applicable as of midnight on 30<sup>th</sup>  
Sept 2016**

## NIPPER AWARDS

Nippers will be acknowledged for their achievements at an end of season presentation. Various awards will be presented. These awards will include but will not be limited to:

- *Age Champion*
- *Runner up*
- *Encouragement Award.*

*Age Champion* awards have a set number of criteria which includes attendance and participation at Sunday nippers, carnival participation and results, and overall attitude. Further information regarding these criteria can be obtained from *Age Managers*.



**JUNIOR PARTICIPATION SKILL EVALUATION  
& JUNIOR COMPETITION QUALIFICATION**

<i><b>Junior Participation Skill Evaluation</b></i>	<i><b>Junior Competition Qualification</b></i>
<b>The following swims are required in so that children can participate in beach and water activities at Broulee</b>	<b>The following swims are necessary if children wish to participate in carnivals</b>
<b>Under 8</b> 25 metre swim (any stroke). 1 minute survival float.	NIL
<i><b>Junior Participation Skill Evaluation</b></i>	<i><b>Junior Competition Qualification</b></i>
<b>Under 9</b> 25 metre swim (any stroke). 1 minute survival float.	<b>Under 9</b> Run-Swim-Run (50m-50m-50m) 150m open water swim
<b>Under 10</b> 25 metre swim (freestyle). 1.5 minutes survival float.	<b>Under 10</b> Run-Swim-Run (50m-50m-50m) 150m open water swim
<b>Under 11</b> 50 metre swim (freestyle). 2 minutes survival float.	<b>Under 11</b> Run-Swim-Run (50m-100m-50m) 200m open water swim

<b>Under 12</b> 100 metre swim (freestyle). 2 minutes survival float.	<b>Under 12</b> Run-Swim-Run (50m- 100m-50m) 200m open water swim
<b>Under 13</b> 150 metre swim (freestyle). 3 minutes survival float.	<b>Under 13</b> Run-Swim-Run (100m- 100m-100m) 200m open water swim
<b>Under 14</b> 200 metre swim (freestyle, in less than 5 minutes). 3 minutes survival float.	<b>Under 14</b> Run-Swim-Run (100m- 100m-100m) 200m open water swim

**ALL CHILDREN SHOULD AIM TO OBTAIN THEIR JUNIOR COMPETITION QUALIFICATION. THIS WILL ALLOW CHILDREN TO PARTICIPATE IN ALL ACTIVITIES APPROPRIATE TO THEIR AGE GROUP.**

By way of explanation, the purpose of the run-swim-run is to test a child's ability and confidence in the surf as opposed to the relative calm conditions of a pool. The run-swim-run is completed in the presence of qualified life savers.

## AGE MANAGERS

A junior Age Manager is responsible for the supervision, wellbeing, and basic training of the nipper in their allocated age group. Most of all the Age Manager is responsible for the promotion of enjoyment, sportsmanship and fun in all activities.

Duties performed by Age Managers include:



Supervision of children, ensuring their safety and wellbeing during all junior activities;



Acting in a way which positively influences the personality and social development of the children;



Recording of participation and results in events conducted on 'point scoring' days;



Have a basic understanding of competition rules and regulations;



Develop appropriate guidelines for their allocated age group in case of their absence.

## CARNIVALS

Carnivals are an optional activity for all Nippers. They will require preparation, planning and time. The benefits for each nipper attending carnivals can be great with team and individual rewards increasing your child's self esteem.

Our club has a set competition calendar showing the local carnivals that it will support. We normally setup our own club tent and supply all boards and equipment to the children within our club. Carnivals cost \$5 per competitor. Money will be collected at Nippers the week prior to the carnival.

Each year there is a NSW Country Championships and a NSW State carnival held where thousands of competitors assemble to compete. You are required to talk with your child's' age manager if your child thinks they would like to attend these carnivals as participation is subject to individual assessment.

**Please note that your child must pass the competition swim distances in the ocean as per surf lifesaving requirements detailed in this booklet.**

Events that your child can participate in during a carnival:

- March Past
- Surf Races (body surfing, wading, sprinting)
- Wading Races
- Cameron Relay (team of 4:1xSwimmer, 2xrunners, 1xboard paddler)
- Board Races
- Board Rescue (1xswimmer, 1x board paddler)

- Iron Man/Woman (swim, board and sprint)
- Flags
- Beach Sprints
- Beach Relay (team of 4)
- Novelty events

## CARNIVAL TIPS

Here are some tips designed to make carnival days successful for the whole family:

Prepare for a full day of outdoor activity by ensuring that you have ample healthy food, water, sunscreen, appropriate clothing, club swimmers, club competition cap and a hat.

Arrive early and assist in pitching tents and moving equipment onto beach.

