



NOBBYS

SURF LIFE SAVING CLUB

SERVING | PROTECTING | COMPETING

Since 1923

NIPPERS HANDBOOK



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WELCOME TO NOBBYS NIPPERS

A warm welcome to our first time and returning Nobbys Nippers on behalf of Nobbys Surf Life Saving Club. Over the past few years our Club has continued to expand its numbers and reputation in the Hunter community.

All this would not be possible without the tireless effort of the various volunteers that ensure Nippers can run every week. As always, many hands make light work so I would appeal to all parents and guardians to consider helping out.

With the advent of Covid-19 we have had to adapt nearly every aspect of Nippers this year. From registration, proficiency to social distancing and capping of numbers. What will not change is our commitment to providing your kids with a foundation in surf life saving whilst having fun and keeping safe. We look forward to a fun and successful 2020-21 season.

See you on the beach

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THE BIG THREE

All Nippers and their Families need to remember the Big Three:

1. Have Fun
2. Be Covid Safe
3. Be Kind and Respectful to each other

OUR GOAL

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 AND TIMES

Nippers runs every Sunday please note the following important dates for this season. Any changes to these dates will be communicated.

Event	Date and Time	Notes / Action required
Volunteer Briefing	Thursday 24th September	Zoom Session
Nippers Parent Briefing Expectations re Covid-19	Thursday 1 st October	Zoom Session (Details supplied via TeamApp)
Uniform Store	TBA via teamApp	Nobbys Surf Club
Swim Proficiency-1 under 8's and above	Sunday 11 th October 12.30pm	Coghlan's Swim Centre, Warners Bay
Swim Proficiency-2 under 12's and above	Sunday 18 th October 9.00am	Meet Nobbys Surf Club, Williamstown RAAF base registration required
Age Manager and Volunteer Orientation	Sunday 18 th October 9:00am	Nobbys Surf Club
Nippers 1 st Day	Sunday 25 th October 8:45am	
Nippers Xmas Fun	Sunday 13 th December	
Nippers Summer Holiday break	Sunday 20 th December -Sunday 17th	
Nippers	Sunday 17 th January	1 st Nippers after Break
Club Championship Practice	TBC	
Club Championships	TBC	
Last Nippers	TBC	Funday
Nipper Presentation	TBC	May be impacted by Covid

Nippers normally runs from 8:45am each Sunday morning. It typically runs for 1.5 to 2 hours. On conclusion, after signoff all Nippers must remove their cap signifying that Nippers has finished.

No Nipper will be allowed to leave Nippers unsupervised.

NIPPER PROGRAM OVERVIEW

Nippers start learning about surf awareness and safety through Surf Life Savings Junior Development Program. The program includes activities 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.

We DO NOT teach children how to swim, however we will teach them surf skills.

Nippers will participate in various activities to develop their surf skills. This includes: 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.

Nobbys SLSC has change rooms and showers for all Club members. Unfortunately, for this season the clubhouse and change rooms will be closed.

Nippers BBQ at this stage will not be running this season. We will monitor regulations throughout the season.

WHAT TO BRING

Each week you will be required to bring the following:

- Swimmers
- Nipper cap and Rashie cap (This can be purchased from the club and you will not be able to participate in Nippers without them).
- Water Bottle (with child's name) and Towel. No baskets will be provided this year (Covid), all children will need to carry their own bottle and towel
- Sunscreen
- Any relevant medication (eg asthma inhaler)
- Goggles (optional)

SAFETY

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. Your child's name will be recorded on arrival at Nippers muster. Children will only be released to a parent/guardian's care by an Age Manager at the completion of activities.
- **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 Chairperson 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, have completed their SRC or Bronze Medallion and be proficient. **No parents without these awards and membership can swim or board around the "cans" with their children during Nippers.**

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.

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 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, our website and social media.

In 2020/21 Nippers will again use the Team App as the key communication tool for information relating to our Junior activities. For new users, you need to download the 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.



VOLUNTEERING

We are a voluntary organisation that depends on the contribution of all of our members to run our Junior Activities. Whether you are a first-time parent that can sizzle a sausage or a Bronze Medallion holder who can help at Water Safety or Carnivals, we need your support to run Nippers.

