



Broulee Surfers SLSC



www.brouleesurfersslsc.org.au

Junior Surf Life Saving Handbook 2023 - 2024 Season

BROULEE SURFERS SURF LIFE SAVING CLUB

Welcome to the 2023-2024 Nipper season at Broulee Surfers SLSC. We would like to take the opportunity to welcome new members and to also welcome back some familiar faces. As a club we hope that this season will be as successful as previous years and we look forward to watching our Nippers develop into junior surf lifesavers throughout the year.

The Junior Co-ordinator, Age Managers and Water safety personnel who are responsible for organising Nipper activities, consists of Parents like you. Most have children who either are Nippers or have been in the past so they have first hand knowledge of being a Nipper parent. As a club we strongly believe in the value of surf education for the well being of our children at the beach. If you can help in any way, please don't hesitate to let us know.

2023-2024 Broulee Surfers SLSC
Junior Co-ordinators
Martin Roberts and Bree Rosenbaum

Nippers Committee 2023-2024

JUNIOR CO-ORDINATORS

Martin Roberts/Bree Rosenbaum

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WATER SAFETY CO-ORDINATOR

Craig Bindon/Danealle Gilfillan

SURF SPORTS CO-ORDINATOR

Darren Drewsen

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AGE MANAGERS

Scott Melgaard (U14)

Todd Hayward (U14)

Sierra Chew (U13)

Martin Roberts (U13)

Glenn Dawson (U12)

Sandro Lopresti (U12)

Steve Halliday (U11)

Tony Tyrell (U11)

Bradie Logue (U11)

Scott Carver (U10)

Evan Cahill (U10)

Jack Johnston (U9)

Alexis Josephson-Swoboda (U9)

TBA (U8)

All Age Instructors

Daniel Beby

Michelle McPherson

Darren Drewsen

JUNIOR ACTIVITIES

Nipper's is held Sunday mornings between 10.00 am and 12.00 pm and some Saturday afternoons between 3.00 pm - 5.00 pm. Parents must accompany their child to the front of the gear shed for a 9.50am briefing prior to Nippers (2:50 on Saturday afternoon sessions). A parents/caregiver is expected to remain on the beach throughout Nippers. This ensures that the child's Age Manager knows who they have in their care and that a parent is close by.

There are set activities and events for all Nippers to participate in. They are designed to combine the elements of education, such as team cooperation, knowledge of the beach and of surf conditions, as well as physical skills. The knowledge and skills learnt at nippers are skills for life.

ESSENTIALS FOR NIPPERS

- A positive attitude.
- Parent, Grandparents, Guardians on beach.
- Sunscreen applied.
- BSSLSC Nippers cap, pink vest, swimmers

- Any medications normally available to the child when participating in a competitive environment (ie Ventolin etc if required). Parents must be available to administer.
- Water bottle
- Goggles (optional but strongly encouraged as surf skills are developed)
- Wetsuit (optional but particularly useful at season start)
- Towel
- Warm clothes for after Nippers session
- A smile

WHAT TO DO ON NIPPER'S DAYS

- Arrive at 9.50am ready dressed and ready to start the Nippers session. Age groups will have a designated area to sign in with their Age Manager and for a briefing on the day's activities and any other information.
- Age Managers will call a roll at the beginning of Nippers and provide numbers to the Water Safety Coordinator.
- Nippers will rotate through activities (water, beach, games and SLS education). Safety measures to be undertaken to ensure the child's safety according to the Beach Safety Management Plan. Children must stay with their Age Manager at all times, if children must leave their group, to go to the toilet etc, the Age Manager must be told prior to them leaving and can only leave with a parent/guardian. No child is to enter the water unless authorized by the Age Manager. All Nippers must have a parent/guardian on the beach.

- At the conclusion of Nippers, parents must sign children off the attendance roll with the Age Manager and Nippers must **REMOVE** their cap after being signed off.
- **Each age group is responsible for packing up their equipment including carrying boards off the beach.**
- Children are not to leave the beach/club surrounds until signed off and collected by an adult.

WHY JUNIOR SURF LIFESAVING?

