



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## NIPPERS HANDBOOK – 2023/2024 SEASON





# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## NIPPERS 2023/2024 CALENDAR

DATE	ACTIVITIES	BBQ VOLUNTEER ROSTER	NOTES
Sun 20th Aug	NIPPERS AREA WORKING BEE/PRE-SEASON CATCH UP		SN Club 12pm
Sat 23rd Sept	NIPPERS REGISTRATION DAY/CLUB OPEN/FIRST PATROL DAY		SN Club from 9:30am
Sun 15th Oct	FIRST NIPPERS SESSION	U12/13'S	SN Club from 9:30am
Sun 22nd Oct	Normal Nippers Session	U11'S	SN Club 9:30am - 10:30am
Sun 29th Oct	Normal Nippers Session	U10'S	SN Club 9:30am - 10:30am
Sun 5th Nov	Normal Nippers Session	U9'S	SN Club 9:30am - 10:30am
	SIPPERS AFTER NIPPERS		SN Club from 11am
Sun 12th Nov	Normal Nippers Session	U8'S	SN Club 9:30am - 10:30am
Sun 19th Nov	Normal Nippers Session	U7'S	SN Club 9:30am - 10:30am
Sun 26th Nov	Normal Nippers Session	U6'S	SN Club 9:30am - 10:30am
Sun 3rd Dec	Normal Nippers Session	U12/13'S	SN Club 9:30am - 10:30am
Sat 9th Dec	TWILIGHT NIPPERS/CHRISTMAS PARTY FINAL NIPPERS BEFORE CHRISTMAS BREAK		SN Club - Nippers 4-5pm Christmas Party from 5pm
10th Dec to 6th Jan	CHRISTMAS HOLIDAYS		
Sun 7th Jan	First Day Back for Nippers	U11'S	SN Club 9:30am - 10:30am
Sun 14th Jan	Normal Nippers Session	U10'S	SN Club 9:30am - 10:30am
Sun 21st Jan	Normal Nippers Session	U9'S	SN Club 9:30am - 10:30am
Sun 28th Jan	Normal Nippers Session	U8'S	SN Club 9:30am - 10:30am
Sun 4th Feb	Normal Nippers Session	U7'S	SN Club 9:30am - 10:30am
Sun 11th Feb	Normal Nippers Session	U6'S	SN Club 9:30am - 10:30am
Sun 18th Feb	Normal Nippers Session	U12/13'S	SN Club 9:30am - 10:30am
Sun 25th Feb	Normal Nippers Session	U11'S	SN Club 9:30am - 10:30am
Sun 3rd Mar	Normal Nippers Session	U10'S	SN Club 9:30am - 10:30am
Sun 10th Mar	FINAL NIPPERS SESSION	U9'S	SN Club 9:30am - 10:30am
Sun 17th Mar	NIPPERS AGM & PRESENTATION DAY	ALL ATTEND PLEASE	SN Club 12pm



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## WELCOME!

To all Nippers both new and those returning, welcome to another amazing Nipper season at South Narrabeen Surf Life Saving Club!!

South Narrabeen SLSC is an all-inclusive family Club where you and your children can have lots of fun and make new friends while learning new and exciting skills for life.

Nippers are taught to respect and read the surf, and to use it to their advantage in a safe and nurturing environment. They also develop essential surf lifesaving skills. This is done in a fun environment that promotes a healthy lifestyle and camaraderie which is unique to surf lifesaving.

The activities are many and varied and are aimed at children from the age of five (5) and up learning about surf awareness and safety through the "Surf Life Saving Surf Education Program (Surf Ed).

This program has been structured to provide them with the appropriate skills and knowledge of beach safety and basic first aid. At South Narrabeen SLSC, Nippers also participate in board paddling, beach sprints, relays, "flags", tug of war, wading, swimming, surfing and lots of other games and activities. One of the best things at Nippers is seeing your children overcome their fear of water through encouragement, education and training and being confident in the surf.

They can also compete in Northern Beaches inter –Club competitions, Sydney Branch and State carnivals from U-8s and up.

**PLEASE NOTE:** At Nippers we do not teach children how to swim however, we do teach them surf skills and educate them about the beach environment. Given the activities are conducted in a marine environment, Nippers are strongly encouraged to undertake regular swim training through a local club or pool.



# **SOUTH NARRABEEN SURF LIFE SAVING CLUB**



## **PARENT INVOLVEMENT**

No one knows your children like you do so it is very important for them that you are involved to help them build confidence. Our Nipper program is entirely run by volunteers and we rely on your help and assistance.

You should therefore be willing each week to actively participate. Be dressed for the beach and be prepared to get wet with your child.

It is required that at least one parent is registered alongside a Nipper. This will cover you on and off the beach when helping with any Nipper age group.

