



## FINGAL BEACH SLSC NIPPERS HANDBOOK 2023/2024



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### NIPPER OVERVIEW

Surf Life Saving is a great activity for growing a child's confidence, knowledge, and skills in the beach environment. Not only will your child have fun and meet new friends, but they will also become part of an iconic organisation that has served the Australian community for over 100 years. Fingal Beach Surf Life Saving Club offers a program of surf awareness, skills coaching and competition over various levels, like the events Australia's Surf Life Savers participate in. While competition and fitness are an important element, the surf awareness and education aspect are the primary aim. Children are taught from a young age how to respect the surf, read the surf, and use the surf to their advantage, as well as basic first aid and rescue techniques. Sun Smart messages are reinforced weekly: slip, slop, slap, and wrap. This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf lifesaving.

### JUNIOR ACTIVITIES COMMITTEE

- Director of Junior Services - Alan McTernan
- Junior Administrator - Susie Anderson
- Age Manager Coordinator - TBC
- Water Safety Manager - Carlo Labro
- Beach Safety Manager - Carlo Labro
- Junior Education Officer - TBC
- Youth Development Coordinator - TBC
- Member Protection Information Officers - James Worrall & Susie Anderson
- Starfish Coordinator - Marguerite White
- Merchandise Coordinator - Michelle Edwards
- Catering Coordinator - Wendy Blazely

### AGE MANAGERS & AGE ASSISTANTS

Each age group has between two and four Age Managers responsible for conducting group sessions each week, along with Age Assistants. Age Managers & Assistants have completed a SLS Age Manager Course, Child Safety Awareness Course and Working With Children Check. Your Age Managers/Assistants for the season have volunteered their time to help make your child's age group an enjoyable 'surf learning' experience. Please respect their decisions and trust that they have your child's best interest at heart. If you are interested in being an Age Manager, please contact the Age Manager Coordinator. There is a SLSA Age Managers Course which will provide you with the skills and knowledge to become an age manager

## AGE GROUPS

### 2023/2024 NIPPERS SEASON AGE GROUPS

Age	Date of Birth	Age Group
5	1 October 2017 to 30 September 2018	U6 (Surf Play One)
6	1 October 2016 to 30 September 2017	U7 (Surf Play Two)
7	1 October 2015 to 30 September 2016	U8 (Surf Aware One)
8	1 October 2014 to 30 September 2015	U9 (Surf Aware Two)
9	1 October 2013 to 30 September 2014	U10 (Surf Safe One)
10	1 October 2012 to 30 September 2013	U11 (Surf Safe Two)
11	1 October 2011 to 30 September 2012	U12 (Surf Smart One)
12	1 October 2010 to 30 September 2011	U13 (Surf Smart Two)
13	1 October 2009 to 30 September 2010	U14 (SRC)

Fingal Beach SLSC Nippers are placed in an age group that is determined by the child's age as of the 30 September each year.

Unfortunately, if your child's age differs from a friend's, we will still need to comply with policies set by SLSA and SLSNSW meaning the children will be put into the correct group for the birthday.

## SWIM PROFICIENCY

**Preliminary Evaluation (mandatory):** Every Nipper must participate in a preliminary swim evaluation conducted by the Club, prior to them participating in any junior water activities or competition as stipulated by Surf Life Saving (SLSA & SLSNSW).

**Competition Evaluation (For Carnival Participation):** Any child wishing to participate in competition carnivals must pass an additional open water swim (see table for each age requirements). It also enables them to contest at the Club Championship days.

**Recognised Swim Strokes:** (i.e. front crawl, breaststroke, backstroke, sidestroke, survival back skull, butterfly) may be demonstrated using one or more combinations of strokes. Both Preliminary & Competition evaluations should be undertaken in a safe continuous fashion.

***Nippers is NOT a learn to swim program, however, children will be encouraged to develop Confidence in and around the surf. No child will be forced to complete any activity they do not feel Comfortable doing. Please refer to the Swim Proficiency section above to see the swimming requirements For each age group.***

## NIPPER PROGRAMS

Junior Development Program (Surf Education): Surf Education is a major component of Surf Life Saving 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 Junior Education Officer in conjunction with the Age Managers.

**U/6 Surf Play 1:** knowing way around surf club and beach; basic safety principles on the beach and in the water; sun safety principles; identifying surf lifesavers and their role; identifying safest place to swim; developing confidence in the water through wading activities; identifying marine creatures; beach flags, sprints, relays and games.

**U/7 Surf Play 2:** basic safety principles on the beach and in the water; sun safety; lifesaver roles; basic beach signals; identifying red and yellow flags; identification of dangerous surf conditions; developing confidence in the water through run/wade activities; beach flags, sprint, relays and games.

