

Newcastle Beach
Surf Life Saving Club



2019-20 Nippers Handbook

Welcome to NEWCASTLE SLSC Nippers

A warm welcome to our first time and returning Newcastle Nippers. We look forward to a fun and successful 2019-20 season. As we launch into the season it is important that we share a common goal that everyone involved seeks to achieve.

Our goal is to develop the skills and knowledge of our Nippers so that they can be confident in our coastal environment.

To achieve this, we are responsible for providing a safe and supportive environment for the children to participate in beach and water activities. We are a voluntary organisation that depends on the contribution of all our members to run our Junior Activities. Whether you are an accredited Official that can attend carnivals, help keep the days activities going as an age manager, or a first-time parent that can sizzle a sausage we need your support to provide the right environment for our Nippers.

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.

Nipper Program Overview

Nippers start learning about surf awareness and safety through Surf Life Savings Junior Development Program. The program includes lessons 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. The program is based on participatory evaluation and not assessed on competence; this means children must only be actively involved in each of the lessons to be eligible for the award.

Nippers will participate in various activities to develop their surf skills. This will include: swimming, body surfing, board paddling, and beach running. Practicing these skills allows children to develop confidence in the surf and they may choose to compete in Branch and State Surf Life Saving Carnivals representing their club. Newcastle Surf Life Saving Club offers a program of surf awareness, skills coaching and competition over various levels to facilitate any competitive goals of our juniors.

While competition is an important element, surf awareness and education are the primary aim. 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.

This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf lifesaving.

Contacts

Our Junior Activities Coordinators (JAC) Steve and Suzi Martin. They are assisted by a supportive group of parent and other club members as Water Safety team, Age Managers and Coaches etc. Everyone who is involved in running Nippers will be clearly identified with high-visibility clothing on the beach. Please feel free to speak to any of our team members if you have questions or concerns.

JAC contact details:

Steve Martin	Ph: 0413487337	E: smarto677@yahoo.com.au
Suzi Martin	Ph: 0432135244	E: suzimarto@yahoo.com.au

Proficiency Swim

Newcastle Nippers Swim proficiency held at Arnolds Swim Centre on **22nd September** between **12:00 am and 2:00pm**. Cost is \$4 per child for pool entry. Goggles are a good idea and uniform not required.

Nippers are required to complete the swim proficiency to participate in the water activities. If they do not meet the proficiency requirements on their first attempt, we will give them more opportunities in the weeks to follow. They are still welcome to participate in all activities out of the water.

Nippers who were unable to complete the proficiency swim before the start of Nipper will be taken over to the Baths to be assessed.

Nippers intending to compete in carnival will also need to complete an ocean swim proficiency. Nippers are encouraged to try to meet the Carnival competition proficiency standard so that they have the option of attending carnivals during the season.

What Happens Sunday Morning at Nippers?

Sunday time-table:

Time	Activity	Attending
8:30	Surf Check	Petrol Captain, JAC, Coaches
8:45	JAC, Coaches and Age Managers meeting	JAC, Coaches, Age Manage Coordinator
8:50	Beach set up	Set up team
9:00	Nippers sign in and meet in the club for the welcome and overview of the day	JACs
9:10	Start of activities	Age Mangers, Coaches, Parents
11:00	Conclude program – sign out children	Age Managers, Parents

Join members and families for a sausage sizzle after out the front of the clubhouse. \$2 each

Depending on the age group, nippers activities include:

- Surf safety education
- Beach flags, sand games
- Board skills, rescues and relays
- Beach sprint and relays
- Surf skills and surf teams (swim)
- SRC for under 14s

Parental Involvement and Membership

Parents are invited and encouraged to share the experiences of Junior Activities with their children, especially with the younger age groups. Involvement within other aspects of the Club also welcomed.

This may include: the gaining of awards to assist in providing water safety, coaching specific disciplines, officiating and administration along with participating in social and fundraising activities.

At least one Parent membership is required and is vital for the operational success of the club. There are many ways you can assist in both the juniors and/or the club in general.

- Assisting in setting up of beach and carrying down equipment.
- Washing off boards or helping pack up the beach equipment at the end of training
- Assist the Age Manager during training
- Assist in fundraising activities
- Volunteer to help with the BBQ
- Gain your Surf Rescue Certificate or Bronze Medallion to become a Water Safety Officer.
- Become an Official. Clubs are required to supply Officials at all carnivals. Short training courses are provided by SLSA.

Members of any age that cannot conduct themselves appropriately may be subject to club disciplinary action.

Volunteering as an Age Manager

The only requirement is that the supervisors do the Age Manager Course. This course will be run when required at the Surf Club. Like all sporting clubs we rely on volunteers to help it run smoothly. Even if you are unable to do the course please assist the Age Manager on the day as it makes the kids day more enjoyable and you get to meet more people and have fun in a family activity.

If you are interested in being an age manager, please contact the Junior Activities Coordinators (details above).

