



NOBBYS

SURF LIFE SAVING CLUB



2016-17

NIPPERS HANDBOOK

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1. Welcome to Nobbys SLSC Nippers

A warm welcome to our first time and returning Nobbys Nippers. We look forward to a fun and successful 2016-17 season. As we launch into the season it is important that we have a common goal that everyone involved with Nippers seeks to achieve.

**Our goal is develop the skills and knowledge of our Nippers so that they
can be confident in our coastal environment.**

In order to achieve this we are all responsible for providing a **safe** and **supportive** environment for all children to **participate** in beach and water activities. We are a voluntary organisation that depends on the contribution of all of our members to run our Junior Activities. Whether you are an accredited Official that can attend carnivals or a first-time parent that can sizzle a sausage we need your support to provide the right environment for our Nippers.

Ultimately we hope that our Nippers will go on to obtain their Bronze Medallion and join the ranks of surf lifesavers that perform the vital role of keeping our beaches safe.

2. Key Dates

Please note the following important dates for this season.

| | |
|--|---|
| Swim Proficiency | Sunday 11 September 2016 |
| Nippers Induction | Sunday 18 September 2016 |
| Nippers Starts | Sunday 25 September 2016 |
| Club Championship (Round 1) | Sunday 4 December 2016 |
| Christmas Party (Start of Christmas break) | Sunday 11 December 2016 |
| Nippers Resumes for 2017 | Sunday 22 January 2017 |
| Hunter Branch Carnival (Fingal Beach) | Sat 4 th & Sun 5 th February 2017 |
| Club Championship (Round 2) | Sunday 19 February 2017 |
| NSW State Championships (Swansea Belmont) | Fri 3 rd – Sun 5 th February 2017 |
| Nippers Finishes & Presentation Day | Sunday 12 March 2017 |

3. Nipper Program overview

Nippers start learning about surf awareness and safety through Surf Life Savings Junior Development Program. The program includes lessons that are tailored to each of the Nipper age groups, ensuring the content is relevant and in line with lifesaving and surf sports most up to date training standards. The program is based on participatory evaluation and not assessed on competence; this means children must only be

actively involved in each of the lessons to be eligible for the award.

Nippers will participate in various activities to develop their surf skills. This will include: swimming, body surfing, board paddling, and beach running. Practicing these skills allows children to develop confidence in the surf and they may choose to compete in Branch and State Surf Life Saving Carnivals representing their club. Nobbys Surf Life Saving Club offers a program of surf awareness, skills coaching and competition over various levels to facilitate any competitive goals of our juniors.

While competition is an important element, surf awareness and education is the primary aim. Children are taught from the youngest ages how to respect the surf, read the surf and use the surf to their advantage. They will also learn the basics of beach safety and first aid.

This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf life saving.

3.1. Age Groups

A child may join Nippers as soon as they turn 5 years of age. Nippers age groups range from Under 6 to Under 14, the correct age group for a child being determined by their age as at 30th September each year. For example, if a child is 10 years of age on or before 30th September they will be in the Under 11 age group for the entire season. Participation outside your designated age group is not possible as this is against SLSA regulations.

- **U6 and U7** - the key focus for these age groups are play, participation and fun. Any water activities will be limited to shallow water near the water's edge in the flagged area. This age group *does not* compete at carnivals.
- **U8's** – in this age group Nippers begin to engage in water activities. They do not compete in the surf or board races - but do a wading event. They are required by Surf Lifesaving Australia to pass a 25 metre pool swim (preferably freestyle) and a 1 minute survival float prior to commencing junior activities. Surf education lessons during Nippers are compulsory. Under 8's and above can compete at carnival events.
- **U 9 to 13's** compete every club day in both beach and water events and surf education lessons are compulsory. At no time will an age manager force a child to enter the surf; they will encourage them to have a go. Parents are asked to encourage their children only, as scare tactics almost always fail. Friendly bribes as we all know sometimes work.

3.2. Nippers Organisation

Our Junior Activities Coordinator is Wade Hammond. He is assisted by a supportive group of Age Managers and our Water Safety team. Everyone who is involved in running Nippers will be clearly identified with high-visibility clothing on the beach. Please feel free to speak to any of our team members if you have questions or concerns.