Junior surf lifesaving (Nippers) is one of the fundamental areas of the lifesaving movement.

Being a member of Broulee Surfers SLSC allows your child to have an identity within Surf Lifesaving Australia and know that they are part of a great national tradition that is identified worldwide.

Our Club offers every child an opportunity to develop confidence and skills in and out of the water with the added bonus of having fun along the way.

Nipper's is often seen as being for those kids that are good at swimming and surfing - this is not the case. It is vitally important that all children have knowledge of the hidden dangers of our beaches. During the season every child is shown (in a way that they are able to understand) a little about the dangers of the surf and ways to avoid getting into difficulties in and out of the water. This is part of the National Surf

Education Program. This is an ideal way of introducing inexperienced and frightened children to the surf environment.

Children who satisfy the Surf Lifesaving Australia's standards of water proficiency can enjoy the water activities. These include swimming in the surf and board paddling.

For those who are not yet ready to obtain their water proficiency, there are beach-based activities to participate in until they gain the necessary skills and confidence. Beach activities include Beach Sprints, Beach Sprint Relays, Flags, Wades, Surf Education (theory), March Past, and other fun activities.

WHAT DO THEY LEARN?

Whilst providing a platform for fun, enjoyment and competition at an individual or team level, all children are encouraged to participate in junior surf lifesaving awards appropriate to their age group.

Surf Education is a series of graded activities that aims to teach children the basics facts about the beach, the water and the environment. The Surf education program covers, Surf Awareness, Surf Safety, Surf Smart and Surf Rescue.

Nippers are also taught the fundamental skills of both the beach and water activities to prepare them for the carnivals should they want to enter into the competitions.

Nipper Awards:

U8 Surf Aware One

Focus is on understanding, identifying and demonstrating sun smart guidelines and dangers that relate to themselves, as well as what it means to feel safe, recognising emergency situations and how to get help, the beach environment and communities surf lifesavers operate in, surf sports skills focus on; body boarding, wading, dolphin-diving, beach sprint starts and beach flags.

U9 Surf Aware Two

Personal Safety Networks are introduced so participants are comfortable asking for help; impact of surf lifesavers on the beach, introduction to safety tips and the ability to identify hazardous surf conditions, begin to use a nipper board, basic board positioning and paddling, body surfing, sand running technique and diving for a beach flag.

U10 Surf Safe One

Identify surf club officials, water conservation, sun safety consequences of skin damage, learn about rips, recognising unsafe behaviours and relating these areas to preventative actions, introduction to resuscitation and CPR on a manikin,

U11 Surf Safe Two

Participants are encouraged to persist when needing help, energy conservation, recognising 'at risk' people and recognising and managing patients suffering from a range of basic first aid cases, how to perform CPR working towards a Resuscitation Certificate, interpersonal and beach signage communication, surf sports skills focusing on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach

sprint starts and Ironman/Diamond-lady and Cameron relay transitions.

U12 Surf Smart One

Learn about rights and responsibilities as a member of SLSA, how weather impacts the beach environment, on skin cancer and staying fit and healthy, the role of patrols, managing rips and using them to assist in rescues, work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate), more signals, board rescue, rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies.

U13 Surf Smart Two

SLSA Member Safety and Wellbeing Policy, global warming and climate change impact on surf life saving, 10 surf safety tips, communicating with beach users, professional emergency services, tube rescue, Basic Emergency Care Certificate (as well as a Resuscitation Certificate), complete basic first aid and resuscitation, participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, Ironman/ Diamond-lady and Cameron relay.

U14 Surf Life Saving Certificate (SRC) *

The Under 14 age group is perhaps the most important age group for juniors. It is the last year of the structured Nipper Program and the first where the junior members can start to participate in regular surf lifesaving activities - patrols, open carnivals, etc. A number of skills and knowledge lessons are provided that lead towards the Surf Rescue Certificate (SRC). The SRC is the introductory award for patrolling surf lifesavers and allows the recipient to take part in beach patrols. A member must be 13 years of age to sit the assessment for this award. Completion of

this award is a minimum requirement for participation in surf sports competition as an Under 15 (and in some instances as an Under 14).

