



PAMBULA SLSC NIPPERS



www.pambulasurf.org.au



Junior Surf Life Saving Handbook

2020 - 2021 Season

Pambula SLSC

Welcome to the 2020- Nipper season at Pambula SLSC. Welcome to our new members and welcome back to familiar faces.

As a club, we're sure that this season will be as successful as last year and we look forward to watching our Nippers develop into junior surf lifesavers throughout the year. Last season, our Nippers had a great time and improved their skills during our Sunday activities and a number competed well at the Branch carnivals. 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 and can help with any queries you may have. We strongly believe in the value of surf education and the wellbeing of our children at the beach and look forward to a great season.

To keep up with information throughout the year, please like the PSLSC on Facebook and keep an eye on the Merimbula News Weekly.

Pambula SLSC Junior Sub-Committee

Junior Activity Chair; Andrew Holt/ Ann Smith

Secretary

Registrar

Water Safety Officer

BBQ Coordinator

Age Manager

Coordinator



For more information see the NSW SLS WWCC Guidelines
https://www.surflifesaving.com.au/sites/site.test/files/2020%20SLSNSW%20Working%20with%20Children%20Check%20Requirements_0.pdf

To obtain a WWCC, or to renew, simply complete the online verification at: <https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>

Take the Application Number provided along with your proof of identity to a Roads and Maritime Services registry (RMS). The RMS will email a WWCC Number in due course. You will need to provide this WWCC Number, full name and date of birth to the PSLSC (Club Captain, Ann Smith - annsmith@acr.net.au).

AGE MANAGERS

The support of parents is essential to the success of every Nippers season and the rewarding role of Age Manager is a large part of this support. An Age Manager assists in the conduct of Nippers by being responsible for an age group and helps make the junior surf lifesaving experience fun, safe and challenging.

An Age Manager is responsible for the age group's safety and well-being during Nippers, initiating and maintaining attendance sheets for the age group and monitoring the efforts of children to hand out weekly awards and prizes. Working with the Nippers organisers, water safety and coaches they are asked to help instil enjoyment and fun in what the children do and be a positive role model.

The pre-requisites to be an Age Manager are:

- Be a current financial member of the club and undertake a short training session
- Have completed the NSW Working with Children Check (WWCC) (U18 and parents/guardians of Nippers are exempt from WWCC requirements), and
- Be a minimum age of 16 years.
- **You do not need your Bronze Medallion to be an Age Manager**

HISTORY

Pambula SLSC has a very proud history, with the club celebrating 100 years in 2014.

Also, Pambula is the original home of Nippers. We were the first club ever in Australia to have Nippers. Surf Education will tell you some stories about our history and about some of the lives that have been saved at Pambula Beach.

WHY JUNIOR SURF LIFESAVING?

Junior surf lifesaving (Nippers) is one of the fundamental areas of the lifesaving movement.

Being a member of Pambula 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 are 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. It is an ideal way of introducing inexperienced and frightened children to the surf environment.

WHAT HAPPENS AT NIPPERS?

There are set activities and events for all Nippers to participate in each week. They are designed to be age-appropriate and combine team cooperation, knowledge of the beach and surf, as well as physical skills. The knowledge and skills learnt at Nippers are **skills for life**.

Children who are able to complete the pool water proficiency (see below) can enjoy activities including **swimming in the surf, board paddling, board and tube rescues etc.**

For those who aren't yet ready to obtain their water proficiency there are beach-based activities to participate in until they gain the necessary skills and confidence for water-based activities. Beach activities include Beach Sprints, Beach Relays, Flags, Wades, Surf Education (theory), March Past, and other fun activities.

Children are also encouraged to achieve Junior Surf Lifesaving Awards. **Surf Education** is a series of graded activities that aim to teach children the basic facts about the beach, the water and the environment. The program covers **Surf Awareness, Surf Safety, Surf Smart and Surf Rescue.**

Nippers can also **compete in carnivals** against their peers from other clubs, should they wish. Competition is encouraged but **not compulsory**. Nippers must pass the **surf proficiency** (see below) to be eligible to compete in carnivals.

Nippers is run by volunteers. Parents/Guardians are encouraged to participate in the running of Nipper activities as a part of your child's involvement

Finally, if you have any queries or questions, please do not hesitate to contact the Junior Coordinator or any Committee member of the club.

PARENTAL INVOLVEMENT

Parental/caregiver 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 (see also Child Protection Policy below).

