

Newcastle SLSC Nipper Handbook 2011/2012



Founded in 1908



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Hello to all existing nipper families and those interested in joining our great club for another exciting fun filled season of surf sports. Some of you may know me and others may not. My name is Gavin Johns and I have been appointed as Junior Activities Manager for the upcoming season. I have competed in Surf Lifesaving Saving competition and been a bronze medallion holder and patrolling lifesaver for 23 years. During that time I have coached and been coached by many experienced life savers and I believe that I can help develop the skills that our nippers have shown.

It is an exciting time for our kids as they grow and develop their surf skills and involvement within the surf life saving movement. The emphasis is to have fun at the beach and to also develop the necessary surf survival skills that could one day save a life of a friend, family member or even a complete stranger.

Under our new club constitution a Junior Activities Committee needs to be filled so that we can effectively run a successful program and develop the skills of nippers of all levels of ability. Currently we have elected to the committee (red indicates positions that need to be filled)

- Junior Activities Manager - Gavin Johns
- Junior Activities Competition Manager- Tara Neal
- **Junior Activities Superintendent- Responsible for the organization of set up and pack up/clean up of Sunday nippers. Responsible for the organization of appropriate water safety. Responsible for ensuring age managers are in attendance for each age group or organizing an alternative.**
- Junior Activities Recorder - Tara Neal
- Junior Activities Registrar - Renae Wood

Newcastle SLSC Nipper Handbook 2011/2012

- JA Gear Steward- responsible for ensuring all equip is maintained and stored appropriately and liaising with Club gear steward.
- JA Minutes Secretary - Would be good to do this to keep us all organized and on track!!!
- Age Supervisors U6, U7, U8, U9, U10, U11, U12, U13 and U14 - Not Filled

If you are interested in helping to make this experience fun for our nippers GET INVOLVED! It is easy to sit on the sideline and say things should be run better but if you want to see positive results join us and make the change.

I have a number of initiatives I would like to introduce this season in order to encourage and develop our nippers to continue their involvement with emphasis into the area of carnival competition and future patrolling of our beach. The details of these initiatives will be announced later following further consultation with the Club Executive Committee and Junior Activities Committee.

Any suggestions you may have are welcome so if you would like to make a change come and join the committee and have a voice. **Regular meetings are to be held to ensure we can achieve a smooth and organised season. The first will be held in September just after Nipper registration at a time and date to be announced.**

At Newcastle Nippers we are a volunteer organisation and therefore are in need of donations to assist us to run these activities for our kids. Without the valued support of sponsors and donors we would be unable to provide the services that we do. If you would like to assist us with fund raising or donations towards equipment and resources it would be very much appreciated. We are currently supported by Port Waratah Coal Services, Doito and The Grand Hotel and we thank them for their continued support this season. If you are interested in becoming a sponsor please do not hesitate to contact me or the Junior Activities Committee.

I look forward to a successful season with you and our nippers.

Yours in surf
Gavin Johns

What's it like to be a Nipper at Newie!

Nippers learn about surf awareness and safety through a Surf Lifesaving Education Program called SurfEd.

As part of the program they are taught board paddling, surf swimming, running, wading and other fun things about the beach.

Practicing these skills allows children to compete in Club, Branch and State surf life saving carnivals representing Newcastle SLSC.

Whilst competition is an important element, the surf awareness and education aspect is equally important.

Children will be taught to respect the surf, read the surf and be comfortable spending fun times at the beach safely. Our aim is to promote a healthy lifestyle and friendship which is unique to surf life saving

Who can join Nippers?



Any child, boy or girl may join Nippers. This program is not just about competition. It is about enjoying the surf and sand environment.

One of the best features of Nippers is seeing young children overcome their fear of the water.

Children who are afraid of the water can develop through encouragement, education and training, to be confident in the water.

Newcastle SLSC Nipper Handbook 2011/2012

Age Groups

A child may join the Club as soon as he/she turns 5 years of age, but not before.

