SORRENTO
SURF LIFE SAVING CLUB

DOLPHINS

All Abilities Program

Handbook

Introduction

Our Dolphin program is an SLSWA supported All-Abilities community surf lifesaving program available only from Sorrento Surf Life Saving Club (SoSLSC) Perth.

Established circa 2015 by club member parents, being the first of its kind in Western Australia, our adapted program provides customised beach safety, first aid, surf skills development, competition opportunities and inclusive club wide community social engagement activities.

Due to the growth and size of the program, and to support its sustainable future, this handbook has been introduced as a resource to our existing and new community members to communicate an overview of the current program, answer FAQ's and outline many of the exciting activities and volunteering opportunities on offer at Sorrento.

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Mission

We believe as a society we all need to view any disability as just another amazing part of human diversity and so openly embrace the opportunity to learn, support and develop for all capabilities to realise full potential as a truly inclusive and stronger community. Central to this philosophy we are committed to providing greater access and opportunities for people with disabilities to engage in everything that surf lifesaving has to offer and so enabling every individual and their families to enjoy all the benefits of being part of Sorrento Surf Life Saving Club.

The Sorrento Dolphin's program mission is to provide:

- An all abilities surf lifesaving program with inclusive opportunities, for community members to safely learn, develop, and contribute to surf awareness and first aid skills development.
- Fun weekly beach and water fitness activity sessions through summer period adapted to suit all abilities participants.
- Surf sports competition experience opportunities for All Ability members.
- Community building social and volunteer opportunities for all Sorrento surf lifesaving club members to participate with our Dolphin all abilities members.

Objective and Aims

Our objective is to deliver a sustainable and inclusive environment for both children and seniors with identified needs to participate, learn, and enjoy, safe, surf lifesaving activities.

We aim to provide opportunities for participants and their families to:

• Immerse themselves in all aspects of surf club culture.

• Gain surf awareness and first aid skills.

• Build fitness, engage in enjoyable physical activities incl competition experiences.

• Form new friendships and establish positive networks within the club.

• Participate in accredited community volunteering positions.

We welcome Nipper ages U6 to U13, Youth ages U14 - U17, and Opens/Masters ages, of all abilities who wish to join.

Program Policies

Our SoSLSC Dolphin Program is prepared and delivered in compliance to Sorrento Club Constitution bylaws and SLSA policies 6.03 and 6.05A. For further details on our programs governance and policies details please to refer to the separate Dolphins policies document.

Dolphins Committee:

Name	Role
Jeff Baxter	**Youth and Dolphins Development Director**
Benjamin Leggo	**Program Coordinator**
Austin Leggo	**Senior Age Manager**
Michael Monisse-Redman	**Senior Age Manager**
Max Letizia	**Age Manager**
Sophie Monisse-Redman	**Age Manager**
Kristie Kunstmann	**Age Manager (Water Safety Coord)**
Joanne Lacklinson	**Age Manager (Water Safety Coord)**
Kate Day	**Senior Age Manager**
Alastair Mackenzie	**Committee Member**
Mischa Taylor	**Communications and Media**
Antoinette Monisse-Redman	**Wellbeing Officer**
Christine Cougan	**Dolphin Program Founder and Life Member**
Colleen Cunnane	**Dolphin Program Founder and Life Member**

Program Structure:

Delivered over a 14-week season starting in November and finishing in March each year. Season calendar is available for download from the SoSLSC All Abilities Dolphin website.

Location: Sorrento Surf Lifesaving Club (SoSLSC), Perth WA

Activity Timings (weather conditions dependent) are Saturday Mornings (during season):

9:30 Setup and Welcome

10:00 Beach Activities

10:45 Water Activities

11:30 Pack up

12:00 BBQ Lunch

What do you need to bring each week:

- Beach clothing including towel, hat and rashie
- Any support aids that you need whilst on the beach
- Sunscreen and water bottle
- Green Dolphins Cap and Long Sleeve Shirt/Rashie
- Your parent, carer (if required)
- A sense of fun and adventure.

We follow strict SunSmart guidelines to help keep our participants safe and protected from the sun. Please remember the **Six S's of Sun Safety**:

- **SHADE** – Use natural or man-made shade wherever possible.
- **SLIP!** – Slip on a long-sleeved T-shirt or sun-protective clothing.
- **SLOP!** – Slop on plenty of sunscreen and reapply regularly.

