

Broulee Surfers SLSC



www.brouleesurfersslsc.org.au

Junior Surf Life Saving
Handbook
2011 - 2012 Season

Broulee Surfers SLSC

Welcome to the 2011-2012 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 last year and we look forward to watching our nippers develop into junior surf life savers throughout the year. Last season a number of our nippers competed well at Branch level and it is hoped that this year will be no different.

The Junior Sub-Committee, responsible for organising nipper activities, consists of parents like you. Most Committee members have children who either are nippers or have been in the past so they have first hand knowledge of being a nipper parent. We strongly believe in the value of surf education and the well being of our children at the beach.

2011-2012 Broulee Surfers SLSC
Junior Sub-Committee

NIPPER COMMITTEE 2011-2012

JUNIOR CO-ORDINATORS

David and Wendy Law 44740779

WATER SAFETY

Garry Griffiths 0411617408

AGE MANAGERS

Tim McDonald 44716149
Darren Browning 44718530
Shannon Doughty 44715609
Jamie Griffiths 44723054
David Law 44740779
David Hosking 0421615905
Scott Elliott
Leah Moore

**Other important Broulee Surfers SLSC Senior
Committee contacts are:**

PRESIDENT

Geoff Wells

VICE-PRESIDENT

Allan Veness

CLUB CAPTAIN

Gabi Smith 44717664

JUNIOR ACTIVITIES

Nippers is held Sunday mornings between 10.00 am and 12.00 pm and some Saturday afternoons between 3.00 - 5.00 pm. Parents must accompany their child to their respective age group on the beach. This is not a child minding service and all parents/caregivers are 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 should they need to contact them for any reason.

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.



NIPPER CALENDAR 2011-2012

October

Saturday 15th 8.30 - 9.30 Moruya Pool
for pool proficiency
swims

Sunday 23rd 10.00 am Broulee Beach
Nippers season starts

Sunday 30th 10:00 am Broulee Beach
Nippers

November

Sunday 6th 10:00 am Broulee Beach
Nippers

Sunday 13th 10:00 am Broulee Beach
Nippers

Sunday 20th 10:00 am Broulee Beach
Nippers

Sunday 27th No nippers
(BSSLSC Senior
proficiency day 9:00 am)

December

Sunday 4th Junior carnival at
Bermagui

Sunday 11th 10:00 am Broulee Beach
Nippers & Interbranch
(Redhead) 9th - 11th

Sunday 18th Nippers Christmas party
(Final nippers for 2011)
10:00 am Broulee Beach
& Regional Athlete
Development Clinic at
Broulee 17th / 18th

2012 January

Sunday 15th

NSW Country
Championships (South
West Rocks) 14th / 15th

Sunday 29th

Nippers restarts
10.00 am Broulee Beach

February

Sunday 5th

10:00 am Broulee Beach
Nippers

Sunday 12th

FSC & SC combined
junior & senior carnival
11th / 12th at Mollymook

Saturday 18th

3:00 - 5:00 pm Twilight
Nippers at Broulee Beach

Sunday 19th

Senior carnival at
Pambula

Sunday 26th

Junior carnival at
Moruya

March

Saturday 3rd

3:00 - 5:00 pm Twilight
Nippers at Broulee Beach

Sunday 4th

Senior carnival at
Batemans Bay

Saturday 10th

3.00 - 5.00 pm Twilight
Nippers at Broulee Beach

NIPPER CALENDAR 2011-2012

March continued

- Sunday 11th Broulee Bay to Breakers
Ocean Swim & State
Nippers (Cudgen
Headlands) 9th - 11th
- Sunday 18th 10:00 am Broulee Beach
Nippers & Wambiri Camp
at Tathra for Under 14s
(13 year olds to obtain
Surf Rescue Certificate)
& Senior Branch
Championship carnival at
Tathra (TBC)
- Sunday 25th 10.00 am Broulee Beach
Nippers

April

- Sunday 1st Junior carnival at
Narooma
- Saturday 7th 3:00pm - 5:00pm
Twilight nippers at Broulee Beach.
Final nippers for season.
Team sports and
PRESENTATION DAY

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.

Nippers 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 basic 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.



CHILD PROTECTION POLICY

The Child Protection (Prohibited Employment) Act 1998

The Child Protection (Prohibited Employment) Act 1998 came into effect 3 July 2000. This Act means that a **'prohibited person'** is not permitted to work or continue to work with or along side children.

A **'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 inquire of each volunteer involved in working with or near children to sign a declaration form. We realise that this may cause offence to some people, but every member of our club is required to sign one of these forms and please remember that it is for the protection and wellbeing of our children.