Most Under 14 members will complete this award as part of their regular junior activities. (* Assessment of SRC can only be completed by an approved Assessor)

All members are required to gain their respective Surf Education award for their age group every season prior to 31 December.

Membership

Children who join Surf Club can look forward to having fun, meeting friends and learning surf skills that will enable them to progress to competent Surf Life Savers.

Age groups range from a minimum age of 7 years (U/8) up to a maximum age of 13 years (U/14) on a seasonal basis.

The age group for the season is determined as at midnight on the 30th September at the commencement of that season. Listed below are the age groups members will be in for the 2021/2022 season if they are born between the following dates.

AGE GROUPS

2023-2024 Age Calculator

Month of Birth	2008	2009	2010	2011	2012	2013	2014	2015	2016
January		too old	U14	U13	U12	U11	U10	U9	U8
February		too old	U14	U13	U12	U11	U10	U9	U8
March		too old	U14	U13	U12	U11	U10	U9	U8
April		too old	U14	U13	U12	U11	U10	U9	U8
May		too old	U14	U13	U12	U11	U10	U9	U8
June	too old	too old	U14	U13	U12	U11	U10	U9	U8
July	too old	too old	U14	U13	U12	U11	U10	U9	U8
August	too old	too old	U14	U13	U12	U11	U10	U9	U8
September	too old	too old	U14	U13	U12	U11	U10	U9	U8
October	too old	U14	U13	U12	U11	U10	U9	U8	U7
November	too old	U14	U13	U12	U11	U10	U9	U8	U7
December	too old	U14	U13	U12	U11	U10	U9	U8	U7

BIRTHDATE BETWEEN THESE DATES	AGE GROUP
1 October 2015 - 30 September 2016	U/8
1 October 2014 - 30 September 2015	U/9
1 October 2013 - 30 September 2014	U/10
1 October 2012 - 30 September 2013	U/11
1 October 2011 - 30 September 2012	U/12
1 October 2010 - 30 September 2011	U/13
1 October 2009 - 30 September 2010	U/14

The above ages are applicable as of midnight on 30th Sept 2023

Please note: Proof of age/birth certificate must be shown for all new children joining Surf Club.

Broulee Nippers 2023/2024 Dates

Date	Event
October	
Saturday 14 th	Pool Swim Batemans Bay - 2pm-4pm
Sunday 29 th	Nippers Commences 10am - 12pm, Broulee Beach <i>Interbranch Team Training - Narooma 10am-12pm</i>
November	
Sunday 5 th	Nippers 10am - 12pm, Broulee Beach - OCEAN SWIM PROFICIENCY
Sunday 12 th	Nippers 10am - 12pm, Broulee Beach- OCEAN SWIM PROFICIENCY
Sunday 19 th	Nippers 10am - 12pm, Broulee Beach
Sunday 26 th	Nippers 10am - 12pm, Broulee Beach <i>Interbranch Team Training - Narooma 10am-12pm</i>
December	
Sat/Sun 2 nd -3 rd	<i>NSW Interbranch Championships, Fingal Bay (U12-U17)</i>
Sunday 3 rd	Nippers 10am - 12pm, Broulee Beach
Saturday 9 th	FSC Senior Carnival - TATHRA
Sunday 10 th	FSC Junior Carnival - TATHRA - 7:30am NO NORMAL NIPPERS
Saturday 16 th	<i>U14-Senior Club Championships</i>
Sunday 17 th	Nippers 10am - 12pm, Broulee Beach - XMAS