JAC contact details:

Ph: 0488 586 909

E: wadehammond71@gmail.com

3.3. Membership

Nipper registration fees for 2016-17 are as follows:

- one child \$80
- two children \$130
- three children \$170
- parent member \$60
- two parent members \$100

Note that it is compulsory for one parent to join with a Nipper. It is a requirement that all adult club members complete their **Working with Children (WWC) check**. Please bring this to the registration days or email it to Trevor Brydon Registrar at trevorb2221@gmail.com.

<http://www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check>

4. The Club House

Nobbys SLSC has change rooms and showers for all Club members. Hot showers cost 20 cents. We ask that you dry off and dust any sand off before coming into the club house. Bags are to be stored in the change-rooms or the lockers in the surf tower – not in the main club house.

We conclude Nippers with a BBQ where sausage sandwiches and drinks available for sale. Parents are required to assist with BBQ cooking and selling sandwiches on a rotation roster per age group.

On the first day of Nippers the U6 kids are taken on an orientation tour of the clubhouse and its facilities.

Parents if you are keen to become involved in the Surf Club please contact any of team members. We welcome new members with open arms.

5. Communication

Our primary methods of communication are:

- Nobbys SLSC website www.nobbyslsc.org.au which is updated regularly with information and events.
- Social Media: Please like our Facebook page: <https://www.facebook.com/Nobbys.SLSC.Newcastle/>
- Email and SMS – when you join you will be asked to provide an email and mobile phone contact number which we will use for Club communication purposes. SMS messages will generally be used for urgent communication (e.g. cancellation of Nippers at short notice). You do have the ability to opt-out of this communication method - but we do require emergency contact information.

6. Photos

As part of your membership application we ask that you complete our **Club Privacy Advice Form** – providing us with permission to take appropriate images of your children in an individual or group situation that may be used for official purposes which may include display on Nobbys SLSC web page, Facebook page or in a Nobbys Newsletter, Annual Report or another piece of correspondence for Nobbys SLSC.

For the same reason that we seek your permission prior to using images of our Nippers we do not allow parents to take photos of Nippers at the beach as we cannot control how the images are used.

There will be a Nippers professional photo day on a date to be announced this year which you will be able to purchase individual and age-group photos of our Nippers.

7. AGE MANAGERS

One of the most important (and rewarding) roles for our Nippers is that of the Age Manager. Our age managers volunteer their time to help make your child's age group an enjoyable 'surf learning' experience. Please respect their decisions and trust that they have your child's best interest at heart. Many are Surf Lifesavers themselves.

We need one female and one male age group supervisor for each age group but encourage as many people to be involved to allow rotation of supervisors. The only requirement is that the supervisors do the Age Manager Course. This course will be **run when required** at the Surf Club. Like all sporting clubs we rely on volunteers to help it run smoothly. Even if you are unable to do the course please assist the Age Manager on the day as it makes the kids day more enjoyable and you get to meet more people and have fun in a family activity.

If you are interested in being an age manager please contact the Director of Junior Activities Wade Hammond (details above).

8. Preliminary, Competition Evaluation & Development program

8.1. Preliminary Evaluation

Many activities that will be completed by children as part of junior activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Preliminary Evaluation for each age group. Every junior member is required to participate in this evaluation prior to any water-based activities being undertaken on our beach.

Swim Proficiency

A swim proficiency is required for children in the U8 to U13 Nippers age groups at a pool before the season commences (details below). Under 6 & 7 will have to demonstrate an ability to float, and perform a glide in waist deep water and recover to a secure position. This will be undertaken in a safe environment at the beach or baths once the season commences.

Nobbys Swim proficiency will be held at Coughlan's Swim Centre on **SUNDAY 11 September 2016** between 12 Noon and 2pm. Cost will be \$5 per child for pool entry. Googles are a good idea.

Times are:

12:00 pm – 12:30 pm - children with surnames starting with **A – F**

12:30 pm – 1:00 pm - children with surnames starting with **G – L**

1:00 pm – 1:30 pm - children with surnames starting with **M – R**

1:30 pm – 2:00 pm - children with surnames starting with **S – Z**

We encourage all Nippers to try to meet the Carnival competition proficiency standard so that they have the option of attending at least one carnival during the season.

Not being able to complete the swim proficiency DOES NOT exclude your child from Nippers activities – but (U9 to U13) Nippers CAN NOT enter the surf until they demonstrate swim proficiency. Our role is to teach children to negotiate the surf – not how to swim.

