



NOBBYS SURF LIFE SAVING CLUB



**2018-19
NIPPERS HANDBOOK**

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OUR GOAL

A warm welcome to our first time and returning Nobbys Nippers. We look forward to a fun and successful 2018-19 season. As we launch into the season it is important that we have a common goal that everyone involved with Nippers seeks to achieve.

The Surf Life Saving Junior Development Program (Nippers) provides a structured development program for members aged five to thirteen to develop self-esteem, surf safety, lifesaving and competition skills. It is a highly valued program consisting of tangible outcomes, clear pathways and an emphasis on fun and participation.

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

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.

KEY DATES

Please note the following important dates for this season.

Swim Proficiency	Sun 16 September '18 – 11:00-13:00
Age Managers Training Session	Sun. 26 August '18 - 12:00-14:00
Junior Activities Committee Meeting	Sat. 15 September '18 - 14:00-16:00
Nippers Parent Information Session	Sun. 23 September '18 - 14:00-16:00
Nippers Starts	Sun. 14 October '18 - 09:00
<i>Supercars Weekend (Nippers Cancelled)</i>	<i>Sun. 25 November '18</i>
Club Championship (Round 1)	Sun. 9 December '18
Christmas Party (Start of Christmas break)	Sun. 16 December '18
Nippers Resumes for 2019	Sun. 27 January '19
Club Championship (Round 2)	Sun. 17 February '19
<i>Sparke Helmore Triathlon (Nippers Cancelled)</i>	<i>Sun. 24 February '19</i>
Final Nippers for 2018/19	Sun. 3 March '19
Nippers Presentation Day	Sun. 10 March 2019

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.

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.

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.

The Junior Development 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. Every junior member is expected to achieve the relevant Surf Education Award appropriate to their age group

SAFETY & EMERGENCY RESPONSE

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.
- **Emergency Response** – in the unlikely event of an emergency at the beach all parents are to meet with their age group at the extreme rear of the beach.
- **Risk Assessment** – the Junior Activities Chairman in close consultation with the Patrol Captain and the Water Safety Supervisor will assess – and reassess – conditions during the morning. If an activity is deemed unsafe at any time the activity may be relocated, modified, or cancelled.

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 red and yellow skull caps and rashies (and usually wetsuits)!

Water Safety volunteers must be financial club members and have completed their SRC or Bronze Medallion. No parents without these awards can swim around the cans with the children.

We will not have Nippers in the surf unless we have the necessary compliment of water safety.



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 in accordance with Surf Life Savings Code of Conduct may be subject to club disciplinary action.

VOLUNTEERING

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.

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.

CHILD PROTECTION

Surf Life Saving is committed to the Safeguarding of Children and Young People, under the age of 18, and acknowledges that a child-safe organisation doesn't just happen; it requires conscious action to protect children from harm.

It is imperative that we provide a safe and supportive environment for children and young people, that focuses on fun, education and building the confidence of our people through positive learning and development.

Surf Life Saving's core values include being open, welcome and inclusive and building stronger and safer communities for everyone. Surf Life Saving empowers and expects all Surf Life Saving employees, members, board members, affiliated clubs, consultants, contractors and licensees, to create and maintain a safe culture for children and young people.

Surf Life Saving is committed to reducing the risks of abuse and harm to Children and Young People, and will ensure all employees, members, board members, affiliated Clubs, consultants, contractors and licensees understand and adhere to SLSA's Member Protection Policy.

COMMUNICATION

Nobbys uses multiple channels to communicate with our members. These include SMS and email, this website and social media (refer below).

In 2018/19 Nippers will adopt the Team App as the key communication tool for information relating to our Junior activities. The Team App has been adopted by many other sporting clubs and we expect that many members will already have it installed on their smart phones.

For new users, to get the full features of your teams App you need to download **Team App** onto your smartphone. Download Team App here (<http://teamapp.com/app>). Its 100% FREE.

Launch Team App.

Then:

1. Sign-up to Team App. You'll be sent an email to confirm your registration.
2. Log in. Then search for Nobbys Nippers and request access to group(s) that apply to you.



SWIM PROFICIENCY

Many activities that will be completed by children as part of junior activities will be conducted in the water. In order to assess the swimming capability of our Nippers ALL children in the Under 8 to Under 13 age groups are required to demonstrate swimming capability in a pool environment **before** they are involved in surf activities.

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.

Not being able to complete the swim proficiency DOES NOT exclude your child from Nippers activities. 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.

There are different proficiency requirements for regular Nipper activities and carnival participation.

