

# CANBERRA BROULEE NIPPERS

## Parents/Guardians Information

Surf Life Saving (SLS) exists to save lives, create great Australians and build better communities. The primary aim of our Nippers program is to train young lifesavers for the future.

Nippers is the SLS program for children that have turned 6 to 13 before 1 October. With an emphasis on fun and participation, Nippers learn rescue techniques, ocean safety and lifesaving skills. They can progress to becoming qualified lifesavers once they turn 13. Nippers is not a 'learn to swim' program; they need to be good swimmers to participate in the awesome activities including aquatic rescue simulations, ocean swimming, resuscitation, first aid, board paddling and catching waves. Nippers that are not good swimmers will find some of the activities too challenging and become discouraged.

Canberra/Broulee Nippers is part of the [Broulee Surfers Surf Life Saving Club \(BSSLSC\)](#), a club dedicated to the safety of the public at the beach.

We train at the Canberra Olympic Pool (COP) in Civic, with approximately every third week away at Broulee or one of the three Nipper carnivals held during the season.



**Younger Nippers** (Under 7s to Under 9s) are introduced to life saving skills through a range of fun activities and games. They learn about rips, hazards, sun safety and other dangers at the beach. Nippers also gain the skills and physical fitness to participate in ocean swimming and board paddling as they get older.

**Older Nippers** (Under 10s to Under 13s) learn first aid, resuscitation and other lifesaving skills. They become more experienced in ocean swimming, board paddling, catching waves and aquatic rescue (both pool rescue and ocean rescue scenarios).

**Under 14** is the last year of Nippers. Our Under 14s should aim to be qualified surf lifesavers (i.e. pass their Surf Rescue Certificate assessment) by the start of the season. They have leadership opportunities to demonstrate their skills to the younger Nippers and to patrol at Broulee. That's right, Under 14s may actually be called upon to assist a swimmer in difficulty in a real-life situation while on patrol at Broulee. Patrolling is a great way to give back to the community and earn the community service hours that are now required by many high schools and some universities. By the end of Under 14s they are ready to graduate from Nippers as life savers.

We limit the number of Nippers in each age group to 20 to ensure a good experience and less time waiting to have a turn. Nippers requires a lot of parental involvement and weekends away. Nippers need to attend regularly – at both the pool and beach – to maintain fitness and to ensure they acquire the wide range of skills needed to become a surf lifesaver. If you are not able to attend regularly (aside from unexpected illness or injury) or do not plan to participate in the beach sessions or carnivals, kindly consider whether surf lifesaving is the right volunteer organisation for your family. Our aim is to train future lifesavers and to provide a safer beach experience for your family and the visiting public (as well as having a fantastic time), so we hope to see good use of every place available.

## DETAILS

- Canberra/Broulee Nippers train for 3 hours (including set up and pack up) on Sunday mornings.
- The season follows school Term 4 and Term 1, with a break over the school holidays.
- Nippers are required to demonstrate their swimming proficiency prior to the season starting to ensure they meet the required safety standard before paying their membership. Proficiency swims are done before the October school holidays, ready for the season to start once Term 4 commences.
- The Nipper carnivals (Under 8s and older) are a highlight of the season – a chance to put the training into practice. Carnivals have a fun atmosphere with an emphasis on participating and 'giving it a go'. Under 7s don't participate at carnivals. Under 8s do sand events and a wading race. Under 9s and up can try a great range of events with other nipper clubs from Batemans Bay to Pambula.