All Nippers to report to Age Managers ASAP to be marked off.

All non-officials and non-competitors to stay out of the competition area

Age Managers to be informed as a matter of urgency of a competitor for any reason withdrawing from an event. Although encouraged, no child will be forced to compete in an event if they do not want to or if the Age Managers do not believe they are capable. Parents are asked to support such decisions.

Notify Age Managers of any repairs that are needed damage to equipment, ie marque, tie downs, Nippers boards, etc.

At conclusion of Carnival please assist in pack up of tents and equipment.

Enjoy the day, support each other, have fun and be proud to be part of Broulee Surfers Lifesaving club.

### MEMBERSHIP FEES

NIPPERS	\$60.00
FAMILY	\$175.00
ASSOCIATE	\$30.00

### CLUB UNIFORMS

All enquiries for swimwear, rash shirts and other club clothing can be directed to Karen Senior at the surf club boutique.

**\*IT IS COMPULSORY TO WEAR THE NIPPERS CAP AND PINK SAFETY VEST WHEN TRAINING AT NIPPERS AND ALSO AT CARNIVALS WHEN IN THE WATER**

Nipper Caps are available from the Boutique in the Surf Club at a cost of \$15.00

### SUNSMART POLICY

*SLIP* on a T shirt. One with a high neck, sleeves to the elbow and one that you can't see through is best.

*SLOP* on sunscreen minimum of factor 30+ and one that is water proof. It must be applied 15 minutes before going into the water!

*SLAP* on a hat. The best type is one with a broad rim.

*WRAP* on some sunnies, with a 100% UV filter.

The word "SLIP" is written in a bold, blue, graffiti-style font with thick outlines and overlapping letters.The word "SLOP" is written in a bold, blue, graffiti-style font with thick outlines and overlapping letters.The word "SLAP" is written in a bold, blue, graffiti-style font with thick outlines and overlapping letters.The word "WRAP" is written in a bold, blue, graffiti-style font with thick outlines and overlapping letters.

## CODES OF CONDUCT

### PARENT/GUARDIANS CODE

#### ***PLEASE:***

1. Play to enjoy the sport;
2. Follow the rules;
3. Do not throw sand, it can be dangerous ;
4. Return and wash your board at the shed;
5. Carry your board and not drag it.
6. Notify your age manager if you notice the board needs repairing;
7. Do not argue with official's decisions. In a carnival situation, the team manager can ask the necessary questions;
8. Try to control your temper and be a good sport;
9. Treat other Nippers as you like to be treated;
10. Remember the aim is to have fun and improve your ability;
11. Always stay with your age group;
12. Nipper caps must be worn at all times;
13. Listen to your Age Manager and team mates;
14. Competing is most important, winning is a bonus.

**Note:** Because of the risk of disrupting or endangering others in the age group, any nipper who does not follow the above code may be asked to leave the beach on the day.



## PARENT/GUARDIANS CODE

### ***PLEASE:***

1. Ensure your children understand the above mentioned kids code;
2. Be present on the beach at all times;
3. Do not make an unwilling child participate in a sport;
4. Children are involved in sport for their enjoyment, not yours. Don't spoil it by being too intense;
5. Encourage the effort, it is as important as the result;
6. Work towards improving skills and sportsmanship;
7. Do not yell and abuse a child for making a mistake. They are trying as hard as they can;
8. Do not publicly question an official's decision;
9. Be on your guard against projecting your own aspirations onto your child;
10. Recognise the value and importance of volunteer coaches.

## SPECTATORS CODE

### ***PLEASE:***

1. Applaud good efforts by your own team and their opponents;
2. Show respect for your teams opponents. Without them there would be no competition;
3. Condemn the use of violence in all forms;
4. Respect ALL decisions made by the officials;
5. Encourage competitors to always play according to the rules;
6. Do not use profane language or harass competitors, coaches or officials.

## IMPORTANT ADDITIONAL INFORMATION

e. **The club cap must be worn at all times during Nippers sessions and the vest at all times when in the water, this also applies at carnivals;**

e. Nippers must bring a rash vest or T-shirt, water bottle, hat, cap, pink vest and sunscreen to all beach activities;

e. A child must be proficient in their age group before they can compete at any carnival;

e. The minimum of 1 parent/guardian per child/family must be present during Nippers in case of illness or injury;

e. No adult member of the club is permitted to supervise or assist in any children's activities on the beach or within the boundaries of the club without having first signed the Child Protection Declaration. No adult can assist with water activities unless suitably qualified;

e. Care must be taken whilst handling the Club's equipment. It is costly to replace/repair and may cause injury if mishandled;

e. Surf Life Saving is a self-funded organisation that relies on the generosity of the community. If you know of any interested parties that can assist with sponsorship and donations please email or phone any of the Age Managers.