We do not offer a child-minding service, but with this in mind we realize that some parents have more than one child in different age groups. If this is the case you should nominate another responsible adult for your other child's sign-on and sign-off.

Many parents are past or current members of Life Saving Clubs and serve as Patrol Members, Water Safety and Committee Members. In our experience the more you get involved, the more you and your child will enjoy Nippers! South Narrabeen SLSC provides all the necessary training to be an Age Manager, Helper or a Bronze Medallion Patrolling member.

Contact [education@snslsc.org.au](mailto:education@snslsc.org.au) for information on Bronze Medallion, Surf Rescue Certificate or Age Manager's Courses.

### **BEACH SET-UP/PACK UP AND CANTEEN/BBQ DUTY**

Nipper parents/carers are asked to volunteer for beach set up and pack up and to help run the Canteen/BBQ. Many hands make a Club more social and run smoothly.





# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## THE SURF EDUCATION PROGRAM (SURF ED)

Age Group	Award	Education Program Outline
U6	Surf Play 1	Know their way around their surf club and beach. Identify the junior activities boundaries. Understand basic safety practices: how to signal for help, importance of having an adult present when in the water, and staying with the group at all times. Focus on sun and surf safety including being able to identify a lifesaver and where the safest place to swim is. Surf sports is about enjoying playing in the surf, wading, beach flags, sprints and relays. Focus is on building confidence.
U7	Surf Play 2	The focus for Nippers for this age group is on play, participation and fun. Participants learn about what makes up a beach environment, sun smart guidelines, the importance of having an adult with them at the beach, what a life saver is and what they do, wading, beach sprinting and flags.
U8	Surf Aware 1	The focus is on understanding, identifying and demonstrating sun smart guidelines and dangers that relate to themselves, as well as what it means to feel safe. Nippers learn to recognise whether they are , or someone else is, in an emergency situation and how to get help. Eco surf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on body boarding, wading, dolphin diving, beach sprint starts and beach flag starts.
U9	Surf Aware 2	This award builds on Surf Aware 1. The idea of a personal safety network is introduced so children are comfortable asking for help. For this age group safety steps up a gear by introducing safety tips and the ability to identify hazardous surf conditions. Eco surf talks about the impact surf lifesavers can have on the beach. Participants can begin to use a nipper board, so basic board positioning and paddling in the surf is introduced. Other sport skills focus on body surfing, sand running technique and diving for a beach flag.
U10	Surf Safe 1	In this age group, participants begin learning basic lifesaving skills, including how rip currents work, recognising unsafe behaviours and relating these areas to preventative actions. Rescue techniques are introduced and Nippers learn to use boards to assist someone in the water, and practicing resuscitation skills on a manikin. The Eco surf focus is on water conservation and sun safety and the consequences of skin damage. Surf sports skills focus on entering and negotiating the surf on a board and beach relay baton changes.



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## THE SURF EDUCATION PROGRAM (SURF ED)

Age Group	Award	Education Program Outline
U11	Surf Safe 2 Resuscitation certificate	At this level, Nippers have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sport skills. U11's are encouraged to persist when needing help. There is a strong focus on recognising 'at risk' people and recognising and managing patients suffering from a range of basic first aid cases. Interpersonal and beach signage communication is introduced. Participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate. Surf sports skills focus on board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprint starts.
U12	Surf Smart 1 Resuscitation Certificate Basic Emergency Care	Nippers learn about their rights and responsibilities as members of SLSC, and consider personal health and wellbeing. The role of patrols is introduced, as is the managing rips and using them to assist in rescues. More beach signals are introduced, and the use of these in the context of beach rescues is considered. Board skills come into play as participants learn how to conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set and includes rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive, and beach flags races strategies. Participants can work towards a Basic Emergency Care Certificate (as well as Resuscitation Certificate).
U13	Surf Smart 2 Resuscitation Certificate Basic Emergency Care	This is the last level of the Nippers program and looks more broadly at surf lifesaving safety from various viewpoints – SLSC member safety and wellbeing, climate change and the impact on surf lifesaving. It focuses on the importance of communicating with beach users, emergency services and performing tube rescues. Participants can work towards a Basic Emergency Care Certificate (as well as Resuscitation Certificate). The focus of surf sports skills is bringing all the skills learnt in previous age groups together to participate in an event
U14	Surf Rescue Certificate	This provides a good background and preparation for the Bronze Medallion, which can be obtained at age 15. This the last year of structured junior activities and the first where Nippers can start to participate in regular surf lifesaving activities – patrols, open carnivals. The SRC comprises a number of skills and knowledge lessons. Theory and practical skills are formally assessed at the end of the course (usually early December).