- Under 7s and Under 8s are non-competitive age groups. Under 9s and above are given points for attendance, attitude and results at carnivals to determine the male and female age champion, runner up and encouragement awards at our end of season presentation. The emphasis is on dedication and acquiring the skills to be a lifesaver, it's not just about being the fastest.
- Nippers may be photographed while participating in activities. Parents are asked to take care and use common sense when posting photos or details of weekends away on social media. Please let us know if there are any questions or concerns.
- We require a parent/guardian to be on the beach and at the pool at all times during Nippers.
- All parents involved in instructing, water safety or age managing are required to have the Working with Vulnerable People card and the relevant SLS training for the task. At COP, please do not get in the water during Nippers sessions (except on designated 'parents versus Nippers' race days). This includes siblings or any other children who are not part of the program.
- The cost to [join the Broulee Surf Club](#) is approximately \$200 per family. Membership fees are mainly to cover insurance and costs. There are no paid coaches nor paid instructors at Nippers, it is all run by parent volunteers. We ask that you join as a family, as parents are required to roll up their sleeves and help – it is essential that family members are covered by SLS members insurance when helping to move gear. Membership fees are due by mid-October.
- Each age group is rostered to help with the BBQ, both cooking and contributing to the bake sale. All age groups are involved in setting up and packing away gear.
- You will need to purchase a club cap and pink safety vest for Nippers to wear at each training session. Under 7s will wear a different colour cap to designate they can only go in shallow water. Nippers are not allowed to participate if they are not wearing their cap and vest. These items will be available for purchase at the first Nippers session.
- Canberra/Broulee Nippers are required to pay for pool entry at the COP; parents and guardians enter for free. There is a discount available if you buy a book of pool entry tickets.
- A range of Broulee Surfers SLSC clothing, including swimmers and hoodies, are also available by ordering through the uniform shop and collecting in Broulee. Only the cap and vest is mandatory.
- A shorty wetsuit is strongly recommended, particularly in the first half of the season. Goggles, towel, sunscreen and water bottle are also required at every session.

# NIPPERS ACTIVITIES / AGE REQUIREMENTS

Nipper age groups are based on the age you turn before 1 October. For example, if you turn 8 before 1 October you will be in the Under 9s. As part of SLS inclusivity, Nippers are able to train up an age group if they have a friendship group there but preference is to remain in their age groups rather than training in other age groups.

## Under 7s

- Under 7s is for the younger siblings of older Nippers. Under 7s is not recommended as an in-take year for the oldest child in the family, as they are limited to shallow water and at Broulee are limited to dry activities.
- Our Under 7s are introduced to some age-appropriate Nipper activities to help keep these Nippers occupied and entertained while their older siblings train. A few of our parent volunteers, coaches and water safety parents also have a Nipper in the Under 7s – this helps supervise their Nipper while they are leading activities elsewhere at the pool or beach.
- The Under 7s are only allowed in shallow, calm water (ie the wading pool at COP) for safety reasons.

## Under 8s

- Nippers in the Under 8 group (that have turned 7 before 1 October): at the beach they are only able to do wade races (waist deep water), some introductory board paddling in shallow water and sand activities – they do not swim through the surf for safety reasons.
- At our Canberra sessions, this age group is able to participate in board paddling and pool rescue activities in the pool, so must be a competent swimmer.

## Under 9s to Under 12s

- Nippers in the Under 9s and above (Nippers that have turned 8 or more before 1 October) will be swimming and paddling boards out through the surf zone into the open ocean.

- Nippers in these age groups will also participate in challenging lifesaving activities including simulated rescues of submerged objects, rescuing a patient, open ocean swims and catching waves.
- Of course, there is close supervision and instruction given prior to attempting these activities. During rough surf, activities are moved to a location with waves suited to their skill level.

### Under 13s

- At this age Nippers start training for their Surf Rescue Certificate (SRC). The goal is for kids in this age group to be able to swim 200m in under five minutes by the time they turn 13.
- Kids signing up at this age for the first time will need to be very strong swimmers. If they have not participated in SLS activities before they may struggle to keep up and lose confidence. Under 13/14 nippers are able to train in bigger surf conditions than the younger nippers.
- By the end of Under 13s / start of Under 14s they will be assessed on various skills including aquatic rescues, CPR and first aid to achieve their SRC.

### Under 14s

- Under 14s is not an in-take year for kids that are new to SLS.
- Under 14s is the final year of Nippers. By this age they would have been signed off as surf life savers (with an SRC) or will be soon after the start of the season. Under 14s are required to have their SRC to compete on longboards at carnivals and at training. As newly qualified surf life savers, they have the opportunity to patrol and receive further mentoring, and leadership opportunities

## PROFICIENCY (EVALUATION) SWIMS

Swimming is an essential skill for participating in our aquatic activities and games. There are two proficiency swims, [the Preliminary Evaluation and the Competition Evaluation](#):

- The pool swim (or 'Preliminary Evaluation') is the minimum required to attend Nippers safely. However, we strongly recommend your child can swim freestyle and swim more than the minimum distance – without stopping – so they confidently enjoy the activities.