6 Please remember that Nippers is run by volunteers. We strongly encourage all family members to participate in the running of nipper activities.

Finally, if you have any queries or questions please do not hesitate to contact the Junior Co-ordinator or any Committee member of the club.

## BSSLSC NIPPERS RELOCATION PROCEDURE

The decision to stay at South Broulee or move Nippers to North Broulee will be made according the SLS Standard Operating Procedure, page 62.

**The Patrol Captain shall have internal SLS 'control' of all lifesaving activities on the beach including 'Nippers'.**

**The Nipper Coordinator (person in charge of Nippers on the day) shall have delegated 'command' of their water safety delivery requirements - as per the SLSA Water Safety Policy. The Nipper Coordinator and the Patrol Captain should conduct a risk assessment and agree for Nipper activities to take place, however the command role is undertaken by the Patrol Captain as necessary and this means that the Patrol Captain has final authority on whether Nipper activities can proceed or not.**

**An ongoing line of communication should be maintained between the Patrol Captain and Nipper Coordinator, including a pre-activity briefing. The Nipper area shall be in contact with the patrol via radio at all times.**

- Formal Risk Assessment conducted by Water Safety Supervisor/Nippers co-ordinator using the hard copy risk assessment form or i phone app.

- Option of Under 13's and Under 14's staying at South Broulee whilst younger ages proceed to North. This is dependent on sufficient numbers of capable water safety available and the patrol captain agreeing to them proceeding with Nippers at South Broulee.
- If Under 13's/U14's stay at South Broulee a 2<sup>nd</sup> risk assessment is completed and signed off by the Age Manager in charge.
- Water Safety: All water safety must sign logbook.

## Steps to take once decision is made to move to North Broulee Beach

### **1. Patrol**

- All Age Managers sign on as patrol (roaming)
- All Age Managers form the patrol to cover Nippers
- Patrol captain to inform any late comers of the move.

### **2. Water Safety**

- All water safety must sign onto the logbook.
- Appropriate water safety equipment is taken to North Broulee.
- Water Safety co-ordinator takes radios to North Broulee, ensuring they have contact with South Broulee patrol.

### **3. Safety Equipment**

- Appropriate safety equipment be taken including :
- First aid kit with oxygen, bum bag for patrolling members
- mobile phone
- ATV to take injured Nippers back to surf club.
- Radio's x 2 (one for back up), Rescue boards and tubes
- Flags to mark Nippers area's

## BOARD TRAINING POLICY

The BSSLSC Nippers offer board training for children from Under 9's and above on Monday afternoons from 4.30pm - 5.30pm. The aim of the sessions is to improve the skills and fitness of the Nippers and to prepare for competition. Children must be swim proficient to attend. It is at the discretion of the coach as to who participates in board training depending upon their ability and prevailing surf conditions. An additional session for our more senior competitors may be scheduled on another day. Please look for details in the club notices.

Children must be supervised by a parent or nominated adult at all times and assist with water safety if qualified. All children must wear a high visibility rash vest. Bring a water bottle and goggles and wetsuit (optional). Once children have started the session they must complete the session unless injured or sick. On completion of board training all children will leave the water, wash and return boards to the gear shed. A risk assessment will be

completed prior to each session. All water safety personnel must sign the patrol log.

## NIPPER BOARD INFORMATION

Boards are the biggest expense for Nippers at our club. It is imperative that we all take responsibility and look after our boards.

### **BOARDS**

**Foamies** - (used ONLY by 9-10year olds)

- 6 feet 6 inches long
- Must be SLSA approved
- Only to be used in the lying position, not kneeling or standing
- Replacement cost \$600

**Fibreglass Boards** - (used ONLY by 11-13 age groups)

- 6 feet 6 inches long
- Must be SLSA approved
- Only to be used in the lying position, not kneeling or standing.
- Replacement cost \$1000

**Mals** - (used ONLY by 11-13 age groups)

- 10 feet 6 inches long
- Must be SLSA approved



- Used in the lying or kneeling position
- Replacement cost \$1800

Mals and glass nipper boards are made of fibreglass and epoxy resin, not polyester resin as used with normal surfboards. Epoxy is lighter and stronger than polyester resin. Epoxy is extremely toxic and difficult to work with; therefore repairs are very expensive. **Please use the club's boards as if they were your own.**

### **Basic Board Care**

- When placing on the beach, place face down with the fin up.
- The sun destroys boards. Place in shade if not using.
- Cover with a towel or similar when on the beach for extended periods.
- Report all damage immediately to age managers or gear stewards.

**NIPPERS CARNIVAL RESULTS  
2016 - 2017 SEASON**

<b>Flags</b>	<b>Sprint</b>	<b>Swim</b>	<b>Wade</b>	<b>Relays</b>	<b>Board</b>