January	
Sun 21 st	Nippers Resumes 10am - 12pm, Broulee Beach
Fri-Sun 26 -28	<i>NSW Country Championships - Warilla-Barrack Pt</i> NO NORMAL NIPPERS
February	
Sunday 4 th	Nippers 10am - 12pm Broulee Beach
Saturday 10 th	FSC Senior Carnival - NAROOMA
Sunday 11 th	FSC Junior Carnival - NAROOMA - 7:30am NO NORMAL NIPPERS
Sunday 18 th	Nippers 10am - 12pm Broulee Beach
Sunday 25 th	Nippers 10am - 12pm Broulee Beach
March	
Sunday 3 rd	Nippers 10am - 12pm Broulee Beach
7 th -17 th	<i>2024 NSW Surf Lifesaving Championships - Queenscliff</i>
Saturday 9 th	Twilight Nippers - 2pm to 4pm
Sunday 10 th	<i>Broulee Bay to Breakers Ocean Swim</i>
Sunday 17 th	FINAL Nippers 10am - 12pm Broulee Beach - FUN DAY
Saturday 25 th	FSC Junior Carnival Branch Championships - BROULEE - 7:30am
Sunday 24 th	FSC Senior Carnival Branch Championships - BROULEE - 7:30am NO NORMAL NIPPERS
April	
Sat 6 th - Sun 7 th	<i>Wambiri U14 Camp - Pambula</i>
13 th -21 st	<i>2024 Aussie SLS Championships, Maroochydore, Mooloolaba & Coolum</i>
Date TBA	Presentations

CHILD PROTECTION POLICY

The Child Protection (Working With Children) Act 2012

The Child Protection (Working With Children) Act 2012 came into effect in June 2012.

The Act means that a **"prohibited person"** is not permitted to work or continue to work with or alongside children.

"Prohibited person" is a person who has been convicted of a serious sex offence.

"Work" includes performance as a volunteer for an organisation.

This Act means that as a volunteer organisation we are required by Law to request that each volunteer involved in working with or near children complete a comprehensive Working with Children Check.

In addition, **every adult Club member** is required to complete a Working with Children declaration form. This is all for the protection and wellbeing of our children.

There are severe penalties for failing to comply with the Act, including fines and periods of imprisonment. The Checks and/or declaration you are asked to complete is our compliance with the Act.

Privacy and discretion are assured with the treatment of your documentation and we also follow the SLSA Privacy Policy.

Photographs

The club uses images on the club website, Team App and Facebook page for promotional purposes. If you do not wish you child's image to be used, please inform your Age manager or the Nippers Co-ordinator.

PARENTAL INVOLVEMENT

Parental involvement in any club, in any sport is vital to its success and our club is no different, we rely heavily on the co-operation, help and patience of all parents.

The junior side of surf lifesaving can be a very rewarding experience for the whole family. The kids learn valuable skills in a safe and fun environment and you can contribute to their education by supporting the club and becoming involved.

Parents are invited to gain their Surf Rescue Certificate (SRC) or their Bronze medallion or a Surf Lifesaving award such as first aid, advanced resuscitation, and radio operator. Other areas of interest may include becoming an Age Manager, Coach, Carnival Official or Recorder. Please let the Junior Co-ordinator know if you are interested in these courses.

Those parents that have gained their Surf Rescue Certificate (SRC) or their Bronze Medallion can assist with club or carnival surf events as a Water Safety Officer. Please note that it is a SLSNSW and Broulee Surfers SLSC requirement that parents without the relevant surf lifesaving qualifications are unable to assist with Nippers water activities.

Help is required on a weekly basis from all parents with beach set up and pack up.

WATER SAFETY

Your child, if qualified to participate in the ocean swims, may from time to time get into difficulty. It is the responsibility of the qualified lifesavers (Water Safety personnel) to help that child out and encourage them to continue, or if not able, pick up and take back to the shore. Every element of this process is well rehearsed. For more information, please feel free to talk to the Water Safety Officer or the Junior Co-ordinator.

It is strongly advised that children are working towards becoming proficient swimmers through learn to swim lessons or squad training. This will increase their confidence and ability in the water and enhance their Nipper experience.

NIPPER AWARDS

Nippers will be acknowledged for their achievements at an end of season presentation. Various awards will be presented. These awards will include but will not be limited to:

- Age Champion
- Runner up
- Encouragement Award.

Age Champion awards have a set number of criteria which includes attendance and participation at Sunday nippers, carnival participation and results, and overall attitude. Further information regarding these criteria can be obtained from Age Managers.

Be aware, be informed Club Communication System

Broulee Surf Club Notices

Find out what's going on around the club, the more you get involved the more you will get out of the club and the more fun you and your children will have! The NOTICES are a weekly email with all club news and events, the Broulee Surf Club Facebook site and the web page

<http://www.brouleesurfersslsc.org.au/>.