- The ocean swim (or 'Competition Evaluation') is for Under 9s and above and is mandatory to be able to attend carnivals. Canberra Nippers attempt this swim at their first Broulee session.
- Swims are supervised by surf lifesavers to ensure safety.

## PARENTS/GUARDIANS RUN NIPPERS

The Club operates entirely on volunteer help and your assistance throughout the season will be regularly required and counted upon. There are many roles, and for many you don't need surf lifesaving experience. It is our experience that the more that you get involved, the more your child will enjoy Nippers. You will be asked to nominate for a role when registering. Assistance will be provided to get up and running with your role.

Roles that parents can help with include:

### **Junior Activity Coordinator**

Assist with the coordination and delivery of junior activities.

Work with the club management team to plan the junior activities each season.

Ensure all club documentation is completed.

Develop a scope and sequence of session plans for age managers / age groups.

### **Age Manager Coordinator**

Coordinate the training and induction for Age Managers.

Provide advice, direction and support for Age Managers.

Ensure qualifications are met and recorded.

### **Water Safety Coordinator**

Responsible for the safe conduct and delivery of Nipper activities, supervising Water Safety Personnel (WSP) to carry out their responsibilities as part of a team.

Upload data to Surf guard.

Manage relations with National Capital Authority (NCA) for scheduling of lake events.

Research and coordinate Nipper lake related activities outside of the usual schedule.

Bronze Medallion or Surf Rescue Certificate mandatory, Advance Resuscitation Certificate desirable.

## **Age Manager**

Age Managers play a vital role in guiding our young members through surf lifesaving activities, ensuring they're safe, engaged, and having fun.

Becoming an Age Manager is easier that you might think. The training is completed online at your own pace, covering everything from water safety and supervision to creating a positive learning environment for kids. You don't need previous surf lifesaving experience - just a willingness to support our future life savers.

Under control of the Age Manager Supervisor we require 16-24 Age Managers across the 8 age groups.

We also welcome junior Age Managers aged 17 and over, who can take on leadership roles and gain valuable experience working with younger members.

You will have to obtain and send proof of your Working With Vulnerable People registration.

## **Water Safety**

Hey parents, Surf Rescue Certificate (SRC) anyone? At the start of the season we will run training for those interested in obtaining their SRC and Bronze Medallion.

Once qualified it helps us meet water safety requirements as SLSA mandates that water safety must be performed by certified personnel. Under control of the Water Safety Supervisor, ratio 4:1 (medium risk) or 5:1 (low risk) we require a number of water safety personnel for our 120 Nippers.

- SRC; Entry Requirements: Complete an unaided swim of 200m in 5 minutes or less followed by a course of duration of 4 full days.
- Bronze Medallion; Entry Requirements: Complete an unaided swim of 400m in 9 minutes or less followed by a course duration of 6 full days.

The courses may be completed during 2-3 hour sessions over several evenings and weekends or through a series of full day sessions.

Further information about these courses can be found [here](#).

You will have to obtain and send proof of your Working With Vulnerable People registration.

## **Education Officer**

SLS Education (First Aid, CPR) and Lesson Planning for theory sessions for each of the age groups.

### **Gear Steward**

Manage gear in the shed, board requirements including transport to and from the beach.

### **Sponsors, Grants and Fundraising**

Develop relations with new sponsors and manage relations with existing sponsors. Seek and apply for relevant grants and propose fundraising ideas.

### **BBQ Coordinator**

Purchase stock for the BBQ and coordinate the age group responsible for weekly rotation.

### **Merchandise Coordinator**

Work with the boutique at Broulee to facilitate easy purchase and delivery of Canberra orders. Investigate options for additional Canberra/Broulee specific merchandise.

### **Newsletter Publisher**

Compile and publish the weekly newsletter.

## **REGISTRATION**

Please express your interest in a place by completing the online form which will be available on the [Canberra/Broulee Nippers Facebook page](#).

We look forward to having you join our club!

Kind Regards,

The Canberra/Broulee organising committee.