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## NIPPER COMMUNICATIONS

South Narrabeen SLSC uses a number of tools to inform, connect and seek feedback with its members and the general public.

### **Contact Us:**

**By phone:** (02) 7910 9312

**By email:** [office@snslsc.org.au](mailto:office@snslsc.org.au) or [nippers@snslsc.org.au](mailto:nippers@snslsc.org.au)

**By post:** P.O. Box 12, Narrabeen, NSW, 2101

### **Contacting You:**

Email, SMS and social media (Facebook, WhatsApp), will be the main modes of communication with Nipper families. The mode used will depend on how time sensitive the information is e.g. Last minute cancellations, warnings. Please ensure you provide a current email address and mobile number when registering or renewing through the SLSC member portal. Your contact details can be updated at any time through the member portal or email [office@snslsc.org.au](mailto:office@snslsc.org.au) with the changes.

### **Website:**

South Narrabeen SLSC website can be found at [www.snslsc.org.au](http://www.snslsc.org.au)

### **Social Media:**

[South Narrabeen SLSC | Facebook](#)

### **Newsletters:**

Our Southy Club newsletter is emailed once a month, full of all the fun, achievements and events that are happening at our Club.



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## NIPPER COMMUNICATIONS

### Feedback, Grievances and Dispute Resolution

Open communication and feedback are regarded as essential elements in running a productive and harmonious volunteer organization. It is extremely important that all members realize the dangers of inadequate and poor communication within an organization, in particular one that is run entirely by volunteers. Listed below are some key things to consider when communicating between members, colleagues and peers:

- There is no place for bullying
- Talk to one and another with respect
- We are volunteers doing the best we can
- If you have a genuine issue or grievance then put it in writing
- Talk facts not rumors

South Narrabeen SLSC appreciates and respects the fact that all members have the right to provide feedback (positive and negative) and express grievances, dissatisfaction and concerns with the club. The Club also respects the fact that any grievances, dissatisfaction and concern directed at the club should be reviewed and dealt with in a professional, efficient and fair manner.

All grievances or concerns to which you would like the club to respond to should be directed to the club in writing. This should be addressed to the Club President. On receipt of any such document the Club President [president@snsllsc.org.au](mailto:president@snsllsc.org.au) will seek to address the said issue via following the Club's implemented policies and procedures.





# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## PREPARING FOR NIPPERS

### Registration:

For all new registrations – a proof of age/birth certificate must be sighted. There are 3 parts to registration:

1. Registration/renewal form
2. Payment
3. Member Protection Declaration Form/Code of Conduct Form

Registrations and Renewals can be done on our website: [www.snslsc.org.au](http://www.snslsc.org.au)

Before joining you MUST download and fill in a SLSNSW Member Protection Declaration form and South Narrabeen Code of Conduct. You will need to return a copy of these via email to the [registrar@snslsc.org.au](mailto:registrar@snslsc.org.au) or just bring them with you when you drop in your children's 'proof of age' to the Club.

1. As a parent you need to join our Club first. You can easily sign up, create an account and pay by going to [portal.sls.com.au](http://portal.sls.com.au). If you've never been a member of a surf Club, click on "not a member of a surf club" link and follow the instructions to complete your membership. If you're already a member and are renewing, login to the portal and follow instructions.
2. You then need to join your child as a Nipper on the same site.
3. **Please note children MUST be 5 years old – or older – by the 30th September, 2020 before they can become a Nipper member. No exceptions.**

For any queries regarding registration, please contact our Club Registrar at [registrar@snslsc.org.au](mailto:registrar@snslsc.org.au)



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## MEMBERSHIP FEES

<div> <b>CELEBRATING 100 YEARS 1923 - 2023</b></div> <div><b>MEMBERSHIP SUBSCRIPTIONS 2023/2024 SEASON</b></div>		
Membership Type	Membership description	Amount
Nipper	5 years to 14 years	\$100.00
Nipper Parent	1 Parent must be a member	\$60.00
Nipper Family	2 Parents and 2 Nippers	\$260.00
Additional Nipper	Per Nipper for family membership with more than 2 Nippers	\$90.00
Active Member	Holds a current Bronze medallion and completes necessary patrol requirements. Includes use of gym	\$0.00
Award Member	Proficient in awards required to be a Patrol member. Includes use of gym	\$50.00
Active family	Where a Parent is a proficient patrolling Bronze medallion holder for the current season and completes the necessary patrol requirements. ( 2 adults & 2 Nippers max)	\$0.00
Associate	Does not hold any SLSC certificates. And is active within the club	\$60.00
Associate Family	Same as and Associate member. Maximum of 5	\$300.00
Long Service Patrolling	Holds a current proficient Bronze medallion and completes necessary patrol requirements. Includes use of gym	\$0.00
Long Service	Dose not Patrol At South Narrabeen SLSC	\$50.00
Life Member	Holds Life Membership of South Narrabeen SLSC	\$0.00
General Membership	Correspondence only	\$0.00
Elected Member	Is an elected Director of the Clubs committee.	\$0.00
<b>Course Fees</b>		
Bronze or SRC (Existing Member)	Existing members	\$0.00
Bronze or SRC (New Member)	New Member includes membership for 2 seasons	\$135.00
Other Awards	TBC	
Gym Membership	Per month paid in advance	\$300.00
Gym Key	Refundable when membership cancelled	\$0.00