Children that have not done their proficiency swim before Nippers start will be sent to Newcastle Baths with an assessor and water safety to do their swim proficiency - but the water will be cold at the ocean baths so they are encouraged to make the day of proficiencies in the indoor heated pool.

We have had many Nippers start the season with beach activities only and have successfully completed their swim proficiency in the first few weeks – so no need to stress if they can't complete the swim at the first go.

8.2. Competition Evaluation

We encourage our Nippers to participate in carnivals, and will support our competitors with training as required. However before Nippers can compete on other beaches that must complete a their competition evaluation. This includes a 200 metre timed pool swim (a requirement of Nobbys) and an ocean swim in accordance with SLSA rules shown on the table on the next page.

8.3. Junior Development Program (Surf Education)

Surf Education is a major component of Surf Lifesaving that every child must complete for their relevant age Surf Education Award. These modules are conducted during Nipper days and must be completed prior to 31st December.

The junior development program is designed to ensure children from ages of 5 to 12 have fun at the beach while participating in lessons that will pathway them to becoming a lifesaver. The specially designed program pathways knowledge and skills with learning outcomes through lessons that are tailored to each of the age groups; ensuring the content is relevant, in line with lifesaving and surf sports and to the most up to date training standards.

Each Age Group has its own individual set of lessons – between 10 to 16 lessons depending on the age group. The lessons will be coordinated by the Director of Education in conjunction with the Age Managers.

| | Preliminary Evaluation | Competition Evaluation | Surf Education Awards |
|--------------------------|--|--|--|
| Under 6 Surf Play 1 | From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position. | | Surf Play 1 |
| Under 7 Surf Play 2 | From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position. | | Surf Play 2 |
| Under 8 Surf Aware 1 | 25 metre swim (any stroke) 1 minute survival float | Nil (no water competition, except for wade which takes place in waist deep water) | Surf Aware 1 |
| Under 9 Surf Aware 2 | 25 metre swim (any stroke) 1 minute survival float | Minimum 150m open water swim (competition course as per competition manual) | Surf Aware 2 |
| Under 10 Surf Safe 1 | 25 metre swim (freestyle) 1 1/2 minutes survival float | Minimum 150m open water swim (competition course as per competition manual) | Surf Safe 1 |
| Under 11 Surf Safe 2 | 50 metre swim (freestyle) 2 minutes survival float | Minimum 288m open water swim (competition course as per competition manual) | Surf Safe 2 |
| Under 12 Surf Smart 1 | 100 metre swim (freestyle) 2 minutes survival float | Minimum 288m open water swim (competition course as per competition manual) | Surf Smart 1 |
| Under 13 Surf Smart 2 | 150 metre swim (freestyle) 3 minutes survival float | Minimum 288m open water swim (competition course as per competition manual) | Surf Smart 2 |
| Under 14 SRC | 200 metre swim (freestyle, in less than 5 minutes) 3 minutes survival float | Minimum 288m open water swim (competition course as per competition manual) | Surf Rescue Certificate |
| Assessors | Delegated authority as per the SLSC Circular No. 108/15-16. | | |
| Notes | Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club. | The competition evaluation must be achieved before any members are eligible to compete | Every junior member should achieve the relevant Surf Education Award appropriate to their age group. |

9. What Happens Sunday Morning at Nippers?

In order for nippers to run smoothly on Sunday please take note of the following time-table:

- **08:45** – beach set-up (volunteers appreciated)
- **09:20** – Age Managers Meeting
- **09:30** - Nippers marshall on the beach in front of age group signs for Age Managers to record attendance.
- **09:40** – JAC briefing on the activities for the day
- **09:45 - Nippers commences**
- **12:00 – Nippers concludes**
 - Pack-Up Beach (volunteers appreciated)
 - Sign-off Nippers
 - BBQ & Age Managers recovery time....

Depending on the age group, nippers activities include:

- Surf safety education
- Beach flags, Volley Ball, Games
- Board skills, rescues and relays
- Beach sprint and relays
- Surf skills and surf teams (swim)
- SRC for under 14s
- Lots of fun!

10. Safety & Welfare

The safety of the children is paramount in running our Nippers activities. We require parent's assistance with the following to ensure the safety of the Nippers and volunteers:

Sign On/Off the Beach

It is critical that we know who is on the beach on any particular Nippers day. Please use the sign on/off sheets at the front of the Club to record the arrival and departure of your children. Our Age Managers will also record the arrival of the Nippers – and release the child into a parent/guardian's care at the end of the activities. **We ask that parents remain on the beach during Nippers.**

Water Safety

Our water safety team will be in the water any time we have Nippers in the surf. They are clearly identifiable by their orange skull caps and rashies (and usually wetsuits)! We will not have Nippers in the surf unless we have the necessary compliment of water safety.