A child who reaches 5 years of age after 30th September 2011 may join Nippers at any time; however, this child will be required to stay in the U6 Nippers Age group the following season.

Children can join Nippers from an age of Under 6 (5 years) to Under 14.

For example, if a child is 10 years of age on or before 30 September 2011, they will be in the Under 11 age group for the entire season.

Age is determined as at 30 September each year.

It is important to note that before a child is allowed to compete in any open water event (i.e. where they would be in water out of their depth) they are required to pass a proficiency test. Children who can not pass this test are limited to beach and wade activities only and can not be entered to compete at carnivals.

Proof of age (copy of birth certificate) must be shown for all new children joining the Club.

Nipper Proficiency

Every Nipper from U8 – U14's is required to participate in a preliminary water skills evaluation conducted by the Club to be able to participate in Nipper activities on a Sunday.

For safety and development reasons, all junior activity participants that want to compete for our Club in either Beach or Water Competition, must successfully complete:

1. Newcastle SLSC Junior Participation Skills Evaluation (Proficiency swim)

This is required to be completed prior to participation in any junior activity each season by all Junior Activities members (including participating in an ocean swim and SurfEd training).

Newcastle SLSC Nipper Handbook 2011/2012

Under 6 & 7 Nil (no requirement)

Under 8- 25 metre swim (any stroke), 1 minute survival float

Under 9- 200 metre pool swim within 6 minutes

Under 10- 200 metre pool swim within 6 minutes

Under 11- 200 metre pool swim within 5 minutes

Under 12- 200 metre pool swim within 5 minutes

Under 13- 200 metre pool swim within 5 minutes

Under 14- 200 metre pool swim within 5 minutes

2. Junior Competition Skill Evaluation (Timed Pool Swim and Ocean Swim)

For junior activity members who wish to compete in events at recognised carnivals a timed pool swim and an Ocean Swim must be successfully completed before their first carnival. (This is even if the child only wants to compete on the sand.)

Under 6 & 7 Nil (no competition)

Under 8 Nil (no water competition, except for wade which take place in waist deep water)

Under 9 Minimum 150m open water swim

Under 10 Minimum 288m open water swim

Under 11 Minimum 288m open water swim

Under 12 Minimum 288m open water swim

Under 13 Minimum 288m open water swim

Under 14 Minimum 288m open water swim

Evaluation.

All proficiencies must be achieved under Club supervision and sign off. All Nippers are requested to complete their proficiencies at the dates and times scheduled by the Club.

Sunday 11 Sept 2011

3.00pm to 4.00pm

Location:

The Forum Sports and Aquatic Centre Newcastle University

Cost is \$4.00 per child for pool entry.

Ocean swims will be done at week one of Nippers

What do we need to bring?

About the only items needed are swimmers, a towel, water bottle a Club cap and plenty of sun protection (applied before you arrive).

We encourage all Nippers to be surf smart and wear a shirt and hat coming to and leaving the beach.

Our terrific club sponsors at Port Waratah Coal Services will be providing long sleeve shirts and hats for each Nipper this season. These shall be worn along with Newcastle SLSC swimmers, Newcastle SLSC rash shirts and club racing skull cap which can be purchased from the club. Most importantly SUN SCREEN!!!!

The Junior Activities manager, Superintendent, gear steward, Age Managers or Coaches may allocate equipment for Sunday activities.

We **ALL** need to look after our equipment. If you use it, then it's your responsibility to take care of it. Equipment is only to be used for Sunday activities unless permission is given by the Committee. Damaged equipment should be reported to the Age Manager.

Some Nippers will buy their own equipment or be allocated specific Club equipment for competition. The security of this equipment is their responsibility.



Sunday Morning

All groups commence with the nippers in front of the Club house and then assembling in their age groups.

All children are requested to have their attendance recorded prior to joining the morning's activities.

