

# Mid-Week Training Factsheet

Some clubs may wish to conduct additional training, pre-season or mid-week, outside of the normal weekend nippers. This could be board training, sprint training, March Past etc. For each training session, clubs are required to nominate a primary and a secondary venue, along with a Water Safety Supervisor (WSS) if training is water based.

This information must be submitted to the club management team for approval, and approval must be recorded in the club's meeting minutes.

## Requirements:

- A WSS must be assigned for mid-week nipper training. The WSS must ensure there are adequate water safety procedures and personnel for the nipper group (prior to beginning any water-based activities).
- Water Safety Personnel (WSP) must have either a SLS rescue tube or SLS rescue board when they enter the water.
- A SLSA Risk Assessment must be completed by the WSS (using the [SLSA App](#) or [SLS Risk Assessment document](#)) prior to the session. If completed through the app, a copy must be emailed to the club on completion.
- All nippers must sign in at training and sign out when they leave. Depending on how your club runs training you may also need to collect emergency contact numbers if parents are not staying to watch the training session.
- All nippers participating in training need to wear an SLSA approved hi visibility rash vest for all water activities. No rash vest, no participation.
- The coach must be aware of any medical conditions that may impact on the nippers' abilities at the session (e.g. asthma, pre-existing injuries). The coach must check to ensure the nipper or parent has their medication on site.
- Sun safety and hydration needs to be considered.
- Any injuries must be reported to the club captain immediately.
- In an emergency, the coach should follow normal protocols and call 000. Once this is done, they are to manage the situation based on their skill level and qualifications. The Club Captain is to be advised of the incident as soon as is practical.

