



## Parents/Guardians Information

Surf Life Saving (SLS) exists to save lives, create great Australians and build better communities.

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 may find some of the activities too challenging and become discouraged.

Canberra/Broulee Nippers is part of Broulee Surfers Surf Life Saving Club (BSSLSC), a club dedicated to the safety of the public at the beach. Nippers is run by volunteers, mainly the parents of Nippers. Nippers is not a 'drop and run' activity: every Nipper is required to have a parent/guardian in attendance to help with supervision, setting up gear, BBQing and leading activities (we provide parents with training where required). 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. Nippers requires a lot of parental involvement and weekends away.



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 (ie 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

## Canberra/Broulee Nippers

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 need to attend regularly – at both the pool and Broulee – 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 seasons, 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.

### Some details:

- Canberra/Broulee Nippers train between 10am and 12pm on Sundays. Arrive 9.45am, or if your age group is on setup duty, please arrive by 9.30am.
- 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. Proficiency swims are done at the COP before the October school holidays, ready for the season to start once Term 4 commences (see below).
- There are some discounts available to assist with accommodation costs at Broulee and some carnivals – more details to follow.
- The first two sessions will be **21 October 2018 at COP (Civic)**, then **28 October 2018 at Broulee**. Clothing, caps and vests will be available for purchase at these sessions. The rest of the season dates will be released shortly.
- 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.
- 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. Please do not get in the water during Nippers sessions (except on designated ‘parents versus Nippers’ race days).

## Canberra/Broulee Nippers

### Registration:

- New members: please express your interest in a place: <https://form.jotform.co/82340168124854> and you will be advised if there is one available. Please enter parent details and child details including date of birth. Check the information is correct and press submit. If you have any issues please email [canberrabrouleenippers@gmail.com](mailto:canberrabrouleenippers@gmail.com).
- New Nippers must to do the proficiency swim first (in September, details below) to ensure they meet the required safety standard before paying their membership. Please don't take out a club membership until after the swim is completed.
- The cost to join the Broulee Surf Club is \$200 per family (up to 2 Nippers) and \$25 for each additional Nipper. 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 asked 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 14 Oct.
- Each age group is rostered to help with a specific task – setting up gear, packing away gear or helping with the BBQ. For parents that are not otherwise volunteering as water safety, officials, coaches, admin or age managers, we have 7 age groups so you will be rostered on 3 out of every 7 weeks (or more often if you have Nippers in more than one age group).
- 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 COP on **Sunday 21 October** and at Broulee on **Sunday 28 October** and at the proficiency swim.
- Canberra/Broulee Nippers are required to pay for pool entry at the COP, \$5 per child for 2018-19 season. 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. Only the cap and vest is mandatory.
- A shorty wetsuit is **strongly recommended**, particularly in the first half of the season. Aldi have a wetsuit sale usually around the start of the season. Some activities for Under 8s and above require soft rubber swim fins (flippers). Goggles, towel and water bottle are also required at every session.

### Nippers activities and age requirements:

Nipper age groups are based on the age you turn before 1 October. For example, if you turn 8 before 1 October 2018 you will be in the Under 9s.

#### 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.

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### Under 8s

- Nippers in the Under 8 group (that have turned 7 before 1 October 2018): 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 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 2018) will be swimming and paddling boards out through the surf zone into 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 SWIMS

Swimming is an essential skill for participating in our aquatic activities and games.

There are two proficiency swims (see attachment, last page of this document):

- 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. While only mandatory for those that will be attending carnivals, we recommend every Nipper attempts this swim – you will be participating in a great SLS tradition and it is an achievement to be proud of.
- Swims are supervised by surf lifesavers to ensure safety.

## Canberra/Broulee Nippers

### Next Steps for new members

1. Please express your interest in a place: <https://form.jotform.co/82340168124854> and you will be advised if there is one available. Please enter parent details and child details including date of birth. Check the information is correct and press submit. If you have any issues please email [canberrabrouleenippers@gmail.com](mailto:canberrabrouleenippers@gmail.com).
2. We will be in contact with people shortly after, in the order received.
3. We only have a few places in Under 10s (nippers that turn 9 before 1 Oct) but have a few more places available in other age groups.
4. Your children will be asked to complete the mandatory pool proficiency swim. 10am Sunday 16 September, at COP in Civic is the main opportunity. For those that can't make Sunday there is a makeup opportunity at 7pm Tuesday 18 September. Please don't attend unless you've been sent a confirmation of a place. These are the only dates available, so please don't register if you can't make these dates.
5. Once the swim is complete, we will be in touch about membership and fees.