Children should arrive ready to start activities, with their club cap on and sun protection/sun screen applied.

Under the control of their Age Managers, children then take part in fun on the beach and in the water.

Scheduled activities are noted on the Season Calendar but are subject to change dependent on beach conditions.

Under 6's, Under 7's and Under 8 age groups are encouraged to do water wades and water relays every week to learn how to negotiate shallow surf. These age groups also play lots of games in the sand and surf.

When suitable, the Under 8's will also be introduced to surf swimming in the Newcastle Baths.

The Club has foam boards that are used for fun and experience under parental supervision.

Older age groups have regular beach, swimming and board skills activities. Water participation is not mandatory, but children are supported and encouraged to participate to their full potential.

What time and for how long does Nippers take?

Nippers is generally on at 10.00am till 12.00pm each Sunday morning. However, sometimes Nippers is on Sunday afternoons if there are special circumstances like road closures for other events around town. Our Nipper calendar shows the entire regular and Twilight program for the season. It is essential the kids are ready to go 15 minutes before the start time so we are not time wasting waiting for stragglers.

Newcastle SLSC Nipper Handbook 2011/2012

How will Nippers work?

Each Sunday the Nippers will mark off their names with their Age Manager in front of the clubhouse. The Age Manager will take their age group to the activity station they are assigned. There will be 3 stations of 40 minutes completed each week on a 2 week roster system. The rotation will ensure that each week the nippers will complete a water activity, a beach activity and a Surf Education activity and after 2 weeks will have completed all 6 activity stations. The activities at these stations will be conducted by our coaching staff with age managers supervising the nippers. A roster system will enable the children to have a balanced surf education from the experienced coaches and equal time for all involved.

The Club has senior members and coaches who will assist in the conduct and training of events, such as how to paddle a surf board, surf swimming and beach relay and beach flags.

Week 1

10.00am - 10.40am	10.40am - 11.20am	11.20am - 12.00pm
U8 Board	U8 Beach 1	U8 Surf Ed 1
U9 Beach 1	U9 Surf Ed 1	U9 Board
U10 Surf Ed 1	U10 Board	U10 Beach 1
U11 Swim	U11 Beach 2	U11 Surf Ed 2
U12 Beach 2	U12 Surf Ed 2	U12 Swim
U13-14 Surf Ed 2	U13-14 Swim	U13-14 Beach 2

Week 2

10.00am - 10.40am	10.40am - 11.20am	11.20am - 12.00pm
U8 Swim	U8 Beach 2	U8 Surf Ed 2
U9 Beach 2	U9 Surf Ed 2	U9 Swim
U10 Surf Ed 2	U10 Swim	U10 Beach 2
U11 Board	U11 Beach 1	U11 Surf Ed 1
U12 Beach 1	U12 Surf Ed 1	U12 Board
U13-14 Surf Ed 1	U13-14 Board	U13-14 Beach 1

As you can see it is important that we begin on time each week otherwise the time at the first activity station will be affected. This is why we ask that the nippers are ready to go with their names marked off by 10.00am. Children are required to have participated in the SurfEd Programme in their age group before Christmas this year.

Newcastle SLSC Nipper Handbook 2011/2012

While SurfEd is compulsory, competition is not. No child is forced to compete in any event for which they are not trained, not capable of doing, or if the surf conditions are inappropriate.

On selected Sundays, there will be carnivals and other events that the Club competes in. Included are the regular carnivals, Branch and State Championships.

On these Carnival and Championship days, the regular Sunday activities may or may not be on. The Season Calendar will list these dates, but it is also important to check with the Age Manager, the Club notice board or website as planned dates and venues can change during the season.

Role of Parents

One thing we can tell you for certain; the more YOU get involved, the more your child and you will enjoy Nippers.

Overall, the emphasis in Nippers is to have fun. The Club operates entirely from volunteer help. There are many jobs you can help with, so you do not need to have had surf life saving experience. The Club values any and all contributions from parents – it makes our Club.

