

STOCKTON SURF LIFESAVING CLUB



THE ESSENTIAL GUIDE TO NIPPERS and PARENTS



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APPENDIX - Back pages of booklet

Appendix 1 -A to H

The drawings set out the course and distance of events at carnivals.

Appendix 2 A to H

These are tasks that will be delivered / demonstrated and performed during the season.

Appendix 3

COVID 19 Instructions to be followed

Welcome

Welcome to all new and re-joining members for the coming season.

The club goal in the nipper program is to educate the nipper in surf safety and awareness and help the children to develop confidence and skills in ocean swimming and board paddling while enjoying themselves.

We also aim to develop skills in beach activities such as beach sprints, relays and beach flags while having fun.

What to bring to Nippers?

- Sun Protection, Swimmers, Water Bottle, Towel and Goggles.

Parents please tag all items.

- Your *coloured age cap* and **yellow** rash shirt which you keep through all ages,

What skill will my child learn?

- Your child will learn a range of skill such as surf safety and awareness, ocean swimming, board paddling, sun safety, first aid, being a part of a team, leadership, and self-confidence.

- Each child who attends the Sunday events will receive a Surf Lifesaving Australia award recognising they have completed the preliminary skills and education they have learnt for their age group.

Fair Play Code – Codes of Conduct.

- The club's philosophy is that children have fun and supportive of their fellow club members and that positive parental and spectator behaviour will influence the children's behaviour in achieving this philosophy. All Nippers, parents and spectators are expected to abide by Surf Lifesaving Code of Conduct. *You would have received this document on registration and is to be read and signed off and returned to the registrar during the day of proficiencies or returned within the first month of commencement. (See copy in booklet)*

Working with Children Check.

- Any member who assists with the running of Nippers is asked to complete the Working with Children Check through the office of the

Children's Guardian. To complete your application and for more information go to www.kidsguardian.nsw.gov/working-with-children

Communication.

- TEAM APP and FACEBOOK are the primary method of communication between the club and parents/carers for junior activities. This includes changes to Sunday event (i.e.: Cancellations). Please ensure your notification settings are turned on for your TEAM APP to ensure you receive important communications.
- The club will also use text message and email, distributed via Surf guard for general communication. The clubs weekly newsletter (What's On) is sent via email usually on a Friday from the following address: no-reply@surfguard.slsa.asn.au Please keep an eye on that for upcoming events and activities.

Beach Closure.

- If Stockton Beach is closed for water activities, we anticipate we will relocate to Little Beach. If Little Beach is not suitable, we will proceed to Stockton Swimming Pool and run various activities.

Starting Time.

- **Please arrive by 9:45am for 10:00am start.** Announcements and general information will be given out during nippers. Children **MUST BE SIGNED IN** with their Age Manager prior to the commencement of the announcements. After this we will all move to the beach to start the Sunday program. Any change to the program due to condition will be highlighted within the announcements.

Age Managers/Station Managers.

- Age Managers are group leaders who undertake tasks such as marking attendance sheets, ushering children from one activity/station to

the next and maintain point scores for club events/age championships throughout the season.

- Experienced Station Managers will demonstrate/instruct the skills to children in the appropriate areas/discipline.

Age Groups.

- Age groups start at Under six (6) and go to Under fourteen (14)
- Children may join Nippers once they have turned **five (5) years old**. We are not able to make any exceptions to the rules of Surf Lifesaving Australia.

The ages are calculated with the birth date falling between the **1st October** and the **30th September** the next year

- We are not able to allow any children to “try out” Nippers before joining. Because of the beach and surf environment, anyone who participates and is not a member is not covered by appropriate insurances.

Age groups Under 6,7 and 8.

- Activities are held wherever deemed practical by the beach manager so that fun beach games and activities such as water wades, water relays can be undertaken. These age groups will undertake games in the sand and shallow water to assist with the development of motor skills, along with introductory surf skills.

Age groups Under 9 to Under 14.

- Skill Stations: Nippers will rotate through activity stations of Board, Swimming, Beach Sprints and Beach Flags and occasionally conclude with an event nominated by the Station Managers. These rotations will be approximately 20 minutes in duration.

- A combination of age groups will be undertaken during the season to allow a mixture of competition and develop skill levels.
- Sundays program may change on the day due to weather, surf conditions. There will be water safety for all age groups to ensure the safety of our nippers. One on one may also be required for some while confidence is achieved.

Age Group Under 13 -14.

- Will be given the opportunity to take part in Surf Rescue Certificate (SRC) training and the Youth Development Program. The SRC provides participants with an introductory knowledge of patrolling and surf awareness, to be able to participate in basic lifesaving operations. The SRC is a minimum lifesaving award that covers first aid, resuscitation, and rescue techniques. This training may be conducted on a Sunday or afternoon through the week depending on consensus.

Age Group. Proficiency.

- In the following table the skills MUST be completed before a nipper can participate in Club Competition, Championship, Coaching and Branch Carnivals.