Parents if you are keen to become involved in the Surf Club please contact the JAC (nobbysjac@gmail.com). We always welcome volunteers, no matter when or how much time you have to give.



AGE MANAGERS

One of the most important (and rewarding) roles at Nobbys 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.

The main responsibilities of an Age Manager are:

- Encouraging children to participate and enjoy Nippers
- Keeping weekly records of attendance
- Assisting in the development of surf awareness and safety in line with the National SLS awards
- Ensuring children remain safe

Age Managers all wear bright green shirts and enjoy teaching and wrangling kids. To be an age manager they all have the following:

- a registered financial member of Nobbys SLSC
- a valid Working with Children Check
- Completion of 30min Covid-19 course
- Completion of 30min Safeguarding Children Course.
- Completion of an Age Manager Course delivered by the Surf Club.

We ideally need at a minimum one female and one male Age Manager (in a green shirt) for each age group. However, some of our age groups are large so we encourage as many people as possible to be involved to allow rotation of supervisors.

If you are interested in becoming an Age Manager, please contact the Junior Activities Chairperson. We cannot run Nippers without them.

PARENT/GUARDIAN RESPONSIBILITIES

It is important that you **NEVER** leave your child unattended at Nippers. If a child is left unattended, we may exclude that child from future participation in the program. Age Managers are not babysitters.

If you must leave before Nippers concludes, please inform your child's Age Manager to ensure their name is marked off **BEFORE** your child leaves the beach.

As parents, you have a responsibility to act in a constructive and encouraging manner. Any behaviour not considered in the spirit of Nippers, may result in exclusion from the Nippers program.

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.

This year due to Covid-19 restrictions swim proficiency for under 8s and above will be different. **Further information will be provided to members shortly via teamApp.**

MINIMUM POOL PROFICIENCY REQUIREMENTS

There is no time limit on the Pool Swim for those NOT intending to compete at carnivals. However, it must be a continuous swim, no stopping. 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 highlight 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.

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.

Each age group will have a different focus:

- U6 and U7 – the key focus is 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. Surf education lessons during Nippers are delivered e.g. Signals, water conditions. Under 8's and above can compete at certain carnival events e.g. Wade, Flags
- U 9 to 13's – in this age group Nippers expand their knowledge of beach and water events including boards and ocean swims. Surf education lessons are delivered. U9s to U13s can compete at carnival events e.g. Flags, Run, Swim, Board.

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 support Age Managers to encourage their children to develop their skills.

NIPPERS SUNDAY MORNING TIMETABLE

- 07:30 - Beach set-up (rostered parent volunteers)
- 08:30 – Volunteer Sign in and Age Managers & Water Safety Briefing
- 08:45 – Nippers and Parents move directly to age groupings for sign in.
- **09:00 - Nippers commences**
- 11:00ish – Nippers concludes
 - Sign-off Nippers
 - Pack-Up Beach (rostered parent volunteers)
 - Water Safety & Age Managers recovery time....JAC goes home to mow the lawn.

Depending on the age group, Nippers activities include:

- Surf safety education
- Surf swimming & bodysurfing
- Bucket relays and wade
- Beach flags
- Board skills, rescues and relays
- Beach sprint, relays and long runs
- Volleyball, tips, red rover and other games
- Lots of fun!

POOR WEATHER AND NIPPERS CANCELLATION

Nippers will run except in very adverse weather conditions, a little rain will not deter us!

We will modify or relocate events as required or supplement education activities.

Cancellation of Nippers will be communicated by Team App. We will do this as early as possible to minimise inconvenience.

CLUB CHAMPIONSHIPS

Nobbys run our Junior Club Championship on one day during the season (please refer Key Dates above for details).

This day will run as a mini carnival and a point score system will be used 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 this day to make it fair for all competing.

1. To be eligible for your age group championship title you must participate in **all events**.
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 where required).
3. The officials will have final say on placings.
4. In the flags, only one false start 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, swim and board, competitors must go around all markers
6. In the board events all competitors will use the club 'foamie' boards
7. In the event of a tie, the person with the most 1st places, followed by most 2nd places will be awarded the win