Broulee Nippers TEAM APP

You will also receive an invitation to join Team App - a free APP that you can download from Google Play or the App Store. Once you've signed up with the email address that you received the invite (the email you registered for Nippers with), you'll find the Broulee Nippers Team. This contains all the events for the season, important updates and information and photos of the season. This will be the main source of updates and information this season. Only Broulee Nippers parents/guardians have access to this Team. If you have any trouble setting it up or if any details are incorrect, please let us know.

**JUNIOR PARTICIPATION SKILL EVALUATION
& JUNIOR COMPETITION QUALIFICATION**

<i>Junior Participation Skill Evaluation</i>	<i>Junior Competition Qualification</i>
The following swims are required so that children can participate in beach and water activities at Broulee. COMPULSORY	The following swims are necessary if children wish to participate in carnivals.
Under 8 25 metre swim (any stroke). 1 minute survival float.	NIL
Under 9 25 metre swim (any stroke). 1 minute survival float.	Under 9 150m open water swim
Under 10 50 metre swim (25 free/25 any stroke). 1.5 minutes survival float.	Under 10 150m open water swim
Under 11 75 metre swim (25 free/50 any stroke). 2 minutes survival float.	Under 11 200m open water swim
Under 12 125 metre swim (75 free/50 any stroke). 3 minutes survival float.	Under 12 200m open water swim
Under 13 150 metre swim (freestyle). 3 minutes survival float.	Under 13 200m open water swim
Under 14 200 metre swim (freestyle, in less than 5 minutes). 3 minutes survival float.	Under 14 200m open water swim

ALL CHILDREN SHOULD AIM TO OBTAIN THEIR JUNIOR COMPETITION QUALIFICATION. THIS WILL ALLOW CHILDREN TO PARTICIPATE IN ALL ACTIVITIES APPROPRIATE TO THEIR AGE GROUP.

Nippers may also participate in a run-swim-run event to test a child's ability and confidence in the surf as opposed to the relative calm conditions of a pool. The run-swim-run is completed in the presence of qualified life savers/Water safety during one of the regular sessions of Nippers at Broulee.

AGE MANAGERS

A junior Age Manager is responsible for the supervision, wellbeing, and basic training of the nipper in their allocated age group. Most of all the Age Manager is responsible for the promotion of enjoyment, sportsmanship and fun in all activities.

Duties performed by Age Managers include:



Supervision of children, ensuring their safety and wellbeing during all junior activities;



Acting in a way which positively influences the personality and social development of the children;



Recording of participation and results in events conducted on 'point scoring' days;



Have a basic understanding of competition rules and regulations;



Develop appropriate guidelines for their allocated age group in case of their absence.

CARNIVALS

Carnivals are an optional activity for all Nippers. They will require preparation, planning and time. The benefits for each nipper attending carnivals can be great with team and individual rewards increasing your child's self esteem.

Our club has a set competition calendar showing the local carnivals (Far South Coast Branch) that it will support. We normally setup our own club tent and supply all boards and equipment to the children within our club. Carnivals cost \$5 per competitor which are included in the yearly membership fee. Names of competitors will be collected at Nippers the week prior to the carnival, as all entries must be received before the carnival day.

Each year there are also opportunities to compete for Broulee outside the regular Far South Coast Branch Carnivals. There are the Sydney Water Series, a NSW Country Championships, a NSW Inter-branch carnival and a NSW Surf Lifesaving Championship - Age Championships events. These are generally held Swansea, Bulli or Cudgen but can be other Sydney based areas. This is where thousands of competitors assemble to compete. Please talk with your child's' Age Manager if your child

thinks they would like to attend these carnivals as participation is subject to individual assessment.

Please note that your child must pass the competition swim distances in the ocean as per surf lifesaving requirements detailed in this booklet to participate in carnivals.

CARNIVAL EVENTS

Water Events

Wading Race: U8s only - Competitors run through knee to waist high surf, and may wade, dive and/or swim their way around the water section of the course that includes three (3) water safety persons as markers, then return to shore and finish between the flags

Wade Relay: U8s only - Competitors are divided into teams of 4 members.