Age	Year Born to calculate Age Group	Evaluation/Proficiency Nippers requirement	Evaluation/Proficiency Carnival requirement
U6	1/10/2013 - 30/09/2014	From a standing position in waist deep water perform a front glide And recover to a secure position. Front/Back float holding a buoyant aid	
U7	1/10/2012 - 30/09/2013	From a standing position in waist deep water perform a front glide, kick for 3m & recover to a secure position. Front/Back float holding a buoyant aid	
U8	1/10/2011 - 30/09/2012	25 metre pool swims (any stroke) 1-minute survival float	Same as Non-carnival
U9	1/10/2010 – 30/09/2011	25 metre pool swims (any stroke) 1-minute survival float	Same as Non-carnival AND 150 metre open water swims

U10	1/10/2009 – 30/09/2010	25 metre pool swim (freestyle) 1 ½ minutes survival float	Same as Non-carnival AND 150 metre open water swims
U11	1/10/2008 – 30/09/2009	50 metre pool swim (freestyle) 2-minute survival float	Same as Non-carnival AND 288 metre open water swims
U12	1/10/2007 – 30/09/2008	100 metre pool swim (freestyle) 2 minutes survival float	Same as Non-carnival AND 288 metre open water swims
U13	1/10/2006 – 30/09/2007	150 metre pool swims (freestyle, in less than 5 minutes) 3 minutes survival float	Same as Non-carnival AND 288 metre open water swims
U14	1/10/2005 – 30/09/2006	200 metre pool swims (freestyle, in less than 5 minutes) 3 minutes survival float	Same as Non-carnival AND 288 metre open water swims

Club Competition.

- Nippers can compete in the following events per age group:
 - U8s: Individual Sprints, Beach Flags, Sprint Relays, Wade Race and Wade Relay.

- U9 & U10 Individual Sprint, Beach Flags, Sprint Relay, Surf Swim, Swim Teams, Individual Board & Board Relay.

- U11 – U14 Individual Sprint, Beach Flags, Sprint Relay, Surf Swim, Swim Teams, Individual Board, Board Relay, Board Rescue & Iron Person.

Club Championships.

- Club championships will be conducted on set days through the season. Please refer to the season program.
- **To qualify for competition points, a nipper must have attended at least 75% of the scheduled club Sundays.**

Club Coaching.

- Available to all nippers from **(under 9 up)** within the club under the guidance of Warren Smith and supported by qualified assistants/parents. These sessions are separated into Beginners/Intermediate and Advanced.
- A separate handout will be available for download on both Team App, Facebook and website page setting out the guidelines and expectations of participants/parents and further details about the coaching.

Clothing.

- Can be purchased at the club on registration days (time and dates to be set each season) and on Nipper Sundays between 8.30am and 9.00am. For further enquiries please call Kristel Wallis 0415 446 865.
- Costing for clothing, swim wear will be set each season by the committee and posted on the website and handouts.

Sunday morning BBQ and Coffee.

- This season the club will be encouraging the Good Sport Healthy eating approach on Sunday mornings and offering bacon and egg rolls together with a sausage alternative. Water, poppers, and soft drinks will also be available for purchase.

- Coffee/Tea is also provided by the **Men Of Leisure Enlightenment Society (M.O.L.E.S)** each Sunday at a cost set each season. The M.O.L.E.S do an exception job of fund raising and giving back to the Nippers, so get behind them a purchase a coffee on a Sunday morning.
- **PLEASE ENSURE NIPPERS ARRIVE ON TIME AND READY TO GO. (NO Cap/Hi-Vis rash shirt MAY mean NO participation).**
- **ALL NIPPERS MUST wear their age cap, hi-vis yellow rash shirt as provided or pink competition singlet always during Nippers. (The Hi-Vis rash shirt/singlet is worn for VISUAL SAFETY)**
- **IT IS IMPORTANT that all Nippers are signed off by their parents prior to them leaving the beach. This ensures that all children are accounted for.**
- **Their age group cap must be taken off when signed off by parent/s.**

Please be COVID safe stay 1.5 apart, wash hands, stay at home if unwell

All about Branch Nipper Carnivals

Surf Life Saving has many facets and some Nippers enjoy surf sports by participating in competitions at Surf Carnivals. Carnivals are a great way to meet other people and for the kids to represent Stockton and keep fit whilst improving their skills.

All Nippers wishing to compete at carnivals must complete their Junior Proficiency swims **and swim the carnival distance** prior to their first carnival of the season.

Events.

- Surf Sports involves both individual and team events in many disciplines

	Individual Events
U8	Wade, beach sprint and beach flags
U9-U10	Surf race (swim), board race on foam nipper board, beach sprint and beach flags
U11-U13	Surf race (swim), board race on fibreglass nipper board, iron person (swim, run, board), beach sprint and beach flags
U14	Surf race (swim), board race on fibreglass racing mal, iron person (swim, run, board), beach sprint and beach flags

- Team events in the water are surf race team (swim), Cameron relay, board relay and wade relay (U8 only)

○ The March Past is a tradition at some carnivals and is usually conducted prior to the first water event. This involves those Nippers attending to carry the Stockton flag and march in a group alongside Nippers from other clubs. For this event we encourage the Nippers to wear their long sleeve yellow rash shirt and the Stockton competition cap.