- **SLAP!** – Slap on a broad-brimmed or sun-safe hat.
- **SUNGLASSES** – Wear sunglasses that meet Australian Standards.
- **SUNSHINE** – Be sun-aware, particularly during the middle of the day when UV levels are highest.

Beach Activities

A key part of our program is providing members a structured series of beach activities which are adapted from mainstream surf lifesaving beach skills.

Beach Activities Include:

- Warm up Stretches and Games, e.g., cricket, pickle ball, parachute, tunnel ball, volleyball
- Flags Skills Session
- Sprints Skills Session
- Relays Session
- First Aid Basics
- Signals
- Patrol Visit

Water Activities

A key part of our program is providing members a structured series of water activities which are adapted from mainstream surf lifesaving water skills.

Water Activities Include:

- Water Games, e.g., sponge and bucket game, duck diving game, tennis ball water flags
- Wading Skills Session
- Swim Skills Session
- Board Skills Session
- Water Rescue Basics
- Try watercraft

NOTE: Over time with training some Dolphin participants choose to develop their skills to reach qualified surf lifesaving required standards, this is encouraged, and coaching is available to support this development toward' first aid, SRC or even Bronze Medallion.

Volunteering Opportunities

The Dolphin Program relies on committed, qualified volunteers to deliver the activities who are supported by Sorrento Surf Life Saving Club with training courses necessary to obtain and maintain the required SLSA nationally recognised qualifications. Please to refer to the club web page or contact club admin for the next scheduled courses coming up.

The numerous roles and opportunities for volunteering are as follows:

Water Safety

The Dolphin Program cannot operate water activities safely without committed and qualified water safety volunteers. All those who wish to commit their time to volunteer to the water safety roster are welcome and will need to contact the Dolphin Program Senior Age Manager or Water Safey Coordinator. A specific pre-season inclusivity induction session is also provided per the season schedule.

Age Managing

Weekly Dolphin Program sessions are planned by the Senior Age Manager and delivered by a team of Age Manager Assistants working together with the qualified Water Safety team. Developing the skills to become an age manager is open to all members and carers who are members of the Sorrento Surf Life Saving Club. Training is available and qualification is required for any who are interested to commit to volunteer in becoming a Dolphins age manager.

Other Roles

Being one of the largest surf clubs in WA Sorrento has a wide range of other special volunteer roles that can be adapted to suit the participant, Please to speak to your age manager if you are interested to learn more.

BBQ and Social Activities

Upon completion of each week's activities as part of your membership, Dolphins Program participants and volunteers have the opportunity to enjoy a BBQ and community social activity, available for all participants, carers and family. The club provides the food, tools and facilities to prepare, cook, and serve the food; however, we rely on volunteers to support this activity.

During the season we also plan and provide special events for our participants and their carers and families. These special events include a variety of other community integrated social activities; for example, our end of season wrap-up party and medal presentations are a highlight of our annual schedule, bowling, mini golf, pizza parties, Christmas dress ups, fun game days, interclub integration events or joining nearby Hillary's boat harbour events. These events also require volunteers to help us plan and deliver these special event days.

Some Dolphin Program parents and coordinators can also choose to fundraise for special social events; the Dolphin Program committee always welcomes help from parents and carers in fundraising and organising our social activities. If you have any ideas or would like to help, please share it with the Dolphin Program committee.

If you are interested in volunteering for our BBQ or Social activities, please to contact the senior age manager or committee member.

Reminder:

Outside of Dolphins, the club also offers all financial members access to additional weekly social events including Wednesday and Friday night dinner buffet, available by pre-booking to secure your table. Do keep an eye on the webpage, newsletter and social media pages for details.

Competition Opportunities

As part of the Dolphin Program season schedule, participants are provided the opportunity to participate in our non-mandatory all abilities club championship activities. These events are adapted to provide participants the opportunity to experience, fun and friendly competition like conditions. The events will be designed and delivered based on the Adapted AUSSIE's national SLSA events program.

Dolphins Program participant members also have access to join the Sorrento March Past and Rescue & Resuscitation (R&R) teams; please ask your coordinator for further details.

SLSA also offers all its members, per SLSA age requirements, the opportunity to compete in All Ability adaptive interclub competitions at state and national levels (e.g., AUSSIE's).

