

SLSA Age Managers Course Presenters Guide

2nd Edition



It is helpful to understand the tasks and responsibilities of the Age Manager Course Presenter within three broad roles. As administrator, you lead participants through the AMC training package. As instructor, you make sure participants understand the concepts and skills. As facilitator, you provide opportunities for participants to make discoveries and consider the application, of the concepts and skills in their club context.

These three functions are expanded below:

Administrator

As administrator you are responsible for leading participants through the AMC.

To do this effectively, you need to ...

- Give content overviews
- Provide clear and complete instructions
- Make bridges between modules
- Keep participants focussed
- Stay within time frames
- Distribute and collect materials
- Manage questions/differences about schedule, content and procedures

As a result of the above, participants will ...

- a. Always know why they are undertaking activities
- b. Understand how the activities relate to and build on one another
- c. Feel good about the pace of the training session
- d. Have no difficulty understanding and following instructions

As a result, the session stays on track, is not rushed, and finishes on time.



Role as an Instructor



Instructor

As instructor, you make sure participants understand the concepts and know how to use the skills correctly.

To do this effectively, you need to ...

- Present, explain and answer questions about concepts or skills
- Provide relevant examples to clarify learning points
- Ask questions to ensure participants understand the content
- Model skill use
- Provide balanced feedback and recognition to coach skill use
- Summarise key learning points

As a result of the above, participants will...

- a. Acquire course concepts and skills
- b. Give examples of the concepts and skills in their everyday experiences
- c. Ask questions when something is not clear
- d. Practice skills correctly
- e. Accept feedback from you and other participants
- f. Share the responsibility for their own learning
- g. Leave the training with a sense of accomplishment



Facilitator

As facilitator, you guide participants in making discoveries, sharing experiences and feelings, and consider the on-the-beach application of the AMC concepts and skills.

To do this effectively, you need to ...

- Ask application-related questions
- Foster the exchange of participant ideas, opinions and feelings about the AMC concepts and skills
- Allow participants' concerns to surface
- Guide productive discussions and allow participants to arrive at their own conclusions

As a result of the above, participants will ...

- a. Express their true opinions or concerns about the training content and its application to the AM role
- b. Are challenged to think about things they have not already thought about
- c. Look forward to using the course concepts and skills on the beach
- d. Take what is useful to them from the session and apply it back in their club

Although there is one role that is more appropriate than another for particular effects at particular times during the training, there is no 'right' role at any given time. The effectiveness of your role depends upon what is to be achieved during an activity, or the appropriateness of a role in a particular situation.

Your ability to master all three roles of the AMC Presenter significantly increases your effectiveness in achieving the desired dynamics and interaction within the AMC group.



Pre-Course Preparation



Prior to arriving at the AMC, the Presenter needs to ensure that the following are attended to ...

- Gather resources required
- Data projector/laptop/screen
- PowerPoint
- Skills DVD, Flip chart
- JDR & Age Managers Guides
- Print any participant workbooks or related materials required during the training
- Organise attendance sheet
- Confirmation to participants (eg email)
- Ensure appropriate room for effective delivery
- Organise coffee/tea etc
- Organise setup of a resource expo

The actual AMC session is scheduled for delivery over 3 hours, inclusive of a 15min coffee break which serves as a networking opportunity in conjunction with a suggested resources expo.

The AMC program is contained in the presenter's power point (see AMC Presenter's Power Point Resource) which standardises delivery of the course.

The power point covers ...

1. Welcome (5mins)
2. Introduction to Surf Life Saving (10mins)
3. Module 1– Role of Age Manager (30mins)
4. Module 2– Creating a Safe Environment (30mins)
5. Coffee break (15mins)
6. Module 3– Growth, Development & Learning (30mins)
7. Module 4 - Age Manager in Action (30mins)
8. Overview of Junior Development Resource (15mins)
9. What happens now? (10mins)
10. Course Evaluation





After the AMC, it is the responsibility of the Presenter to ensure that the following is completed in a timely manner ...

- Follow up questions held over
- Summarise feedback on course content (from individual feedback sheets)
- Submit paperwork
- Attendance
- Course feedback
- Relax with a coffee, satisfied with a job well done.



On The Beach Practical Session Guidelines



Who?

Age Manager Course participants

Why?

To provide an overview of core surf and beach skills to inform Age Managers so they can understand the basic skills associated with activity on the beach.

Presenters?

Club coach(es) who can provide a brief overview of the particular nature of beach / water conditions, and what basic skills juniors need to develop.

What?

A 2 hour session covering the basics of sprint, flags, swim and board.

How?

Sprint

- difference to grass
- basic technique (feet, legs, arms, posture)
- starting
- finishing

Flags

- starting position
- up and run
- dive

Swim

- difference to pool
- wading
- stroke technique
- bearings
- final wade and run

Board

- carrying and care
- start
- balance on board
- wave negotiation
- catching waves
- finish



Tip

Take your togs/swimmers/bathers/cossies and have some fun!