Normally only conducted at the Hunter Branch Carnival

Cost.

- There is a cost to enter a Hunter Branch Carnival also there is a one of cost at the beginning of the season for a hi-vis vest. These are available at the registration desk at each Hunter Branch carnival. All

costs are set at the start of each season and advised by the club before the first carnival.

Time Frame.

- Most carnivals start at around 8.30-9.00am with sign on starting an hour before.
Water events are usually conducted first with beach events starting a little later in the morning. Hunter Branch carnivals are usually finished by 2pm.

How to Enter a Carnival.

- Let the Director of Junior Members or Junior Competition Coordinator and/or your child's Age Manager know which carnival your child would like to attend. The entry fee is payable on the Sunday prior to the carnival so we can get the entries in on time.
- Where a Nipper enters a carnival and subsequently fails to attend there can be no refund as Hunter Branch will charge the club for each entry.
- At most carnivals it is possible to enter on the day for the normal entry fee plus a late fee **payed by the competitor.**

Compulsory Items.

- All Nippers competing for Stockton SLSC **must** wear:
- Red and blue competition cap in all water and beach events
- Hi-vis pink singlet **purchased from Hunter Branch** in water events

What else to Bring.

- It would be great if Nippers could be responsible for transporting their own board to carnivals. If you need to borrow a club board and/or need help with transporting a board, please talk to **Director of Junior Members or Junior activities superintendent or Junior competition coordinator or your age supervisor.**
- Other items for a day at the beach should include swim cap and goggles, sun hats, sunscreen, long sleeve shirt for sun protection, warm jacket, towels, plenty of food and water, bag for rubbish, board wax, spare competition cap, fold up chair

Water Safety and Officials.

- For every **ten** competitors there is a requirement that the club supply one Official and one Water Safety person for carnivals. To assist with water safety, you must hold a current SRC or Bronze Medallion. To assist with officiating, you need to complete an official's course. Courses to become qualified as an official are conducted by Hunter Branch throughout the season and can be found at www.hsls.org.au This course is not very time consuming and is very interesting. Officiating and helping with Water Safety are rewarding roles as you are close to the Nippers during the races, the day goes fast ☺ and you are provided with water, morning tea and lunch!

ON THE DAY OF THE CARNIVAL – For Nippers.

- Make sure you bring your Stockton cap, pink competition vest (or purchase when you get there) and board
- Sign in on arrival – you will sometimes receive a coloured wristband or stamp according to age group
- Find the bright yellow Stockton Nippers M.O.L.E.S. tent on the beach
- Get settled in and perhaps have a swim or paddle to warm up and get used to the conditions.
- Participate in March Past if it is on (Generally Hunter Branch Carnival Only)

- During the day listen to marshalling calls – there is a first call, second call and final call for each event.
- When called, go to the marshalling tent in your water area and wait for directions from the Officials. Once each race is over, wait at the finish line until you are dismissed.
- During the day drink lots of water and eat healthy foods. Keep in the shade when possible and HAVE LOTS OF FUN ☺☺
- Sometimes it is possible for Stockton Nippers to join in with kids from other surf clubs to form composite teams at carnivals if we do not have enough to form a Stockton team. These are called ‘Barbarian’ teams and are a lot of fun for the kids.

ON THE DAY OF THE CARNIVAL – For Parents.

- Aside from helping with the above there are a couple of tasks we ask parents to share around...
- The **trailer** needs to be transported to each carnival **which has the tents and club boards for those who require one, tents need to be** put up and taken down etc.
- If a parent is officiating or in the water as water safety, we all look out for their kids and make sure they have had something to eat and drink and are organised for their races.
- If someone is unable to transport a board make sure someone else can take it or put it in the trailer.
- And sometimes things get broken or misplaced so if you have a spare competition cap, spare goggles etc throw them in just in case someone has a mishap!
- Report any damage or loss of equipment to a club Director so that it can be repaired or replaced.

Many thanks.

YOUTH DEVELOPMENT SQUAD.

What is the Youth Development Squad (YDS)?

- The YDS is an initiative that sits under the clubs Surf Sports Strategy and is designed to further build the surf and beach skill of junior members, develop our youth as confident young people and establish pathways for life long members of our club.
- The YDS is open to Nippers aged U10 and older.

What do I get from the YDS?

- Participants of the YDS get the following:
- Access to development-based coaching in the disciplines of swimming, board/craft and beach events including sprint, flags, and relay
- **Team uniform with the unique branding of STKN. The uniform kit has over 12 items of clothing in it and is valued at over \$400**
- Access to developmental talks from experts on various topics including nutrition, psychology of competition and educational pathways in SLS as examples.
- Carnival entries for Newcastle Permanent Series, State and Australian Championships and any other carnivals deemed necessary by the Surf Sports Committee are inclusive of the YDS fee.

How much does it cost?