Nippers, Youth and Seniors, who choose to also represent Sorrento by competing in club teams, can also engage in active club training throughout the season. Surf sports competition events are wide and varied and details are available via the club or SLSA webpages. Those SoSLSC Dolphin Program participants who wish to take the next step to compete and represent our club as part of the competing team, please discuss with Dolphin Program Coordinator.

To compete, it is encouraged for participants to consider joining additional coaching and training sessions which are also available outside of normal Dolphin Program sessions. Details of these coaching and training sessions are available from SoSLSC front admin office or via competition director.

Dolphin Youth Program Pathways

Dolphin Program participants who are aged 13 to 18 years (as of the 1st of October in that year), have access to the SLSWA youth pathways initiatives. This initiative allows our youth to choose their own development path as they transition to senior members. The four pathway pillars are: Lifesaving, Training, Leadership and Surf Sports. Details of the many various development options are available from your senior age manager or Sorrento Youth Coordinator.

Surf Lifesaving Qualifications

Should they wish, Dolphin Program participants, carers, and family members are encouraged and supported to develop their skills to enable attainment of formal, nationally recognised SLSA qualifications, such as first aid certificate, the Surf Rescue Certificate (SRC) (minimum age 13 years), or the bronze medallion (minimum 15 years). Please ask your program coordinator or club administration for more information on the assessment requirements and next course schedule.

Gaining a nationally recognised qualification brings additional benefits to enjoy more opportunities that surf lifesaving has to offer, including active patrolling as a lifesaver, access to club gym, access to club training equipment, additional competition levels, advanced lifesaving skills, plus leadership roles such as officials.

SLSA e-Learning opportunities via SLSA portal. Also available for those Dolphin members who attain their SRC / Bronze certification.

Dolphin Program Communications

News and Communication

- The SoSLSC Dolphin Program committee provide communication of the season schedule, weekly news, and general information to members via selected channels as found on the club website and approved club social media channels:
- Sorrento SLSC Newsletters (emailed to all members weekly and available on webpage).
- Sorrento Dolphin Community Facebook Page.
- Sorrento Dolphin email address: dolphins@sorrentoslsc.org.au
- Sorrento Dolphin Committee and Water Safety WhatsApp Pages

Member Protection Liaison Officer

SoSLSC provides a volunteer to fulfil this role and is responsible to support the age managers with parent, carer, and participant communications and concerns including social media messages. For any enquiries, please discuss with club admin or program coordinator.

Medical Information

Given the nature of the program, SLSWA requests that we collect medical information from each participant, which will be kept securely stored within the club administration office with adherence to strict confidentiality.

The purpose of this information is to enable the Dolphin Program coordinators and age managers to deliver the safest possible programs for all participants and volunteers, along with tailoring activities adapted to suit individual capabilities. Forms available via webpage and front office and are required at season start.

Media Consent

In compliance to SoSLSC rules for Media Consent, a Dolphin Program participant parent/guardian will need to declare if they do not give consent for media images/video's to be captured of that member and wear a black arm band for each session. Forms available via webpage or front office.

Further information Links

Dolphin Program - Sorrento Surf Life Saving Club

All Abilities Program | Woodside Nippers

FAQs - Woodside Nippers

https://www.nipperswa.com.au/what-is-woodside-nippers/all-abilities-program/

Inclusion | Surf Life Saving WA

https://www.mybeach.com.au/get-involved/inclusion/

https://sls.com.au/diversity-and-inclusion/

https://www.surflifesaving.com.au/wp-content/uploads/sites/2/2021/11/Policy-6.03-Limiting-and-Permanent-Disability.pdf

Youth - Sorrento Surf Life Saving Club

https://www.soslsc.com/get-involved/youth/

Dolphins Program SLSA Respectful Behaviours

Respectful Behaviours: Keep it AWESOME

Our program is continuously improving and developing, and we are fully open to respectful, honest and constructive feedback.

All leaders wearing SoSLSC age manager shirts (green) and water safety rashies (orange) will always model respectful and inclusive behaviours. All participants, carers, and family members are expected to do the same.

"See Something, Say Something"

We encourage all participants, carers, and volunteers to provide transparent and constructive feedback.

We strive to continuously improve our program, therefore, no one in our community should ever feel uncomfortable in any way which is always about appropriate respectful behaviour.

TOGETHER WE MAKE SURF LIFESAVING A.W.E.S.O.M.E

Respect is the best defence against abuse, violent attitudes and behaviours. Get this right and people thrive, feel safe, and enjoy the opportunities that SLS provides. Even small changes in your behaviour will make big differences to those around you.