Each member is numbered 1 to 4 and as he/she completes the course they are to tag the next numbered competitor, until all have completed the course

Swim Race: U9 up - Competitors commence from the start line on the beach, enter water, swim around the buoys (commonly termed 'cans'), return to shore and finish between the flags

Swim Teams: U9 up - Competitors are divided into teams of 4 members. All competitors swim the same course (together as a group) as the Swim Race. Upon completing the course each swimmer is given a place number. The team of 4 with the lowest score is the winner.

Board: U9 up - Competitors commence from the start line on the beach, enter water, paddle around specific buoys, exit water finish by crossing a judging line on his/her feet whilst holding the board. Ages U9 to U10 use foam Nipper boards, U11 to U13 fibreglass Nipper boards and U14s use fibreglass Malibu racing boards

Board Relay: U9 up - Competitors are divided into teams of 3 members each.

The event commences with paddler 1 starting, completing the course and tagging 2, who completes course and tags 3 who races to the finish line

Iron person Events: U11 up - This event combines a beach run with a swim and a board leg

Cameron Relay: U9 up - Team consists of 4 competitors, being a swimmer, 2 sprinters and a board paddler

Buchanan Relay: U9 up- Team consists of a swimmer, board paddler, wade, and 4 sprinters

Board Rescue: U11 up - Teams comprise of a patient & a rescuer. The patient swims to an allotted buoy, touches the buoy with one hand & signals to the Rescuer, a board paddler, by raising the other arm in a vertical position. The patient then retires to the seaward side of the buoy as the Rescuer paddles to the allotted buoy. Behind the buoy the patient climbs onto the board and both paddle back to shore, passing through the finish competition line with both in contact with the board.

Beach Events

Beach Sprint: U8 up - Competitors sprint against each other on a beach track of 70 metres

Beach Relay: U8 up - Team consists of 4 members who pass a baton to each other at end of sprint legs

All Age Relay: U8 up - Team consists of 7 members, male or female, with each from a different age group. Competitors run in order from youngest to oldest

Beach Flags: U8 up - Batons are positioned 15 metres away, in a line parallel to the start line and shall be approximately in the centre of the space between competitors. Competitors lie face down, with their toes on the start line, heels together, hands on top of each other with finger tips to wrist and the head up.

Elbows must be extended forward so that the chest lies flat on the sand. No scooping of sand or digging in of the feet is permitted. On the command "Heads

Down" the competitors will stretch their chins forward and place the chin on their hands & await the start. At the starter's whistle the competitor shall get to his/her feet as quickly as possible and attempt to obtain a baton.

March Past: March Past competition is another traditional event that provides a platform for discipline and surf club spirit. March Past supports Surf Club spirit, friendship and the carrying of the flag raises pride in the club colours.

As you can see there is a broad cross section of events designed to develop the skills and fitness of our future Surf Life Savers. Please be mindful that competing at Carnivals is encouraged, but not compulsory.

CARNIVAL TIPS

Here are some tips designed to make carnival days successful for the whole family:

Prepare for a full day of outdoor activity by ensuring that you have ample healthy food, water, sunscreen, appropriate clothing, club swimmers, club competition cap and a hat.

Arrive early and assist in pitching tents and moving equipment onto beach.

All Nippers to report to Age Managers ASAP to be marked off. All non-officials and non-competitors must stay out of the competition area

Age Managers to be informed as a matter of urgency of a competitor for any reason withdrawing from an event. Although encouraged, no child will be forced to compete in an event if they do not want to or if the Age Managers do not believe they are capable. Parents are asked to support such decisions. Notify Age Managers of any repairs that are needed damage to equipment, i.e. marquee, tie downs, Nippers boards, etc. At conclusion of Carnival please assist in pack up of tents and equipment.

Enjoy the day, support each other, have fun and be proud to be part of Broulee Surfers Lifesaving club.