- The YDS along with other disciplines and competition groups under the Surf Sports Strategy are on a 3-year cycle. This means the first year's fee is higher and reduces in years 2 and 3 as below

Year 1	Year 2	Year 3
\$300	\$200	\$200

- If you join for the first time in year 2 or 3 of the cycle you are still required to pay the year 1 rate to ensure you are on the same cycle as all other disciplines and competition groups under the Surf Sports Strategy.

Key Contacts for Youth Development Squad

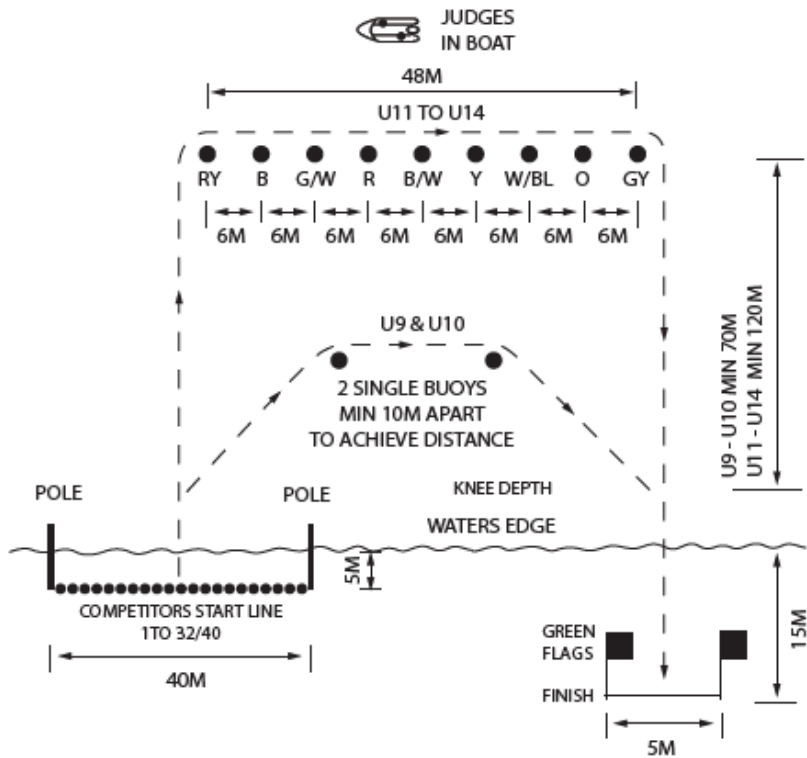
- A detailed list of contacts will be supplied prior to the season starting but for general questions you can contact:
 - president@stocktonsurfclub.com
 - surfsports@stocktonsurfclub.com
 - nippers@stocktonsurfclub.com
- Communication – same as the rest of the Nippers program, the main

medium for communication will be TEAM APP, so please keep an eye on that for key information throughout the season.

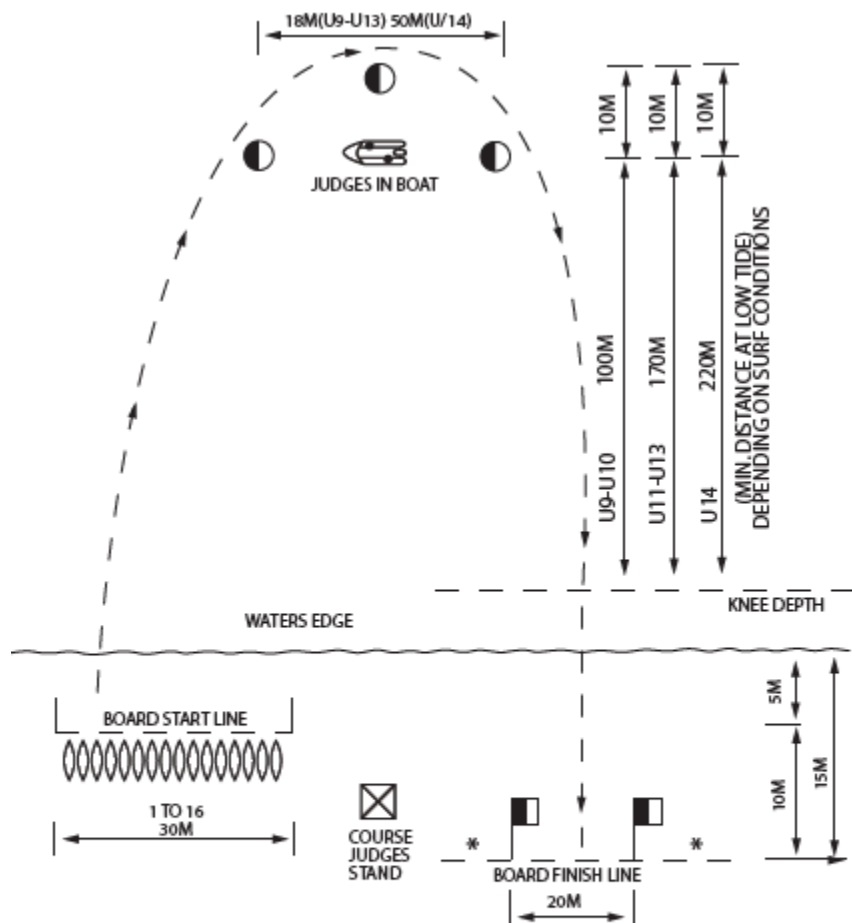
Please be COVID safe stay 1.5 apart. wash hand. stay at home if unwell

APPENDIX 1.