Parents/caregivers will be asked to please **commit to volunteering** regularly during the season as part of their child's membership. Tasks **will be rostered** and may include acting as an Age Manager or Age Manager stand-in, setting up and packing away gear, helping with the BBQ, Carnival Official etc.

Parents/caregivers are also encouraged to gain their Bronze Medallion to allow them to act as a Water Safety Officers. Other surf lifesaving awards such as first aid, advanced resuscitation or radio operator may also be of interest.

Nippers is not a child-minding service and it is **compulsory** all parents / caregivers remain on the beach throughout Nippers. This ensures that the child's Age Manager knows who they have in their care and can find a parent should they need to contact them for any reason. Parents/caregivers **MUST** accompany their child to their respective age group outside the clubhouse at the start of Nippers each week.

CHILD PROTECTION POLICY

The *Child Protection (Working with Children) Act 2012* and the *Child Protection (Working with Children) Regulation 2013* require that a Working With Children Check (WWCC) is now a prerequisite for anyone in child-related roles, either paid or voluntary.

However, exemptions for the WWCC for volunteers include children (under the age of 18) and parents or close relatives volunteering with a team, program or other activity in which their child usually participates or is a team member.

SPECTATORS CODE

1. Applaud good efforts by your own team and their opponents
2. Show respect for your team's 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 swear or harass competitors, coaches or officials

SUNSMART POLICY

SLIP on a t-shirt with a high neck, sleeves to the elbow and one that you can't see through.

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 on the beach with you

PLEASE BRING A WETSUIT AS THE CHILDREN WILL BE IN AND OUT OF THE WATER FOR AN EXTENDED PERIOD

PHOTOGRAPHS OF NIPPERS ACTIVITIES

This season the Pambula Surf Life Saving Club Publicity Officer will be coordinating the use of photographs of Nippers activities for the Club website, Club media purposes and a future Club Facebook page. Parents will be asked at the start of the season for their consent for this to occur and any families who do not wish to provide consent will not be photographed.

IMPORTANT INFORMATION

- Please see below for the swim requirements to participate in Nippers.
- **It is strongly advised that ALL Nippers bring a wetsuit** as they will be in and out of the water for extended periods and conditions can turn cold any time of year. This could impact greatly on your child's enjoyment of Nippers. Please also bring Nipper cap, hat, sunscreen, drink, towel, and change of clothes (optional)
- **It is compulsory for the club cap & fluoro vests to be worn at all times whilst on Pambula Beach at Nippers or at carnivals. This is a safety requirement.** These can be purchased from the club (see below).
- A child must have passed the **Carnival** qualification (see below) in their age group before they can compete at any carnival
- A minimum of **one parent/guardian per child/family** must be present during Nippers in case of illness or injury

SCHEDULE

Nippers is held Sunday mornings between **9.00am and ~12.00pm**, followed by a sausage sizzle. This year we are setting a program that will teach your child specific skills that will enable them to enjoy the surf & sand and if they choose, enjoy competing at Surf Carnivals up and down the coast.

WATER SAFETY

Qualified Lifesavers ensure your child is safe during water activities. They accompany children during ocean swims and board paddling and carry floatation devices. An inflatable rescue boat (IRB) also sits outside of the surf break as an additional safety measure. Should your child get into difficulty, Water Safety personnel will help him/her. No child is placed in danger.

Junior Participation Pool Skills Evaluation (nippers requirement) @Pambula Pool

Under 8	25 metre swim (any stroke) 1 minute survival float
Under 9	25 metre swim (any stroke) 1 minute survival float.
Under 10	25 metre swim (freestyle) 1.5 minutes survival float
Under 11	50 metre swim (freestyle) 2 minutes survival float
Under 12	100 metre swim (freestyle) 2 minutes survival float
Under 13	150 metre swim (freestyle) 3 minutes survival float
Under 14	200 metre swim (freestyle, in less than 5minutes) 3 minutes survival float

Junior Competition Surf Qualification (for carnival only) @ Pambula Beach

Under 8	NIL (no water competition, except for wade which takes place in waist-deep water)
Under 9	Minimum 150m open water swim (competition course)
Under 10	Minimum 150m open water swim (competition course)
Under 11	Minimum 200m open water swim (competition course)
Under 12	Minimum 200m open water swim (competition course)
Under 13	Minimum 200m open water swim (competition course)
Under 14	Minimum 200m open water swim (competition course)

CODES OF CONDUCT

KIDS CODE

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 Nippers 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 and 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

NO BULLYING WILL BE TOLERATED

PARENT/GUARDIANS CODE

1. Ensure your children understand the Kids Code
2. Be present on the beach at all times
3. Do not make an unwilling child participate
4. Children are involved in sport for their enjoyment, not yours. Don't spoil it by being too intense
5. Encourage 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.