Poor weather and Nippers being called off

The JAC, in consultation with the Patrol Captain, will check out the beach conditions and weather each Sunday Morning. If Nippers is called off we will post on our FACEBOOK Page and send out a Text Message to number provided for registration only.

If surf conditions prevent water events, sand-based events will still operate. This will be when the Beach is Closed or when 'Risk Assessments' during Nippers require the children to be removed from the surf zone. Due to other events on the Newcastle foreshore there will be a couple of days when Nippers will not be run. This will be communicated by Facebook or SMS or in the newsletter with a reminder the week before at Nippers.

Safety & Welfare

The safety of the children is paramount in running our Nippers activities. Parents are required to sign their children in and out of the beach. It is critical that we know who is on the beach on any particular Nippers day. Our Age Managers will record the arrival of the Nippers – and release the child into a parent/guardian's care at the end of the activities. We ask that parents remain on the beach during Nippers.

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 rashies.

The Club House

Newcastle SLSC has change rooms and showers for all Club members. It is asked that you have clean dry feet before coming into the club house. In the club house, there will be a designated area for Nippers bags. The club will not be held responsible for any theft or damage to any of the belonging. A tub will be allotted to each age group for participants to store towels, water bottles and sunscreen during the activity session.

We conclude Nippers with a BBQ where sausage sandwiches and drinks available for sale. There will be a weekly roaster of parent volunteers to assist with the BBQ. (The bar is usually open from 12:00)

Communication

Our primary methods of communication are:

- Newcastle SLSC FaceBook Page: Follow our Facebook page for all general information, up and coming events and updates on club activities.
- Phone: JAC is contactable by phone for any inquiries.

The details you provided on the application form will be used for Club communication purposes. SMS messages will generally be used for urgent communication (e.g. cancellation of Nippers at short notice). You do have the ability to opt-out of this communication method - but we do require emergency contact information.

Photos

As part of your membership application, complete the Club Privacy Advice Form – providing permission to take appropriate images of your children in an individual or group situation that may be used for official purposes which may include display on Newcastle SLSC web page, Facebook page or in a Newcastle Newsletter, Annual Report or another piece of correspondence for Newcastle SLSC.

For the privacy of your children and others we request that you refrain from taking photos of Nippers at the beach.

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 14, 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.

- U6 and U7 - the key focus for these age groups are 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. They do not compete in the surf or board races - but do a wading event. They are required by Surf Lifesaving Australia to pass a 25 metre pool swim (preferably freestyle) and a 1 minute survival float prior to commencing junior activities. Surf education lessons during Nippers are compulsory. Under 8's and above can compete at carnival events.
- U 9 to 13's compete every club day in both beach and water events and surf education lessons are compulsory. At no time will an age manager force a child to enter the surf; they will encourage them to have a go. Parents are asked to encourage their children only, as scare tactics almost always fail. Friendly bribes as we all know sometimes work.

Preliminary, Competition Evaluation & Development program

Preliminary Evaluation

Many activities that will be completed by children as part of junior activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Preliminary Evaluation for each age group. Every junior member is required to participate in this evaluation prior to any water-based activities being undertaken on our beach.

Swim Proficiency

A swim proficiency is required for children in the U8 to U13 Nippers age groups at a pool before the season commences (details below). Under 6 & 7 will have to demonstrate an ability to float, and perform a glide in waist deep water and recover to a secure position. This will be undertaken in a safe environment at the beach or baths once the season commences.

Competition Evaluation

We encourage our Nippers to participate in carnivals and will support our competitors with training as required. However, before Nippers can compete on other beaches they must complete their competition evaluation. This includes a 200 metre timed pool swim (a requirement of Newcastle) and an ocean swim in accordance with SLSA rules.

Junior Development Program (Surf Education)

Surf Education is a major component of Surf Lifesaving that every child must complete for their relevant age Surf Education Award. These modules are conducted during Nipper days and must be completed prior to 31st December.

The junior development program is designed to ensure children from ages of 5 to 12 have fun at the beach while participating in lessons that will pathway them to becoming a lifesaver. The specially designed program pathways knowledge and skills with learning outcomes through lessons that are tailored to each of the age groups; ensuring the content is relevant, in line with lifesaving and surf sports and to the most up to date training standards.

Each Age Group has its own individual set of lessons – between 10 to 16 lessons depending on the age group. The lessons will be coordinated by the JAC in conjunction with the Coaches and Age Managers.

Identification & Sun Protection

Nippers are required to wear a Newcastle Nippers skull cap during all Nippers activity – and remove it after. U8 Nippers and above that go into the surf for swim or board activities are required to wear a high visibility (pink) rashie singlet.

Practice sun safety with sunscreen applied to all Nippers and parents. It is more effective when applied prior to exposure to the sun. Sunscreen will be made available for anyone that has forgotten – and Nippers will be encouraged to reapply during the morning.

Hydration

We require all Nippers to bring a water bottle with their name on it to the beach each Sunday so that they remain properly hydrated. We provide a tub per age group so that the water is readily available.