A - Surf Race - Swimming



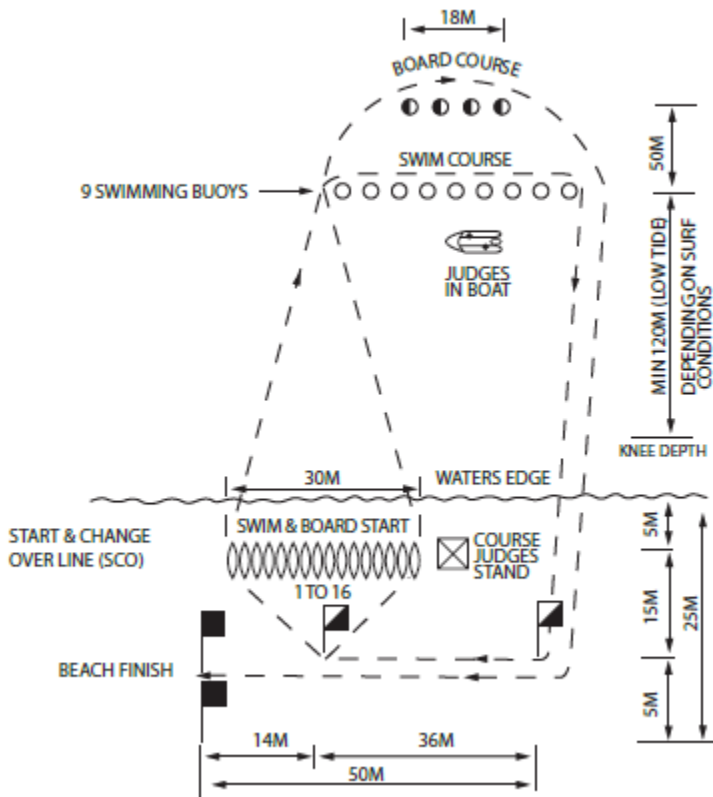
B – Board Race



LEGEND

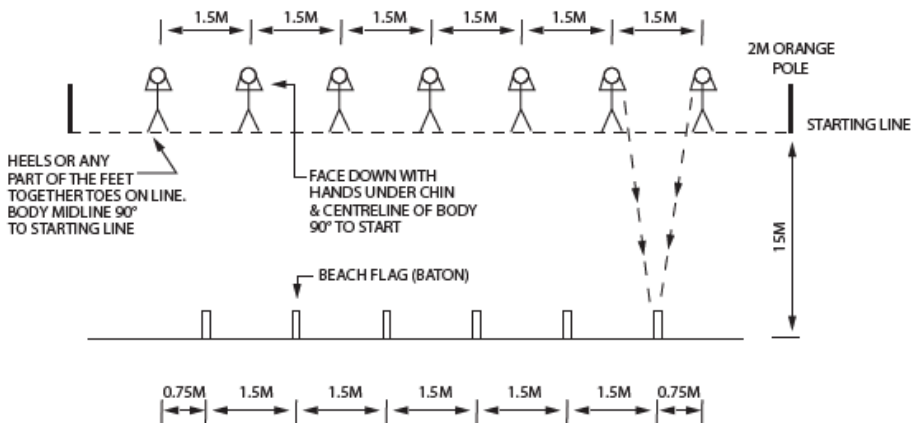
- | | | | |
|---|-------------------------------|---|--|
| | 2M ORANGE POLE | ● | BLACK & WHITE BUOYS |
| ■ | BLACK & WHITE FLAG ON 4M POLE | * | FINISH FLAGS MOVED TO SUIT WIND CONDITIONS |