Align to our values
Work well with others
Effectively and respectfully communicate with others
Succeed respectfully
Own your behaviour
Model our values
Everyone's equal

Dolphin Program FAQ's 2026/2027

1. What membership category should I choose so I can enjoy the most benefits for myself and my family from Sorrento Dolphin?

   Dolphin Season 26/27 Inclusive Membership Categories:

   Scenario A
   $95/125: Inclusive Membership - Dolphin Participant Only (Above16 to Open masters)
   this cost does also incl Temporary Member / Accredited Support Carer / Companion Card for club access during Dolphin activity sessions only (Gym Excluded)

   Scenario B
   $95/125: Inclusive Membership - Dolphin Participant (U6 to U16), Plus required for Children age $140 Inclusive Volunteer Member for Parents/Guardians. (NOTE: Kidsport Accepted)

   Scenario C
   $140/170: Inclusive Volunteer Member Only for Parents/Carers/Volunteers who want to participate to support Dolphins and enjoy full club facility/event access (Gym Excluded)

   Scenario D
   $535(Existing) $560 (New) Large Family Membership Package.
   Two parents (any class) and all dependent children U6 up until 25yrs.
   This category does also apply for and includes Dolphin Inclusive Membership and Inclusive Volunteer Membership

Scenario E
$380 Small Family Membership Package.
Two parents (any class) and one dependent child U6 up until 25yrs.
This category does also apply for and includes Dolphin Inclusive Membership and Inclusive Volunteer Membership

For further details please refer to the membership page on the SoSLSC website, ask at the front office, or contact the Dolphin Program coordinators.

2. Are Kidsport vouchers accepted by the club?

   Yes, for instructions please see SoSLSC membership webpage or enquire at the front office.

3. What is the normal Dolphin session timings/structure?

   Dolphin Program weekly sessions generally consist of 45min beach activities + 45min water activities + 30min BBQ social time commencing at 9:30am for setup, 10:00am program activities (beach and water), 11:45 pack-up, 12.00 BBQ, and 12.30pm clean and finish.

4. Should my child attend Dolphin or Mainstream Nippers?

   All Dolphin Program participants aged U6 to U16 have the option to attend the SoSLSC Mainstream Woodside Nippers Program on Sunday mornings, so long as mainstream water proficiency assessments are met. The Dolphin Program is specifically designed, adapted and equipped to support those people with additional needs that choose to join.

5. I am older than 16 years can I still join SoSLSC Dolphin Program?

   Yes, the SoSLSC Dolphin program is designed for all age participants, we deliver a Nipper Program (U6 to U16), Youth Program (16 years to U19), and an Open Seniors Program (19 years and over). For safety reasons any child age participant must always have a parent or guardian also as a member and present for each session.

6. Why do I need to attempt the water safety proficiency assessment?

   For every Dolphin Program session, water safety is essential. As such every Dolphin Program participant and their carer (or parent/guardian) must participate in a water proficiency safety assessment, aligned with SLSA national guidelines.

   Should the Dolphin Program participant pass the assessment and be comfortable in the water alone during each session, they can choose that no further 1:1 assistance is required other than club provided water safety ratio of 5:1 or 10:1 water safety support.

   Should a Dolphin Program participant not pass the proficiency assessment or is uncomfortable being in the water alone they can choose to have 1:1 support with their provided carer/parent/guardian or designated water safety volunteer dependent on volunteer availability.

7. I find I need a 1:1 Carer to support me to ensure I'm safe and enjoy all Dolphin activities, how can the club help me to arrange this for each week?

   Sorrento Dolphin program includes experienced, qualified Age Managers and Water Safety volunteers some who also have experience and knowledge working with people with disabilities. However, none of our team are medically trained outside of surf lifesaving first aid or can support participants for personal care requirements.

   Given this for 1:1 care needs, SoSLSC recommends participants make use of the "Temporary Membership" mechanism which is automatically included within your Inclusive Membership. Your 1:1 carer will also need to pass water safety proficiency assessment to ensure they are able to help you safely in the water. In addition, some of Sorrento SLSC members may possibly be able to offer you support worker services either via agency or by private arrangement.

   If you would like more information about this, please to reach out to the Sorrento Dolphin Committee or Age Manager for more information. NOTE: Water Safety volunteers are focused and have a duty of care to support safety for the whole program group as such Water Safety personnel cannot also provide a 1:1 carer role.