MINIMUM POOL PROFICIENCY REQUIREMENTS

There is no time limit on the Pool Swim for those NOT intending to compete at carnivals. We expect Nippers to demonstrate capability to swim in freestyle.

Age Group	Distance	Survival Float
U 8	25 m	1 minute
U 9	100 m	1 minute
U 10	150 m	1.5 minute
U 11	150 m	2 minute
U 12	200 m	2 minute
U 13	200 m	3 minute

CARNIVAL PROFICIENCY REQUIREMENTS

Before Nippers can compete on other beaches that must complete a competition evaluation. This includes a 200 metre timed pool swim (a requirement of Nobbys) and an ocean swim in accordance with SLSA rules. We encourage all Nippers to try to meet the Carnival competition proficiency standard so that they have the option of attending a carnival during the season.

Age Group	Distance	Time Limit
U 9	200 m	6 minutes
U 10	200 m	6 minutes
U 11	200 m	5 minutes
U 12	200 m	5 minutes
U 13	200 m	5 minutes

SOCIAL MEDIA & IMAGES

Nobbys uses both Facebook and Instagram to high-light our activities in the community. There are controls around the access and use of these accounts within the Nobbys organisation.

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 Club purposes. This may include display on Nobbys SLSC web page, social media, a Nobbys Newsletter, Annual Report or another piece of correspondence for Nobbys SLSC.

Any photography taken on the beach will be done in accordance with the Surf Life Saving Australia Photography Policy, **and will only be taken by someone clearly identified as a representative of Nobbys Surf Club.**

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, following which you will be able to purchase individual and age-group photos of our Nippers.

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 13, 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. 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; but we will encourage them to challenge themselves - have a go - and try to progress their skills and shown them that they can achieve more than they expected.

Parents are asked to encourage their children only, as scare tactics almost always fail.

WHAT HAPPENS SUNDAY MORNING AT NIPPERS?

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

- 07:30 – beach set-up (volunteers appreciated)
- 08:30 – Age Managers & Water Safety Briefing
- 08:45 - Nippers marshal on the beach in front of age group signs for Age Managers to record attendance.
- 08:45 – briefing on the activities for the day
- **09:00 - Nippers commences**
- 11:00 – Nippers concludes
 - Sign-off Nippers
 - Pack-Up Beach (volunteers appreciated)
 - BBQ
 - Water Safety & Age Managers recovery time....JAC passes out on sofa.

Depending on the age group, Nippers activities include:

- Surf safety education
- Surf swimming & body surfing
- Beach flags
- Board skills, rescues and relays
- Beach sprint, relays and long runs
- Volley Ball, other games
- Lots of fun!

POOR WEATHER AND NIPPERS CANCELLATION

Nippers will generally run except in very adverse weather conditions. A little rain will not deter us! We may modify or relocate events as required, or supplement education activities. Cancellation of Nippers will primarily be communicated by SMS and The Team App. We will do this as early as possible to minimise inconvenience.

BEACH SETUP & BBQ ROSTER

In order to share the workload, we run a beach-setup and BBQ roster each week. This will be published in advance. We need parents from the nominated age group to assist with the assigned activity on the day.

WHAT TO BRING & WEAR

- **Sunscreen** - 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.
- **Water Bottle** (with owners name on it)
- **Nobbys Skull Cap** – mandatory for Nippers participation
- **Rash vest** - we strongly suggest that Nippers purchase a Nobbys rashie for both identification and sun protection

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

Email: nobbysjac@gmail.com

THE CLUB HOUSE

Nobbys SLSC has change rooms and showers for all Club members. Hot showers cost 20 cents. We have a separate entry to the change rooms and ask that wet and sandy feet do not enter our function area.

AGE MANAGERS

One of the most important (and rewarding) roles in our movement 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.

CLUB CHAMPIONSHIPS

Nobbys run our Junior Club Championships across two days during the season (please refer Key Dates above for details).

Each day will run as a mini carnival and a point score will be used on both of the days to come up with an Age Champ for each age group (Male and Female). Each child is encouraged to participate on the day and join in on the fun. Some rules will apply to these days to make it fair for all competing.

1. To be eligible for your age group championship title you must participate in all age group events across both days.
2. If assisted by water safety in the water events you will not earn points for that event. (safety comes first and the water safety **will** help when required).
3. The judges on each section will have final say on placings.
4. In the flags, only one false start per run through shall be permitted. The first competitor who breaks after the first false start has been declared in a run-through shall be eliminated. If one competitor false starts, others may follow.
5. In the wade and or swim and board competitors must go around all markers
6. In the board events all competitors will use the club 'foamie' boards

There will be officials at each event, they are trained and qualified surf sports officials.