C – Iron Person

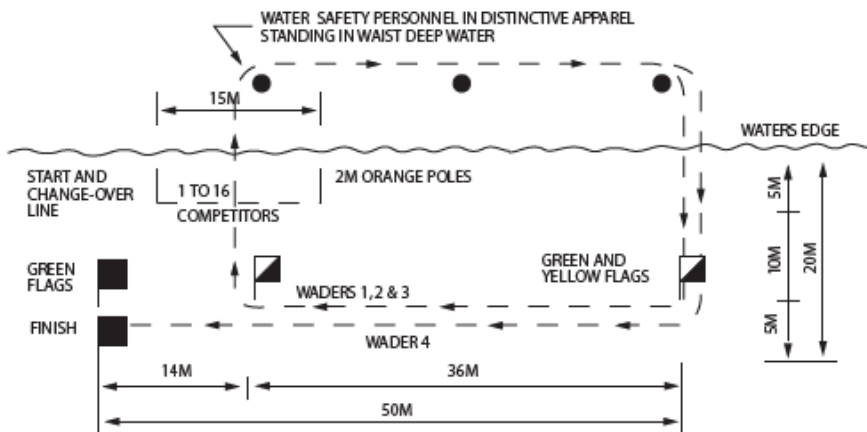


The Iron Person consists of two events being swim and board

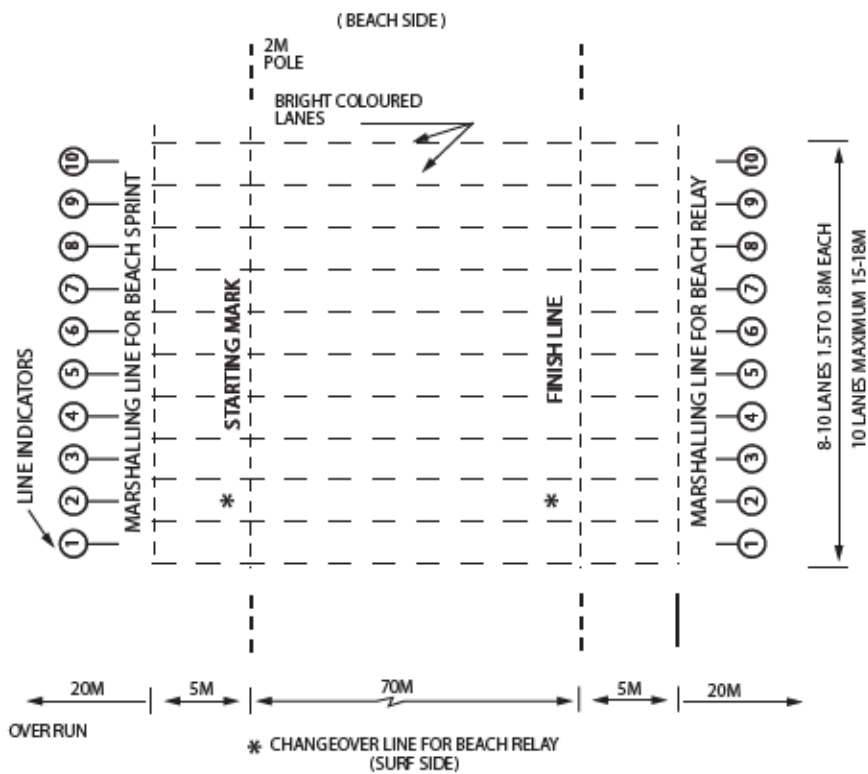
D – Beach Flags



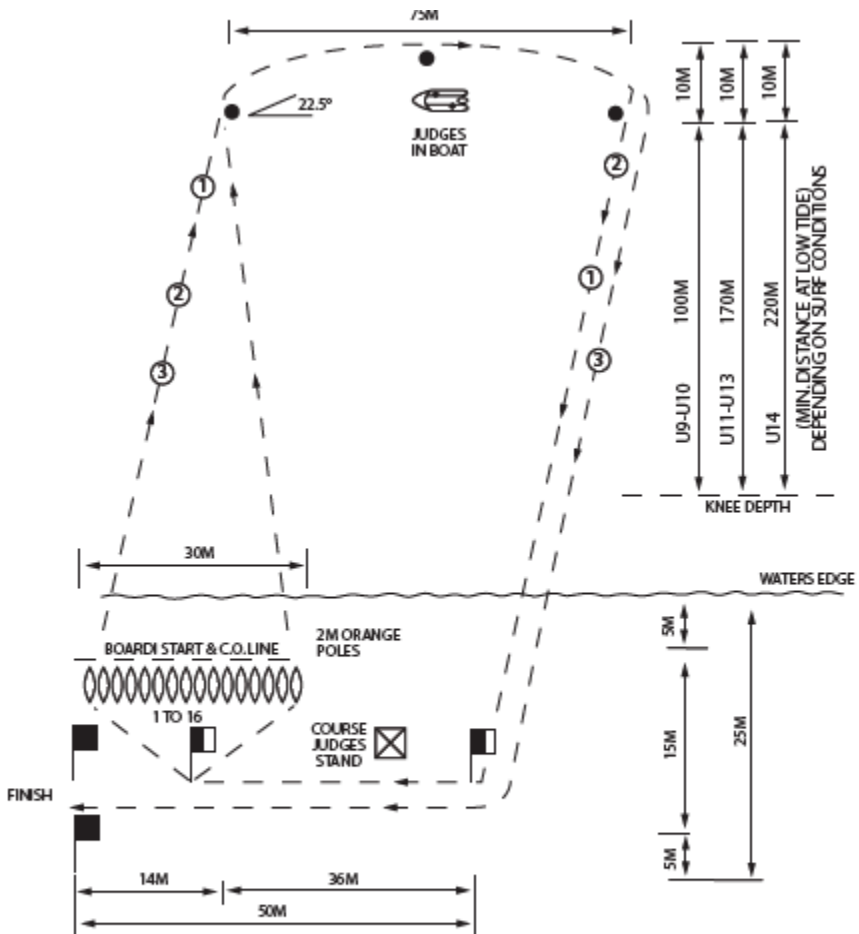
E – Wade Race



F – Beach Sprint



G – Board Relay



LEGEND

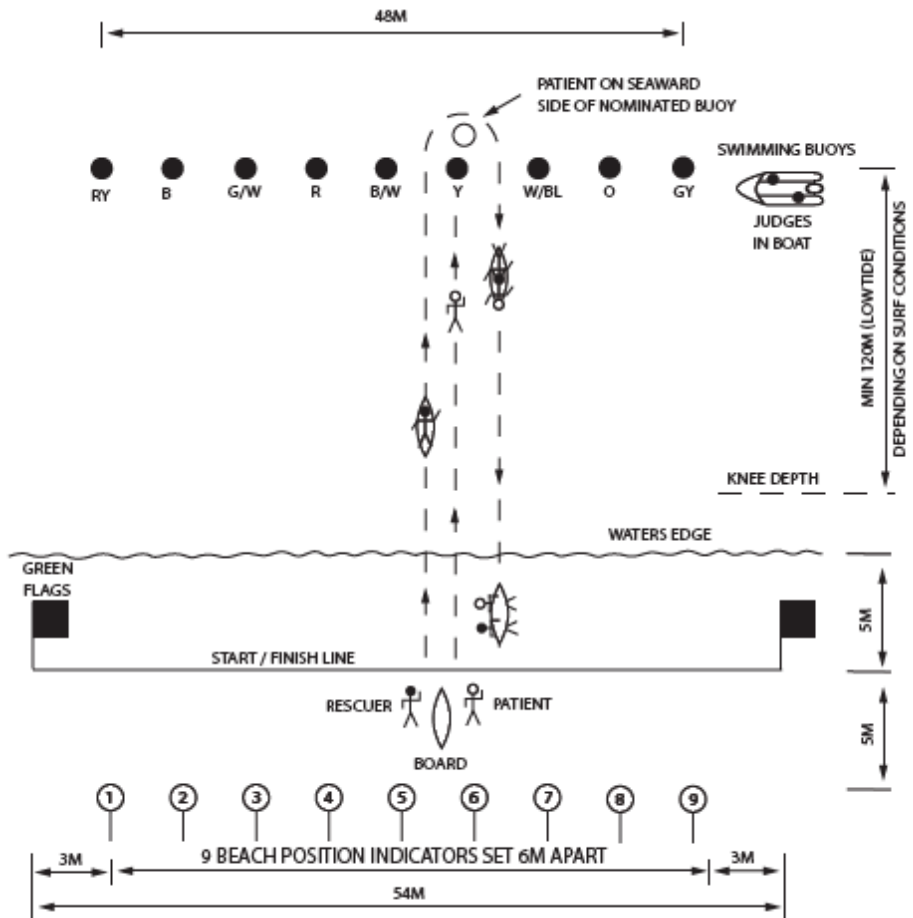
■ GREEN FLAG

▣ GREEN & YELLOW FLAG

● BLACK & WHITE BUOY

This event has three in the team.

H – Board Rescue



This event has two in the team – one swimmer and one board paddler that rescues the swimmer.

APPENDIX 2.

The follow is a list of content for each Age Guide Lesson Plan: Junior Development Resources.