We look forward to having you join our club!

**Kind regards,**

### **The Canberra/Broulee organising committee for 2018/19 season:**

Broulee Surfers SLSC: Club Executive representative	Wendy Law
Convenor/Coaching/Age Managers Supervisor	Steve Corcoran
Junior Activity Coordinator	Louise Youngman
Water Safety Supervisor	Judy Jensen
Trainer	Ian Laverock
Gear Steward	Evan Soper
Sponsors and grants	Meagan Ferrero
Assisting with sponsors	Dimitri Nikias
Fundraising, BBQ	Renee Cox
IT, email and registrations	Matt Cox
SLS Education (first aid, CPR) and lesson planning	Greg Leach
Communications/Facebook/Weekly news updates	Jennie Armstrong
General member, also swimming coach and backup for other roles	Renata Bridgeman
General member	Brad van Dam
General member	Sarah Hawkins
General member	Mahdi Turner



## SLSA Age Group Evaluations and Surf Education Awards

Age group	Preliminary evaluation	Competition evaluation	Surf education awards
<b>Under 6</b>	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
<b>Under 7</b>	From a standing position in waist-deep water, perform a front glide, kick for 3 m 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
<b>Under 8</b>	25 m swim (any recognised stroke) 1-minute survival float	Nil (no water competition, except for wade which takes place in waist-deep water)	Surf Aware 1
<b>Under 9</b>	25 m swim (any recognised stroke) 1 minute survival float	Minimum 150 m open water swim (any recognised stroke)	Surf Aware 2
<b>Under 10</b>	25 m swim (any recognised stroke) 1.5 minute survival float	Minimum 150 m open water swim (any recognised stroke)	Surf Safe 1
<b>Under 11</b>	50 m swim (any recognised stroke) 2 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Safe 2
<b>Under 12</b>	100 m swim (any recognised stroke) 2 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Smart 1
<b>Under 13</b>	150 m swim (any recognised stroke) 3 minute survival float	Minimum 200 m open water swim (any recognised stroke)	Surf Smart 2
<b>Under 14</b>	200 m swim (any recognised stroke, in less than 5 minutes) 3 minute survival float	Minimum 200 m open water swim (recognised stroke)	Surf Rescue Certificate (SRC)
<b>Assessors</b>	Club Executive delegated authority		
<b>Recognised (Swim) Stroke Definition</b>	Recognised swimming/survival strokes (i.e., front crawl, breast stroke, back stroke, side stroke, survival back scull, butterfly) may be demonstrated using one or more combination of strokes. Both the preliminary and competition evaluations should be undertaken in a continuous fashion.		
<b>Notes</b>	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 open water competition evaluation must also be achieved before any members are eligible to compete.  Every junior member must achieve the relevant Surf Education Award appropriate to their age group to compete in championships.	Every junior member should achieve the relevant Surf Education Award appropriate to their age group.

A maximum supervision ratio of 1:5 (WSP: participants) applies as per SLSA Policy 1.01a 'Water Safety Procedure' to ensure the evaluations are conducted in a safe aquatic environment. Refer to the *SLSA Age Managers Learner Guide* and SLSA Policy 1.01a 'Water Safety Procedure' for more information on Junior Preliminary Evaluations.

Refer to SLSA Policy 5.04 'Competition Eligibility Policy', its accompanying SLSA Guidelines for Competition Eligibility and the *SLSA Surf Sports Manual* and for more information on SLSA competition eligibility and requirements.

Refer to the *SLSA Surf Sports Manual* or the *SLSA Age Guides* for information on swim competition courses that may be modified for distance to assess age group open water swim evaluations.

All SLSA documentation relating to surf education awards, preliminary evaluations, surf sports competitions and water safety are located within the SLSA Members Area Library ([portal.sls.com.au](http://portal.sls.com.au))