TRAINING

The mid-week training afternoons are to improve the skills the Nippers & Cadets learn on Sunday mornings. This year extra training will be held on one afternoon most weeks at 5–6pm at PSLSC or Mitchies Jetty, Merimbula (weather/surf permitting).

Keep an eye on Facebook and your text messages for exact dates. This will be beneficial to the Nippers that want to compete in carnivals.

Training to be offered will be –

- Board paddling
- Surf swimming/ocean swimming
- Beach sprint
- Beach flags
- Iron Man/Diamond Lady
- Surf ski (senior members)

Our club has various surf coaches to help. Contact Andrew Holt on 0414 980 572 to register your interest or if you have any questions.

NIPPER AWARDS

Nippers will be acknowledged for their achievements at the 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 (All Nipper)
- Most Improved in Water
- Brave Heart 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.

AGE GROUPS

Age groups for the 2020:

Month/Year of Birth	2006	2007	2008	2009	2010	2011	2012	2013	2014+
January	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
February	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
March	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
April	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
May	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
June	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
July	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
August	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
September	too old	U14	U13	U12	U11	U10	U9	U8	Buckets
October	U14	U13	U12	U11	U10	U9	U8	Buckets	Buckets
November	U14	U13	U12	U11	U10	U9	U8	Buckets	Buckets
December	U14	U13	U12	U11	U10	U9	U8	Buckets	Buckets

Under 6 & under 7 year old children may participate in a Nippers program called “Bucket Brigade”. Here they have fun on the beach, and in shallow water, taking part in organised activities. No surf lifesaving club is permitted to accept membership of a child until they reach 5 years

AGE MANAGERS

Age Managers to be advised

MEMBERSHIP FEES (if you joined last year check for rates)

Adult	\$60	(Associate member)
	\$55	(Active member)
Individual child (Nippers)	\$35	
Family Registration	\$150	

Note: Every Nipper must have at least **one adult member** (Associate or Active). To join the club or renew, go to <https://members.sls.com.au/SLSA/Online/modules/login/index.php>

CLUB UNIFORMS

IT IS COMPULSORY TO WEAR A NIPPER'S CAP & HI VIS FLUORO VESTS (cost TBA) AT NIPPERS EACH WEEK AND AT CARNIVALS FOR SAFETY . These can be purchased from the uniform officer at Nippers

NIPPER'S CALENDAR

24 & 25 October	Nipper Pool Proficiency 1 – 3pm
24 & 25 October	Registration at the clubhouse 1 – 3pm
8th November	Nippers Commence @ Pambula Beach
15th November	Nippers @ Pambula Beach
22nd November	Nippers @ Pambula Beach
29th November	Nippers @ Pambula Beach
5th December	Youth Carnival @ Bermagui SLSC
13th December	Junior Carnival @ Narooma
Sat 20th December	Twilight Nippers @ Pambula Beach
17th January	Youth Carnival @ Pambula Beach – this is to be confirmed!
24th January	Nippers @ Pambula Beach
31st January	Nippers @ Pambula Beach
7th February	Nippers @ Pambula Beach
13/14th February	Senior/Junior Carnival @ Broulee
21st February	Nippers @ Pambula Beach
28th February	Nippers @ Pambula Beach
7th March	Nippers @ Pambula Beach
14th March	Nippers @ Pambula Beach
20/21st March	Senior/Junior Carnival @ Tathra
28th March	Nippers @ Pambula Beach
4th April	Brats VS Adults @ Pambula Beach

CARNIVALS

Carnivals are an optional activity for all Nippers. They require preparation, planning and time. The benefits for each Nipper attending carnivals can be great with team and individual rewards increasing self-esteem.

The Nippers Calendar lists the local FSC Branch carnivals for this season. 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 with the exception of a \$5 entry fee per Nipper payable on the day.

Each year there is a NSW Country Championships and a NSW State carnival held with thousands of competitors. **Any** Nipper or Senior (bronze) can attend these. If you think your child would like to be involved, please speak with his/her Age Manager or the President.

Please note that to participate in carnivals your child must pass the competition ocean swim distances as per surf lifesaving requirements detailed in this booklet. Events that your child can participate in during a carnival include:

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