**U/8 Surf Aware 1:** understanding surf lifesaving in Australia; feeling safe at the beach; beach ecosystems; Sun Smart principles; recognising swimmers in trouble; recognising emergency situations; how to dial 000 in emergencies; understanding red and yellow flags; paddling and catching waves on boards; wading, dolphin-diving; beach flags, sprints and relays.

**U/9 Surf Aware 2:** personal safety networks; environmental impacts on the beach; importance of hydration/nutrition/exercise; identifying different types of waves; dangers with changing tides; recognising emergencies and dialling 000; nipper board techniques; body surfing techniques; beach runs, sprints, flags and relays.

**U/10 Surf Safe 1:** personal safety; understanding natural water cycle; water recycling; SunSmart principles; how rips are formed, what they look like and how to escape; basic resuscitation; signals; identifying unsafe behaviours at the beach; nipper board techniques; assisting distressed swimmers; introduction to rescue tubes; beach sports.

**U/11 Surf Safe 2:** personal safety; energy conservation; identifying 'at-risk' people; principles of DRSABCD; basic first aid; CPR techniques; beach safety signage; nipper board techniques; surf swimming techniques; beach sprints; iron-person races; Cameron relay races.

**U/12 Surf Smart 1:** rights and responsibilities as a SLS member; weather effects on beach environment; managing rip currents; understanding the human body; first aid techniques; CPR Techniques; beach signals; role of beach patrol; rescuing persons on a board; diving under waves; Swim techniques; beach race techniques.

**U/13 Surf Smart 2:** basic principles of SLSA membership; global warming and climate change; Minimising cross-infection when helping someone; beach safety tips; human body functioning; CPR and first aid techniques; communication with beach users; board skills; surf swimming skills; Rescue with rescue tube; run/swim/run events.

**U14's: Surf Rescue Certificate (SRC):** The Surf Rescue Certificate is available for over 13's and Equips participants with the skills and knowledge of basic patrolling and surf awareness to Participate in lifesaving operations and act in the role of Water Safety Personnel.

## STARFISH PROGRAM

At FBSLSC, we believe that all children are entitled to access programs where they can learn critical beach safety and awareness skills. Starfish is a modified Nippers program tailored to children with special needs that run alongside the regular age group Nippers programs. Special needs include children with autism, attention deficit disorder, Down Syndrome, Asperger's Syndrome and various physical and intellectual disabilities. The program is conducted in 2 x 5-week blocks starting in November and February, and includes activities such as beach games, beach running, beach flags, water familiarisation and surf safety. Please contact Marguerite White for more information: [starfish@fingalbeachslsc.com](mailto:starfish@fingalbeachslsc.com)

## 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. Parent membership is encouraged 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 Group Leader 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.

## CLUB CHAMPIONSHIPS

- Club Championships is an in-house Club competition run over two rounds (Nipper days) due to a shorter season for U8-U14's.
- Club Championships events will consist of the surf swim, board race, beach sprint, flags for U9- 10 with the addition of Iron person for U11-U14s. U8s compete in beach sprint, flags and wade only.
- Points gained over the 2 rounds will be totaled to determine placing overall for each age group.
- Overall places will only be awarded to Nippers who have attended seven (7) of the eleven (11) Nipper days and passed the competition evaluation swim.
- Points will be allocated as follows:
  - 1st 6 per event
  - 2nd 5 per event
  - 3rd 4 per event
  - 4th 3 per event
  - 5th 2 per event
  - 6th 1 per event

## CARNIVALS

Competing at carnivals is a good means of increasing fitness, surf skills and educating our future lifesavers whilst making lots of new friends who also enjoy the beach from other Clubs.

**How to enter carnivals?** There are two options in relation to carnival registrations:

- 1) Purchase of a carnival pack at the start of the season which includes entry into all relevant carnivals (at a reduced rate) and the Branch carnival. You WILL still need to advise Carnival Coordinator / Junior Administrator of your attendance at least one week prior to the carnival to assist in planning of relevant official and water safety ratio requirements.
- 2) If you want to select which carnivals you wish to attend you can register for carnivals individually and pay the full fee (there is no fee subsidy / fee reduction offered by the club for registrations outside the carnival pack). You WILL still need to advise **Junior Administrator** of your attendance at least one week prior to the carnival to assist in planning of relevant official and water safety ratio requirements.

### Carnival Notes

- One parent per family must volunteer as an Official or Water Safety (SRC/Bronze qualified) at the carnival. This excludes children of FBSLSC Committee members and Age Managers who already volunteer a substantial amount of time to the Club.
- Club swimwear, skull caps and Hi-Vis lycra vests are compulsory at carnivals and in Team Events as all team members must be attired the same.
- 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
- No PHOTOGRAPHY within the carnival boundaries per SLSA photography policy
- 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.
- All club competitors can compete at the Branch Championships; however, State selection will be based on attendance and participation at least 2 out of 3 carnivals.