A - UNDER 6 – Surf Play 1

1 My Beach Playground

Introduction to Surf Life Saving

2 If I need help

Personal Safety

3 Friend or Foe?

Eco surf

4 Slip, Slop, Slap

Sun Safety

5 Watching over you

Surf Safety

6 I am a Lifesaver

Patrols

7 Beached Whales

Water Confidence

8 Swinging Legs

Wading

9 Beach Fairies

Beach Flags

10 Land Crabs

Beach Sprints

B - UNDER 7 – Surf Play 2

1 My Beach Playground

Introduction to Surf Life Saving

2 If I need help

Personal Safety

3 An Interesting Mix

Eco surf

4 Slip, Slop, Slap and Slide

Sun Safety

5 Danger, Danger

Surf Conditions and Hazards

6 At Arm's Length

Surf Safety

7 Beach Patrol

Patrols

8 Walking over Water

Wading

9 In and Out

Wading

10 It is Mine

Beach Flags

11 In it Together

Beach Sprints

C - UNDER 8 – Surf Aware 1

1 Welcome to the Family

Introduction to Surf Life Saving

2 Feeling Safe at the Beach

Personal Safety

3 Our Beach Environment

Eco Surf

4 Being Sun Smart

Sun Safety

5 Hazard Watch

Surf Conditions and Hazards

6 Stick your hands up

Surf Safety

7 It is an Emergency

First Aid

8 It is all Red and Yellow

Signs and Signals

9 Small Board and Fun

Board: Paddling Technique

10 I am a Dolphin

Swimming: Entering the Surf

11 Ready, Set, Go

Beach Sprint: Starts

12 Get off the Ground

Flags: Starts and Turns

D - UNDER 9 – Surf Aware 2

1 Welcome to the Family

Introduction to Surf Life Saving

2 My High Five

Personal Safety

3 Humans on the Coast

Eco Surf

4 Drink, Eat, Exercise

Physical Health, Wellbeing and Personal Safety

5 An Angry Sea

Surf Conditions and Hazards

6 F.L.A.G.S

Surf Conditions and Hazards

7 Getting the Right Help

First Aid

8 Signs of Times

Signs and signals

9 All A-Board

Board: Paddling Technique

10 Stiff as a Board

Swim: Body Surfing

11 In a Rush

Beach Sprint: Technique

12 Diving for the Precious

Flags: Diving for Baton

E - UNDER 10 – Surf Safe 1

1 Welcome to the Family

Introduction to Surf Life Saving

2 You can Talk

Personal Safety

3 Water Conservation

Eco Surf

4 That's Sun smart

Sun Safety

5 You Little Ripper

Surf Conditions and Hazards

6 Not a happy Manikin

Resuscitation

7 You want me Where

Signs and Signals

8 Behave

Rescue Techniques

9 Hop-a-Long

Board: Entering and Exiting the Surf

10 Getting Through it

Board: Negotiating the Surf

11 Serious Fun

Board: Board Rescue

12 Baywatch Style

Swim: Tube Rescue

13 Your Turn

Beach Sprint: Beach Relay

F – UNDER 11 – Surf Safe 2

1 Welcome to the Family

Introduction to Surf Life Saving

2 Persistence Pays

Personal Safety

3 Energy Conservation

Eco Surf

4 Risky Business

Surf Conditions and Hazards

5 Here to Help

First Aid

6 The Breath of Life

Resuscitation

7 Breaking the Barriers

Interpersonal Communication

8 Sign Language

Signs and Signal

9 Up and Out

Board: Entering and Exiting the Surf

10 The easy way In

Board: Catching Waves

11 Never Board in a Team

Board: Board Relay

12 I am a Fish

Swim: Negotiating the Surf

F – UNDER 12 – Surf Smart 1

1 Welcome to the Family

13 Up and at Them

Beach Sprint: Starts & Finishes

14 Round we Go

Multidiscipline: Transitions

Introduction to Surf Life Saving

2 Looking after You

Personal Safety

3 Gail Force

Eco Surf

4 Sun Effects

Sun Safety

5 Life smart

Physical Health & Wellbeing and Personal Safety

6 Rip it Up

Surf Conditions and Hazards

7 Skin and Bones

The Human Body

8 A Helping Hand

First Aid

9 Giving Hope

Resuscitation

10 Sign me Up

Signs and Signals

11 On Patrol

Patrols

12 Off and Under

Board: Negotiating the Surf

13 Ride with Me

Board: Board Rescue

14 The Big Stuff

Swim: Negotiating the Surf

15 Hard and Fast

Beach Sprint: Technique

16 Hustle and Bustle

Beach Flags: Strategy

G – UNDER 13 – Surf Smart 2

1 Welcome to the Family

Introduction to Surf Life Saving

2 For a Reason

Personal Safety

3 A Changing Planet

Eco Surf

4 Barriers to Bugs

Physical Health & Wellbeing and Personal Safety

5 Count the Tips

Surf Safety

6 Body Works

The Human Body

7 Patched Up

First Aid

8 Life is for Living

Resuscitation

9 Make it Known

Interpersonal Communication

10 All in This Together

Patrols

11 Board: Events

Board Race / Board Rescue

12 Surf Race / Run – Swim – Run

Swim: Events

13 Rescue Me

Swim: Tube Rescue

14 Beach Sprint / Beach Relay

Beach Sprint: Events

15 Beach Flags

Beach Flags: Event

16 Iron person / Cameron Relay

Multi Discipline: Event

H – UNDER 14 – Surf Rescue Certificate

1 Will be given the opportunity to take part in Surf Rescue Certificate (SRC) training and the Youth Development Program.

- 2** The SRC provides participants with an introductory knowledge of patrolling and surf awareness, to be able to participate in basic lifesaving operations.
- 3** The SRC is a minimum lifesaving award that covers first aid, resuscitation, and rescue techniques.
- 4** This training may be conducted on a Sunday or afternoon through the week depending on consensus.
- 5** The participants **MUST** be 15 years of age at the time they are assessed.

COVID – 19 Information

◇Members are asked not to attend club activities if you:

- a. Have any symptoms (i.e. fever, coughing, sore/scratchy throat, shortness of breath or loss of taste or smell)
- b. Have been in close contact with someone who has tested positive for COVID-19
- c. Have tested positive for COVID-19 – wait until you have been given medical clearance to attend again
- d. Have travelled overseas, to Victoria, or to a designated hotspot in the 14 days prior to any of your club training dates

Junior Activities

- a. Maintain 1.5 between each other
- b. Only one parent should be with a child in their age group
- c. Only trained members are to be involved in the delivery of nippers.
- d. Parents who may be keen to help as a age manager or water safety MUST complete training
- e. There are no restrictions on any activities as Nippers is considered a community sport. Physical contact should, however, be limited where possible and practical.
- f. Indoor showers/change rooms are closed, Toilets will remain open