

YOUR FIRST SEASON CHECKLIST

Getting accredited

- ☐ Complete your SLSQ Age Manager Course (or annual proficiency video if you're a returning AM)
- ☐ Ensure you're a financial member of your club
- ☐ Hold a valid Blue Card (required if you're 18 years or older)
- ☐ Complete the Child Safe Awareness (CSA) module online
- ☐ Complete the Child Youth Risk Management Strategies (CYRMS) module online
- ☐ Confirm your accreditation is showing in SurfGuard (check with your club admin if unsure)

Connecting with your club

- ☐ Introduce yourself to your club's Junior Activities Chairperson (JAC) – they're your main support person
- ☐ Find out who your Water Safety Supervisor is and how to contact them
- ☐ Attend any pre-season meetings, briefings, or training sessions your club offers
- ☐ Get your Age Manager uniform and lanyard from your club
- ☐ Find out how your club handles sign-on and attendance (logbook, Nipper App, or other)
- ☐ Ask about your club's communication channels – how will you stay in touch with parents and other AMs?

Knowing the essentials

- ☐ Read through the Games Manual – pick 5–10 games that suit your age group
- ☐ Review the age award requirements for your group so you know what skills to cover across the season
- ☐ Familiarise yourself with the preliminary evaluation process (pool evaluation + beach run-swim-run) – these need to happen in the first few weeks of the season
- ☐ Understand the water safety ratios: 1 qualified Water Safety officer per 5 Nippers in the water; 2 leaders to 20 on the beach
- ☐ Know the sun safety basics: Slip, Slop, Slap, Slide, Slurp, Seek – and your club's heat management procedures
- ☐ Know what to do in an emergency: the Water Safety Supervisor has command until a Patrol Captain, Lifeguard, or emergency services take over

Planning your first sessions

- ☐ Sketch a rough plan for your first 4 sessions (warm-up, main activity, water component, game to finish)
- ☐ Check the Session Generator app for ready-made session ideas for your age group
- ☐ Think about how you'll handle the preliminary evaluations early in the season
- ☐ Talk to an experienced Age Manager at your club – ask them what worked for them and what they wish they'd known

Looking after yourself

- ☐ Remember: you're a volunteer, not a professional coach – no one expects perfection
- ☐ Know who to contact if you're unsure about something (your JAC, Water Safety Supervisor, or branch JA contact)
- ☐ Check in with yourself after tough sessions – the Wellbeing & Child Safety section of the JAC has resources for you too