### Team Events

The Junior Committee and Age Managers will select Teams based on results of recent club days and club championships. We also have the option if teams are short or because of injury, to run children 'up' an age group, you cannot go down. Teams will be selected prior to each carnival and parents will be notified of your child's selection.

## END OF SEASON NIPPER AWARDS

**Club Champion of Carnivals:** The Carnival Champion Trophy is decided on individual performances by a male and female at Hunter Branch Carnivals only.

**Club Person of the Year:** Club Person of the Year is an optional annual award. It does not have to be awarded every year and it can be awarded to any child or an adult who stands out as a Club Person of the Year, voted on by the Committee. Final decision will be by secret ballot of the Committee with votes being scrutinized by two selected Committee Members. General attitude, behavior and Club involvement will be considered when determining the recipient.

**U12 Boy & Girl Encouragement Award Perpetual Trophy:** This award is especially for an U12 boy & girl who demonstrates skills and attributes to become a future lifesaver, and whom will benefit from encouragement to continue to U13's and 14's to gain their SRC and into the senior ranks. Team of the Year Awarded to the Team who have displayed sportsmanship; outstanding achievement and commitment.

**Club Spirit Award:** will be awarded to a male and female in the U8-U13s and is determined by Age Managers.

**Age Group Championship Trophies:** Age Group Championship Trophies will be determined by adding results of the Championship Rounds and will be awarded to 1st, 2nd and 3rd places for each Age Group (Male & Female) U8-U14. U6 & U7 Age Group U6 & U7 Age Group will be awarded a Medallion provided they have attended 75% of Club Days.

**Junior Surf LifeSaver of the Year:** All U14s should submit an application to the Director of Junior Member Services by the end of November, outlining achievements, interests and involvement in surf and the community for consideration in this award. A male and female will be selected by the Junior Committee for submission to Hunter Branch. This is awarded at the Branch Championships in February.

**Junior Club Captains:** A male and female from the U14s will be selected by the Junior Activities Committee to become the Junior Captains. The Junior Captains take on a leadership role within the Club, attending presentations, educating and mentoring younger kids and addressing the morning assembly with important messages. They are encouraged to put forward ideas to the Committee that will promote youth and nipper activities. Applicants may be asked to attend an interview for final selection.

## MERCHANDISE

See **Michelle Edwards** for all your Fingal Beach SLSC merchandise AVAILABLE EACH SUNDAY (when Nippers on) BEFORE 9:30am at the Clubhouse. Club swimming costumes, skull caps and high-vis lycra vests are in stock. Other merchandise items will be available to order.

## **BBQ & BEACH SET UP**

The BBQ is an integral part of any Surf Club. It is a major fundraiser and a great way to meet other families and members too. There will be a BBQ every club day as well as on Special events or when we host carnivals. Funds raised through the BBQ go towards new gear and equipment for the Club. Every age group will be assigned a set week to assist with the BBQ, a roster starting with under14's first Nippers beach day followed by under13's, under12's etc.

## **JUNIOR CLUB RULES**

1. All members must abide by the FBSLSC Code of Conduct, be respectful towards one another, and there is a zero tolerance to abuse. We promote a safe and friendly environment free of poor behaviour including bullying, harassment and abuse. Memberships may be cancelled without reason for failure to comply with code of conduct at discretion of the Executive.
2. No child will be able to participate on club days until they are fully registered. Must have PASSED Preliminary Evaluation.
3. All events that are conducted will be in line with the National Surf Sports Manual.
4. To compete in Water Events at Carnivals members must have completed the minimum standard water proficiency requirement (see Preliminary, Competition Evaluation Chart)
5. Fingal's competition skull cap and high visibility lycra vest is compulsory for all members and must be worn on Club Days and at Carnivals for identification and safety. U6 and U7 age groups must wear hi-vis green skull caps during Nippers, to distinguish them from the other Nippers.
6. 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.
7. Members who represent the Club at another endorsed Surf Life Saving related venue and cannot attend a Club Day, can receive their attendance points for that day. It is the responsibility of members to inform the Recorder to obtain a letter of attendance that can be signed off. When representing the Club at non – programmed venues or out of branch carnivals, approval must be sought from the Committee.
8. Flag and Sprint events will be contested separately for males and females. Surf race and Board events will be contested as an Age Group and, where possible, points will be allocated males and females separately.
9. Any interference to another competitor in any event will mean instant disqualification to the offending party. Final decision on disputes will be adjudicated on by club officials
10. To be eligible to compete in Club Championships at Fingal Beach, the member must have competition rights with Fingal Beach Surf Life Saving Club.
11. To be eligible to represent Fingal Beach SLSC at State Junior Championships, a competitor must have attended and participated.

**Shamelessly copied from work done by Lauren Lowrie (Thanks Lauren).**