This is an open invitation to all parents to be directly involved and participate in Newcastle Nippers.

Don't feel overwhelmed if you do want to help.

As a parent or guardian you are required to be at the beach at all times during Sunday activities. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on Newcastle Beach is the responsibility of the parent or guardian. Nippers is NOT a child minding program.

Newcastle SLSC Nipper Handbook 2011/2012



Parents run Nippers

Roles that parents can help with include:

- Age Managers
- Assistant Age Managers
- Helping setting up the beach and putting equipment away
- Water Safety manager
- Water Safety volunteers
- Education and training
- Fund raising
- Carnival assistance
- BBQ
- Learn to be a Judge/Official
- Make a donation to the club
- Any other help and ideas welcomed

So you want to help?

Contact Gavin Johns or Tara Neal and Get Involved



Safety on the Beach

Safety is important in all activities conducted by the Club. Safety extends to safety on the beach, in the water and consideration to the protection of all children.

Water Safety

The Water Safety Manager will consult with the Patrol Captain each Sunday. They will decide if the surf conditions are suitable to conduct activities. The Patrol Captain or Water Safety Manager may cease activities if conditions become unsafe.

The IRB (Inshore Rescue Boat) or 'Rubber Duckie' is present during all water events and it is imperative that as many parents as possible are in the water to accompany children in surf activities.

No race or activity will commence unless there is the correct number of water safety personnel.

Water Safety Officers wear orange caps during water activities. Bronze Medallion Water Safety Officers must sign into the 'Patrol Log Book'. These register the hours towards their patrol hour obligations.

Child Protection

Every assistant of the Club over 18 who is in direct contact with children is required to complete a Prohibited Persons Declaration Form. The forms are available from the Club. This is a mandatory requirement that is legislated by NSW law to ensure the protection of all children. They must also be members of the Club. Should there be a concern on this matter, or about an individual, then the concern should be immediately addressed to the Junior Activities Manager. All parents involved on the beach with the children must, for SLSA insurance purposes, become a member of Newcastle Surf Club.

Parents can do their Bronze Medallion

At the beginning and through the season training is available for any parent interested in obtaining their Bronze Medallion. Many parents complete their Bronze, and in doing so, enjoy the learning experience and getting a greater understanding of surf life saving.

The Club notice board and website will also give details of future courses. The Club must meet the water safety requirements listed by the Surf Life Saving Association. It is therefore essential that as many parents as possible obtain their Bronze Medallion and assist with water safety. If we do not have the required number of Water Safety Officers then an event can **not** be conducted.



Carnivals and Competition

Hunter Branch conducts Junior Carnivals during the season for age groups of Under 8 and up. The Carnivals are held as competition between Nippers of different surf clubs, culminating with the Hunter Branch Junior Championships to be held this season at Catherine Hill Bay in February 2012, followed by the NSW Junior State Championships to be held at Kingscliff in March 2012.



Participation

We encourage all Nippers to represent our Club. To be eligible to compete, a junior member must have completed the Junior Activities Preliminary Skills Evaluation and the Junior Activities Competition Skills Evaluation.

To be eligible to compete at a championship event they also need to have achieved the appropriate surf education award for their age.

Newcastle SLSC Nipper Handbook 2011/2012

In Summary

Nippers at Newcastle are a great way to be actively involved in your child's development. Surf Life Saving is a pathway to a healthy lifestyle and future life skills. At Newcastle Surf Club we and look forward to a safe and fun season on the beach and encourage all parents and Nippers to enjoy their time with us.

Once again if you would like to help or to become a sponsor of our club and Nipper program please do not hesitate to contact us.

See you all on the beach!



Information in this handbook has been gathered from various sources including
The Bronte SLSC Nipper Handbook 2009/2010.
Hunter Surf Lifesaving
SLSA Education Manuals and Documents