MEMBERSHIP FEES

NIPPER	\$70.00
FAMILY (of 4)	\$210.00
FAMILY + 1 additional member	\$240.00
ASSOCIATE (Nipper Parent)	\$40.00

****[Joining and renewals | Broulee Surfers Surf Life Saving Club \(brouleesurferslsc.org.au\)](http://brouleesurferslsc.org.au)**

CLUB UNIFORMS

All enquiries for swimwear, rash shirts and other club clothing can be directed to Michelle Dubois in the surf club boutique or through brouleenippers@gmail.com

***IT IS COMPULSORY TO WEAR THE NIPPERS CAP AND PINK SAFETY VEST WHEN TRAINING AT NIPPERS AND ALSO AT CARNIVALS WHEN IN THE WATER**

SUNSMART POLICY

SLIP on a T shirt. One with a high neck, sleeves to the elbow and one that you can't see through is best.

SLOP on sunscreen minimum of factor 30+ and one that is water proof. It must be applied 15 minutes before going into the water!

SLAP on a hat. The best type is one with a broad rim.

WRAP on some sunnies, with a 100% UV filter.



CODES OF CONDUCT

NIPPER CODE

PLEASE:

1. Play to enjoy the sport;
2. Follow the rules;
3. Do not throw sand, it can be dangerous;
4. Return and wash your board at the shed;

5. Carry your board and not drag it.
6. Notify your age manager if you notice the board needs repairing;
7. Do not argue with official's decisions. In a carnival situation, the team manager can ask the necessary questions;
8. Be a good sport, encourage all Nippers
9. Treat other Nippers as you like to be treated;
10. Remember the aim is to have fun and improve your ability;
11. Always stay with your age group;
12. Nipper caps must be worn at all times;
13. After sign off take your Nipper cap off, you are no longer your Age Managers responsibility;
14. Listen to your Age Manager and team mates;
15. Competing is most important, winning is a bonus.

Note: Because of the risk of disrupting or endangering others in the age group, any nipper who does not follow the above code may be asked to leave the beach on the day.

PARENT/GUARDIANS CODE

PLEASE:

1. Ensure your children understand the above mentioned Nipper code;
2. Be present on the beach at all times;
3. Do not make an unwilling child participate in a sport;
4. Children are involved in sport for their enjoyment, not yours. Don't spoil it by being too intense;
5. Encourage the effort, it is as important as the result;
6. Work towards improving skills and sportsmanship;
7. Don't yell and abuse a child for making a mistake.
8. Do not publicly question an official's decision;
9. Be on your guard against projecting your own aspirations onto your child;

10. Recognise the value and importance of volunteer coaches, officials, Age Mangers and Water Safety.

SPECTATORS CODE

PLEASE:

1. Applaud good efforts by your own team and their opponents;
2. Show respect for your team's opponents. Without them there would be no competition;
3. Condemn the use of violence in all forms;
4. Respect ALL decisions made by the officials;
5. Encourage competitors to always play according to the rules;
6. Do not use profane language or harass competitors, coaches or officials.

IMPORTANT ADDITIONAL INFORMATION

 The club cap must be worn at all times during Nippers sessions and the vest at all times when in the water, this also applies at carnivals;

 Nippers must bring a rash vest or T-shirt, water bottle, hat, cap, pink vest and sunscreen to all beach activities;

 A child must be proficient in their age group before they can compete at any carnival;

 The minimum of 1 parent/guardian per child/family must be present during Nippers in case of illness or injury;

 No adult member of the club is permitted to supervise or assist in any children's activities on the beach or within the

boundaries of the club without having first signed the Child Protection Declaration and provide a valid Working with Children's check.. **No adult can assist with water activities unless suitably qualified;**

- 6 Care must be taken whilst handling the Club's equipment. It is costly to replace/repair and may cause injury if mishandled;
- 6 Surf Life Saving is a self-funded organisation that relies on the generosity of the community. If you know of any interested parties that can assist with sponsorship and donations please contact the Junior Co-ordinator or speak to an Age Manager.
- 6 **Please remember that Nippers is run by volunteers. We strongly encourage all family members to participate in the running of nipper activities.**

Finally, if you have any queries or questions please do not hesitate to contact the Junior Co-ordinator.