Water Safety

Newcastle SLSC has water safety who enter the water with the children and swim around the cans. We have Newcastle SLSC members on surf rescue boards, in the IRB and swimming with Rescue Tubes. These water safety members wear red and yellow rash vests and have completed SRC or Bronze Medallion. No parents without these awards can swim around the cans with the children. If you have your SRC or Bronze Medallion please consider assisting with Water Safety. Register your interest by texting contacting the JAC.

Nippers Code of Conduct

Nippers and parents are expected to act responsibly on the beach, respect all beach users and remember that we are sharing a public space.

Junior Club Rules

1. No child will be able to participate on club days until they are fully registered and have PASSED Preliminary Evaluation.
2. All events that are conducted will be in line with the National Surf Sports Manual.
3. To compete in Water Events at Carnivals members must have completed the minimum standard water proficiency requirement (see Preliminary, Competition Evaluation Chart).

4. Newcastle competition cap is compulsory for all members and must be worn on Club Days and at Carnivals for identification and safety.
5. The Patrol Captain is responsible for the management of the beach and will determine the most suitable area for nipper activities and has the right to cancel Junior Activities if the conditions are unfavourable.

Carnivals

A carnival takes all day to contest except for Branch Championships which takes two days and State Championships takes three days. Assistance is required at carnivals if and when we host carnivals.

Competitors will be under the control of the Team Manager, assisted by the Age Managers. All competitors are to report to their age manager on arrival at the carnival and must remain with the tent area, unless permission from the age manager to leave the area is approved. Many events, including team events, have been missed as a result of competitors wandering from the area.

For carnival dates, please see the club calendar and website.

Carnival Entry

If your child would like to compete in carnivals they are required to advise, two weeks before the carnival. Hunter Surf Life Saving Carnival entry fees are to be paid. Any entries not received on time will incur a late fee.

(Co-ordinator to be Announced) and arrange carnival entries to be entered by the Registrar via SurfGuard.

Club swimwear is required to be worn at carnivals and in Team Events as all team members must be attired in the same.

- Competitions caps - must remain on and securely tied under the chin, particularly in competition
- Jewellery – watches, earrings, chains, bracelets etc must not be worn
- Alcoholic Beverages - SLSA has banned the consumption of alcoholic beverages whilst a carnival is in progress. Licensed areas may be available at the conclusion of the carnival.
- The Team Manager is the only person from our club eligible to lodge a protest regarding any alleged infringement of the rules ☒ No parents are allowed into the competition arena
- Adverse Conditions – if conditions are adverse, the Carnival Referee will cancel or relocate the carnival. The Club Team Manager will notify competitors via a text message from SurfGuard.

Officials

For every ten (10) competitors that compete for Newcastle SLSC, the club is required to supply one (1) official. The more officials from Newcastle the less time parents will have to spend officiating, so please participate in officiating and share work load, it is a great experience and you have the best vantage point on the beach to watch events!

To become an official you are required to complete a Level 0 or Level 1 Surf Officials Course, which is conducted by Hunter Surf Life Saving. Please let the Junior Services Director know if you are interested in completing an official's course. Please note that if Newcastle has too many children and not enough officials, preference will be given to those children whose parents are officials, water safety or committee members.

Water Safety

For every ten (10) competitors that compete for Newcastle SLSC, the club is required to supply one (1) proficient and financial water safety personnel. Water safety are supplied with a fluro orange skull cap and rash vest.

Carnival Day

Volunteer to assist the Junior Carnival Coordinator setting up the shelters, transporting boards etc. Many hands make light work.

- Allow plenty of time to get there on time, find a park and get down to the beach
- Parents can assist with carrying carnival gear down to the beach i.e. tent, boards, march past reel and at the end of the carnival assist with carrying back to the trailer
- When competitors arrive, they are to report the Team Manager
- All competitors must have their name marked off & wrist band applied prior to competition. There will be a designated area. NO WRISTBAND NO MARSHALL.
- Competitors should remain around the Newcastle tent, advise your Age Manager or Junior Carnival Coordinator if leaving the beach.
- Events will not be held up while parents try and find children on beach.
- The program can change on short notice and the Water or Beach areas could move. You will need to listen to the carnival announcements for your child's age group and events. Please advise others if you hear something.
- Carnivals are lots of fun and require the patience and cooperation from everyone!

Team Events

Teams will be selected based on results of recent club days, and in consultation with Age Managers. We also have the option if teams are short or because of injury, to run children 'up' an age group in some events, you cannot go down.

Teams will be selected prior to each carnival and parents will be notified of selection. If your child is selected and unable to attend please notify the Nippers Administrator and Junior Carnival Coordinator so that another child may have the opportunity to compete. Newcastle usually only have a small contingent but are hoping more children attend to enable entries in all age team events.

Training

Newcastle is hoping to provide training for kids eager to improve surf skills and also to compete at carnivals. Check the website for details.