

# Junior Activities Volunteer Coach

## Purpose

Plan and deliver safe, engaging training that builds skills, confidence and performance in Junior Activities athletes (U8-U10, U11-U13), while modelling SLS values and child-safe practice.

---

## Key responsibilities

### Coaching and Session Delivery

- Plan and run age- and skill-appropriate sessions across board, swim and beach.
  - Teach core skills, progressions and race craft; set goals and provide feedback.
  - Manage group safety, ratios and supervision; adapt to surf/conditions and athlete needs.
  - Athlete development and wellbeing
  - Foster confidence, resilience and sportsmanship; celebrate effort and improvement.
  - Coordinate with Age Managers/Team Managers to support juniors and new athletes.
  - Encourage rescue-readiness pathways (SRC/Bronze), Officials and leadership opportunities.
- 

### Competition Support

- Prepare athletes for carnivals: entries, warm-ups, marshalling, debriefs.
  - Work with Officials and Team Managers to keep the day running smoothly.
- 

### Risk, Safety and Compliance

- Complete site/conditions checks; follow club safety plans and escalation.
  - Maintain child-safe boundaries and reporting; communicate with parents appropriately.
  - Ensure equipment is suitable and report defects to the Gear & Equipment Officer(s).
- 

### Communication and Teamwork

- Collaborate with other coaches to align plans and share athletes as needed.
  - Provide clear updates via club comms channels.
  - Log attendance and basic training notes per club practice.
- 

## Reporting Line

Reports to the Director of Junior Activities.

---

## Time Commitment

Regular training sessions plus selected carnivals and coach meetings.

---

## Skills and Attributes

- Strong technical knowledge in one or more disciplines
- Positive, patient communicator; inclusive and culturally aware
- Safety-first mindset; organised and reliable

## Prerequisites and Accreditation Pathway (SLSQ)

- Foundation Coach: 16+ years, club member, valid Blue Card. “Foundation coaches deliver entry-level coaching sessions... Suitable for coaching Junior Activity e.g. Nippers (U8–U13).”
  - Development Coach: 16+, builds discipline-specific coaching for skill development and competition.
  - Performance Coach: 18+, current Development Coach; focuses on athlete performance at branch/state/national; mentors others.
  - High-Performance Coach: Performance Coach leading elite/HP programs. Child safety expectations Hold a valid Blue Card (if 18+). Complete SLSA Child Safe Awareness and comply with SLSA Policy 6.21 (images) and club CYRMS.
- 

## Sources

SLSQ Coach Accreditation Information: <https://lifesaving.com.au/sport-coaches>

Coach Accreditation Info PDF: <https://lifesaving.com.au/app/uploads/SLSQ-Coach-Accreditation-Information-V4-1.pdf>