1. We are required to ask paid and volunteer workers if they are a **'prohibited person'**
2. If you are a **'prohibited person'** you are required to advise us that you are a **'prohibited person'** before you work for us or remove yourself from child related work.

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

Privacy and discretion are assured in the treatment of this matter _For further information please contact the web site:
www.kids.nsw.gov.au/check

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 cooperation, 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 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.

Those parents that have gained 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. No child is placed in danger. For more information please feel free to talk to the Water Safety Officer or the Junior Co-ordinators.

AGE GROUPS

Under 8	01/10/2003 - 30/09/2004
Under 9	01/10/2002 - 30/09/2003
Under 10	01/10/2001 - 30/09/2002
Under 11	01/10/2000 - 30/09/2001
Under 12	01/10/1999 - 30/09/2000
Under 13	01/10/1998 - 30/09/1999
Under 14	01/10/1997 - 30/09/1998

The above ages are applicable as of midnight on
30th Sept 2011

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
- Encouragement Award
- Achievement 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.

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

<i>Junior Participation Skill Evaluation</i>	<i>Junior Competition Qualification</i>
The following swims are required in so that children can participate in beach and water activities at Broulee	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 Run-Swim-Run (50m-50m-50m) 150m open water swim
Under 10 25 metre swim (freestyle). 1.5 minutes survival float.	Under 10 Run-Swim-Run (50m-50m-50m) 150m open water swim
Under 11 50 metre swim (freestyle). 2 minutes survival float.	Under 11 Run-Swim-Run (50m-100m-50m) 200m open water swim

Under 12 100 metre swim (freestyle). 2 minutes survival float.	Under 12 Run-Swim-Run (50m- 100m-50m) 200m open water swim
Under 13 150 metre swim (freestyle). 3 minutes survival float.	Under 13 Run-Swim-Run (100m- 100m-100m) 200m open water swim
Under 14 200 metre swim (freestyle, in less than 5 minutes). 3 minutes survival float.	Under 14 Run-Swim-Run (100m- 100m-100m) 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.**

By way of explanation, the purpose of the run-swim-run is 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.

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 that it will support. We normally setup our own club tent and supply all boards and equipment to the children within our club. The Club pays for the carnival registration fees.

Each year there is a NSW Country Championships and a NSW State carnival held where thousands of competitors assemble to compete. You are required to 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.

Events that your child can participate in during a carnival:

- March Past
- Surf Races (body surfing, wading, sprinting)
- Wading Races
- Cameron Relay (team of 4:1xSwimmer, 2xrunners, 1xboard paddler)
- Board Races
- Board Rescue (1xswimmer, 1x board paddler)
- Iron Man/Woman (swim, board and sprint)
- Flags
- Beach Sprints
- Beach Relay (team of 4)
- Novelty events

MEMBERSHIP FEES

NIPPERS	\$40.00
FAMILY	\$130.00
ASSOCIATE	\$25.00

CLUB UNIFORMS

All enquiries for swimwear, rash shirts and other club clothing can be directed to Maude Feltham or Barb Wells at the surf club boutique.

***IT IS COMPULSORY TO WEAR THE
NIPPERS CAP AT NIPPERS AND AT
CARNIVALS**

Nipper Caps are available from the Boutique in the Surf Club at a cost of \$10.00

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.

Please remember to take some water onto the beach with you

CODES OF CONDUCT

KIDS CODE

PLEASE:

1. Play to enjoy the sport;
2. Follow the rules;
3. Do not throw sand, it can be dangerous ;
4. Do not argue with official's decisions. In a carnival situation, the team manager can ask the necessary questions;
5. Try to control your temper and be a good sport;
6. Treat other players as you like to be treated;
7. Remember the aim is to have fun and improve your ability;
8. Always stay with your age group;
9. Nipper caps must be worn at all times;
10. Listen to your Age Manager and team mates;
11. 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 kids 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. Do not yell and abuse a child for making a mistake. They are trying as hard as they can;
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.

SPECTATORS CODE

PLEASE:

1. Applaud good efforts by your own team and their opponents;
2. Show respect for your teams 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

- عـ The club cap must be worn at all times whilst on Broulee Beach at nippers or at carnivals;
- عـ Nippers must bring a rash vest or T-shirt, water bottle, hat cap and sunscreen to all beach activities;
- عـ A child must be proficient in their age group before they can compete at any carnival;
- عـ The minimum of 1 parent/guardian per child/family must be present during Nippers in case of illness or injury;
- عـ 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. No adult can assist with water activities unless suitably qualified;

~~...~~ Care must be taken whilst handling the Club's equipment. It is costly to replace/repair and may cause injury if mishandled;

~~...~~ 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 Nippers Co-ordinators (David and Wendy Law Ph: 44740779).

~~...~~ **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 or any Committee member of the club.