Identification & Sun Protection

Nippers are required to wear a Nobbys Nippers skull cap during all Nippers activity – and remove it after. U8 Nippers and above that go into the surf for swim or board activities are required to wear a high visibility (pink) rashie singlet.

Obviously all Nippers (and parents) should have sunscreen applied. It is more effective when applied **prior** to exposure to the sun. Sunscreen will be made available for anyone that has forgotten – and Nippers will be encouraged to reapply during the morning.

We strongly suggest that Nippers purchase a Nobbys rashie for both identification and sun protection.



Hydration

We require all Nippers to bring a water bottle with their name on it to the beach each Sunday so that they remain properly hydrated. We provide a basket per age group so that the water is readily available.

11. Junior Club Rules

1. No child will be able to participate on club days until they are fully registered and have PASSED Preliminary Evaluation.
2. All events that are conducted will be in line with the National Surf Sports Manual.
3. To compete in Water Events at Carnivals members must have completed the minimum standard water proficiency requirement (see Preliminary, Competition Evaluation Chart).

4. Nobbys competition cap is compulsory for all members and must be worn on Club Days and at Carnivals for identification and safety.
5. The Patrol Captain is responsible for the management of the beach and will determine the most suitable area for nipper activities and has the right to cancel Junior Activities if the conditions are unfavourable.

12. Parental Involvement and Membership

Parents are invited and encouraged to share the experiences of Junior Activities with their children, especially with the younger age groups. Involvement within other aspects of the Club also welcomed.

This may include: the gaining of awards to assist in providing water safety, coaching specific disciplines, officiating and administration along with participating in social and fundraising activities.

At least one Parent membership is required and is vital for the operational success of the club. There are many ways you can assist in both the juniors and/or the club in general.

- Assisting in setting up of beach and carrying down equipment.
- Washing off boards or helping pack up the beach equipment at the end of training
- Assist the Age Group Leader during training
- Assist in fundraising activities
- Volunteer to help with the BBQ
- Gain your Surf Rescue Certificate or Bronze Medallion to become a Water Safety Officer.
- Become an Official. Clubs are required to supply Officials at all carnivals. Short training courses are provided by SLSA.

13. Nippers Code of Conduct

It's simple really – we expect our Nippers and parents to act responsibly on the beach, respect all beach users and remember that we are sharing a public space. We all have a responsibility to provide a supportive environment for our kids to learn and build confidence.

Members of any age that cannot conduct themselves appropriately may be subject to club disciplinary action.

14. Club Championship

Nobbys Nippers hold our club championship across 2 days where points are given for placing. At the end of the season the boy and girl who received the highest score wins the Age Club Championship for their age group. The Rules for this will be circulated to parents and uploaded on the website through the season.

However safety is the number one priority and on the day a decision may need to be made to limit the events.

15. Carnivals

A carnival takes all day to contest with the exception of Branch Championships which takes two days and State Championships takes three days. Assistance is required at carnivals if and when we host carnivals.

Competitors will be under the control of the Team Manager, assisted by the Age Managers. All competitors are to report to their age manager on arrival at the carnival and must remain with the tent area, unless permission from the age manager to leave the area is approved. Many events, including team events, have been missed as a result of competitors wandering from the area.

For carnival dates, please see the club calendar and website, www.nobbyslsc.org.au

15.1. Carnival Entry

If your child would like to compete in carnivals they are required to advise the Assistant to the Director of Surf Sports, Natasha Ryan, two weeks before the carnival. Hunter Surf Life Saving Carnival entry fees are approximately \$11.00 these are to be paid to Natasha Ryan, Assistant to the Director of Surf Sports. Any entries not received on time will incur a late fee.

You **MUST** enter your child's details on the Nobbys 'Carnival Registration' Form on the website for each Carnival. Once you have filled in the entry form and pressed submit you will be expected to pay. If payment is not received you will be invoiced by Nobbys. The entry form sends an email to Natasha Ryan, the Assistant to the Director of Surf Sports, who will compile the team list for the Junior Carnival Co-ordinator (*Co-ordinator to be Announced*) and arrange carnival entries to be entered by the Registrar via Surfguard.