8. The weather is great why can't we go in the water today? Or What happens if we do not have enough qualified water safety volunteers?

   All Dolphin Age Managers and Qualified Water Safety members are volunteers who choose to give up their time to support and deliver the Dolphin program, without which there would be no program. If a session has insufficient qualified water safety volunteers to satisfy the required strict safety ratios, then the water activity component of that session may require to be cancelled or modified on the day. NOTE: As per SLSA rules, Age Managers who are delivering the activities cannot be counted as part of the Water Safety Ratio's, as they are performing a different role.

9. I have a family member or friend or carer who is interested in helping more at Dolphin and gaining Water Safety qualification what can I do?

   We highly encourage this and please to ask that person to contact with the Dolphin Age Managers or Sorrento club front office, join as an Inclusive Volunteer member and sign up to the next Water Safey qualification course, NRC, SRC or Bronze medallion.

10. The weather or beach conditions is looking poor. Will Dolphin be cancelled this week?

    As per all Sorrento SLSC programs, All Dolphin season sessions will proceed as scheduled in any and all weather or beach conditions. Each session activity program starts with a required safety risk assessment and the results of which may require planned activities to be modified on the day in the interests of participant safety and comfort.

11. Why is the Dolphin program equipment missing, dirty or broken?

    Sorrento Dolphin membership includes supplying, storing and maintaining all required program equipment, however each member that uses that equipment is required to assist with setup, correct use as instructed by the age mangers, cleaning and packing away. Without everyone's help the equipment can quickly become lost or damaged meaning there is no more equipment for us to run the program.

12. I'm hungry after Dolphin, why isn't the BBQ food ready?

    Sorrento Dolphin membership includes providing the ingredients, tools and facility for the BBQ, however the preparation, cooking and cleaning of the BBQ is fully volunteer driven as such each member participant parent/carer/supporter will be added to a Dolphin BBQ cooking roster and this will be fairly rotated weekly, if someone is unable to make their rostered time then that person is requested to find a suitable replacement before the start of the beach session. If no one volunteers than the Age Managers will have to stop delivering the session activities to cook the food instead.

13. What if I find I need more support?

    Sorrento Surf Life Saving Club is proud to be a fully inclusive club welcoming all to participate, our facilities and programs are currently designed and equipped to best suit all members needs within the limits of the current facility and resources capabilities. Where some members find they require additional needs that the club does not currently have capability for the club warmly welcomes any member to submit any improvement request via email to front office reception, or please to discuss with your Age manager.

14. How will I receive important updates and stay informed throughout the season?

    We use a few different channels to keep families up to date:

- **Facebook Group:** Our private Facebook group are the main hub for updates, reminders, weather changes and photos. Search for: Sorrento SLSC Dolphins When joining, you'll be asked to provide your participant's name.
- **Weekly/Fortnightly Emails:** Your Age Manager will send regular emails with important information about Saturday sessions, upcoming events and what you need to know.
- **SoSLSC Club Newsletter:** Keep an eye out for the Tuesday newsletter, which includes whole-club news, social events and important updates.

15. Where can I find more information and resources about SLSA All Abilities?

    SLSA and SLSWA and Sorrento SLSC all have a large range of surf lifesaving detailed information incl program guides first do search on each organisation website along with the SLSA Member Hub or ask Front office or Age Manager.

16. I am feeling or I have seen or heard something that makes me uncertain and uncomfortable at Sorrento SLSC, what can/should I do?

    Sorrento SLSC Club Directors and Dolphin Committee Members, Program leaders and Senior Age Managers have all completed specific annual training and have national working with children accreditations. We all also carry a duty of care for your wellbeing and are always committed to your safety. All volunteers and participants must adhere to the SLSA code of conduct which is always taken very seriously. We all openly encourage transparency and if anyone is uncomfortable at any time, please do reach out to the club representative you feel most comfortable with directly or indirectly, all reports are treated confidentially and aligned with national SLSA requirements and guidelines.

Contact Details

Website: www.soslsc.com/get-involved/dolphin-program

Facebook: Sorrento SLSC Dolphins

Club Office: 189 West Coast Drive, Sorrento WA 6020

Phone: 08 9448 1431

Email: dolphins@sorrentoslsc.org.au

ALL ABILITIES
WOODSIDE NIPPERS

SORRENTO
SURF LIFE SAVING CLUB