BSSLSC NIPPERS RELOCATION PROCEDURE

- The decision to stay at South Broulee or move Nippers to North Broulee will be made according the SLSNSW Lifesaving Standard Operating Procedures Version 5, 2016, page 48 as reference below-

The Patrol Captain shall have internal SLS 'control' of all lifesaving activities on the beach including 'Nippers'. The Junior Coordinator (person in charge of Nippers on the day) shall have delegated 'command' of their water safety delivery requirements - as per the SLSA Water Safety Policy. The Junior Coordinator and the Patrol Captain should conduct a risk assessment and agree for Nipper activities to take place, however the command role is undertaken by the Patrol Captain as necessary and this means that the Patrol Captain has final authority on whether Nipper activities can proceed or not. An ongoing line of communication should be maintained between the Patrol Captain and Junior Coordinator, including a pre-activity briefing. The Nippers area shall be in contact with the patrol via radio at all times.

- A formal Risk Assessment will be conducted by Water Safety co-ordinator / Junior coordinator with the Patrol captain using the hard copy risk assessment form.
- There may be the option of Under 13's and Under 14's staying at South Broulee whilst younger ages proceed to North. This is dependent on sufficient numbers of capable water safety available and the patrol captain agreeing to them proceeding with Nippers at South Broulee.

- If Under 13's / U14's stay at South Broulee a 2nd risk assessment is completed and signed off by the Patrol Captain in charge.
- Water Safety: All water safety must sign logbook.
- The Water safety co-ordinator is responsible for all activities at the new location and will ensure that they follow the SLSA Water Safety Policy at all times. They must ensure that the new area has the minimum safety equipment required.

Steps to take once decision is made to relocate:

1. Patrol

- All Age Managers sign on as patrol (roaming)
- They form the patrol to cover Nippers
- Patrol captain to inform any late comers of the move.

2. Water Safety

- All water safety must sign onto the logbook.
- Appropriate water safety equipment is taken to North Broulee.
- Water Safety coordinator takes radios to North Broulee, ensuring they have contact with South Broulee patrol.

3. Safety Equipment

Appropriate safety equipment be taken including:

- First aid kit with oxygen
- Defibrillator
- Mobile phone
- ATV to take injured Nippers back to surf club.
- Radio's x 2 (one for back up)
- Rescue boards and tubes
- Flags to mark Nippers areas
- Power craft if available

4. Personnel arrangements

- The Nippers and Parents/Guardians will be briefed about the re-location at the regular meeting place for the commencement of Nippers (gear shed at the surf club).

- Age managers will sign in children on their age group Attendance record and transport them as a group to the new location.
- Parents/Guardians must also accompany the Nippers group and remain at the new location until returning with the Nippers group.
- Parents/Guardians must sign off their child back at the regular meeting place for Nippers sign off (gear shed at the surf club). Removal of the Nippers cap must occur at this time.

NIPPER BOARD INFORMATION

Boards are the biggest expense for Nippers at our club. It is imperative that we all take responsibility and look after our boards.

BOARDS

Foamies – (used ONLY by 9-10year olds)

- 6 feet 6 inches long
- Must be SLSA approved
- Only to be used in the lying position, not kneeling or
- standing
- Replacement cost \$600^[1]_[SEP]

Fibreglass Boards – (used ONLY by 11-13 age groups)

- 6 feet 6 inches long^[1]_[SEP]
- Must be SLSA approved^[1]_[SEP]
- Only to be used in the lying position, not kneeling or
- standing.
- Replacement cost \$1000

Mals - (used ONLY by U13 U14 with SRC age groups)

- 10 feet 6 inches long
- Must be SLSA approved
- Used in the lying or kneeling position
- Replacement cost \$1800

Mals and glass nipper boards are made of fibreglass and epoxy resin, not polyester resin as used with normal surfboards. Epoxy is lighter and stronger than polyester resin. Epoxy is extremely toxic and difficult to work with; therefore, repairs are very expensive. **Please use the club's boards as if they were your own.**

Basic Board Care

- When placing on the beach, place face down with the fin up.
- The sun destroys boards. Place in shade if not using.
- Cover with a towel or similar when on the beach for extended periods.
- Report all damage immediately to age managers or gear stewards.