15.1.1. Carnival Notes

- Club swimwear is required to be worn at carnivals and in Team Events as all team members must be attired in the same.
- Competitions caps - must remain on and securely tied under the chin, particularly in competition
- Jewellery – watches, earrings, chains, bracelets etc must not be worn
- Alcoholic Beverages - SLSA has banned the consumption of alcoholic beverages whilst a carnival is in progress. Licensed areas may be available at the conclusion of the carnival.
- The Team Manager is the only person from our club eligible to lodge a protest regarding any alleged infringement of the rules
- No parents are allowed into the competition arena

- Adverse Conditions – if conditions are adverse, the Carnival Referee will cancel or relocate the carnival. The Club Team Manager will notify competitors via a text message from SurfGuard.

15.1.2. Officials

For every ten (10) competitors that compete for Nobbys SLSC, the club is required to supply one (1) official. The more officials from Nobbys the less time parents will have to spend officiating, so please participate in officiating and share work load, it is a great experience and you have the best vantage point on the beach to watch events!

To become an official you are required to complete a Level 0 or **Level 1** Surf Officials Course, which is conducted by Hunter Surf Life Saving. Please let the Junior Services Director know if you are interested in completing an official's course. Please note that if Nobbys has too many children and not enough officials, preference will be given to those children whose parents are officials, water safety or committee members.

15.1.3. Water Safety

For every ten (10) competitors that compete for Nobbys SLSC, the club is required to supply one (1) proficient and financial water safety personnel. Water safety are supplied with a fluoro orange skull cap and rash vest.

15.1.4. Carnival Day

- Volunteer to assist the Junior Carnival Co-ordinator setting up the shelters, transporting boards etc. Many hands make light work.
- Allow plenty of time to get there on time, find a park and get down to the beach
- Parents can assist with carrying carnival gear down to the beach i.e. tent, boards, march past reel and at the end of the carnival assist with carrying back to the trailer
- When competitors arrive they are to report the Team Manager
- All competitors must have their name marked off & **wrist band applied** prior to competition. There will be a designated area. NO WRISTBAND NO MARSHALL.
- Competitors should remain around the **NOBBYS** tent, advise your Age Manager or Junior Carnival Co-ordinator if leaving the beach.
- Events will not be held up while parents try and find children on beach.
- The program can change on short notice and the Water or Beach areas could move. You will need to listen to the carnival announcements for your child's age group and events. Please advise others if you hear something.
- Carnivals are lots of fun and require the patience and cooperation from everyone!

15.1.5. Team Events

Teams will be selected based on results of recent club days, and in consultation with Age Managers. We also have the option if teams are short or because of injury, to run children 'up' an age group in some events, you cannot go down.

Teams will be selected prior to each carnival and parents will be notified of your child's selection. If your child is selected and unable to attend please notify the Nippers Administrator and Junior Carnival Co-ordinator so that another child may have the opportunity to compete. Nobbys usually only have a small contingent but are hoping more children attend to enable entries in all age team events.

15.2. Training

Nobbys is hoping to provide training for kids eager to improve surf skills and also to compete at carnivals. Check the website for details.

16. Water Safety

Nobbys has water safety who enter the water with the children and swim around the cans. We have Nobbys members on surf rescue boards, in the IRB and swimming with Rescue Tubes. These water safety members wear orange rash vests and caps and have completed SRC or Bronze Medallion. No parents without these awards can swim around the cans with the children. If you have your SRC or Bronze Medallion please consider assisting with Water Safety. Register your interest by texting contacting the Junior Activities Chairman. Members who do water safety will receive a voucher for a free sausage sandwich combo deal. You must sign on and off and return your rash vest and cap to obtain your voucher.

17. Poor weather and Nippers being called off

The JAC in consultation with the Patrol Captain will check out the beach conditions and weather each Sunday Morning. If Nippers is called off we will update our Web Site and FACEBOOK Page and send out a Text Message .



If surf conditions prevent water events we may choose to only conduct sand based events. This will be when the Beach is Closed or when 'Risk Assessments' during Nippers require the children to be removed from the surf zone. If the Beach is Closed and the day is miserable Nippers will be called off.

Due to other events on the Newcastle foreshore there will be a couple of days when Nippers will not be run. This will be communicated to you by Facebook or SMS or in the newsletter with a reminder the week before at Nippers.