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## Active Kids Vouchers

Through service NSW Active Kids Program, you can apply for a \$50 voucher to use for sport and fitness costs. As South Narrabeen Surf Life Saving Club is an approved activity provider, you may use this voucher for membership registration.

[https://www.surflifesaving.com.au/sites/site.test/files/Fact%20Sheet%20%E2%80%93%20How%20to%20redeem%20an%20Active%20Kids%20Voucher%20-](https://www.surflifesaving.com.au/sites/site.test/files/Fact%20Sheet%20%E2%80%93%20How%20to%20redeem%20an%20Active%20Kids%20Voucher%20-%20A%20guide%20for%20Surf%20Life%20Saving%20Clubs.pdf.pdf)

[%20A%20guide%20for%20Surf%20Life%20Saving%20Clubs.pdf.pdf](https://www.surflifesaving.com.au/sites/site.test/files/Fact%20Sheet%20%E2%80%93%20How%20to%20redeem%20an%20Active%20Kids%20Voucher%20-%20A%20guide%20for%20Surf%20Life%20Saving%20Clubs.pdf.pdf)

[tps://sport.nsw.gov.au/sectordevelopment/active](https://sport.nsw.gov.au/sectordevelopment/active)



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## PREPARING FOR NIPPERS

### Member Protection Declaration

All members of SLS whether they are in a child-related role or not, have a responsibility to protect children. All members must follow SLS policy, procedure and codes of conduct and should advise the nominated person in their club if they identify any risks to child protection. Members are accountable for their own behaviour and are expected to comply with any screening requirements and with any decisions.

The member protection policy is in place to assist SLSA to uphold its core values and create a safe, fair and inclusive environment for everyone. The policy sets out SLS' commitment to ensure that every person involved in SLS is treated with respect and dignity and protected from Discrimination, Harassment and Abuse. It also seeks to ensure that everyone involved in SLS is aware of their legal and ethical rights and responsibilities, as well as the standards of behaviour expected of them. All SLS entities are committed to the health, safety and general wellbeing of everyone involved in SLS.

The Member Protection policy includes SLS' commitment to Safeguarding Children and Young People and includes code of conducts and guidelines for people in positions of authority when dealing with Children and Young People. It also includes a 'Reporting and Complaints' procedure.





# **SOUTH NARRABEEN SURF LIFE SAVING CLUB**



The Member Protection policy applies to everyone involved in SLS including but not only:

- Persons appointed or elected to boards, committees and sub- committees.
- Volunteers
- Support personnel
- All Members, including State Centers, Branches, Clubs and individuals
- Any other person involved in SLS including but not limited to participants, parents, guardians, spectators, sponsors and licensees and other contracted parties to the full extent possible

The Member Protection Declaration form is completed only once, unless a member has a leave of absence of at least one season. Every member 18+ who is in direct contact with children is required to complete a SLSNSW member protection declaration form.

For Active Cadets (13-17) who are in direct contact with children must sign the SLSNSW MPD form and have their form co-signed by a parent/guardian. Once they turn 18, they will need to re-complete the declaration. More information can be found at;

<http://www.surflifesaving.com.au/members/resources/child-protection>



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## PREPARING FOR NIPPERS

### WWCC – Working with Children Check

Looks specifically at national criminal history and workplace misconduct in relation to child-related work. Every member who is in defined 'child-related' roles must also complete a Working with Children Check (WWCC). This includes age managers, helpers, water safety, coaches, trainers, facilitators, committee, patrol captains and any other adult in a defined 'child-related' role. More information can be found at;

<http://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check/apply/apply>

### Privacy and use of Images

Is addressed in the SLSC Membership Application and Declaration process, both the paper form and online form requires members to sign/agree to all terms covered in the declaration.

South Narrabeen SLSC is acutely aware of the risks posed directly and indirectly to children and young people through the use of photography's on web sites and social medial. The privacy of our members, in particular children participating in the nipper program; is of extreme importance. Photos taken at Nippers and events may be used for the purpose of reporting and promotion activities and events. This is done in compliance with SLSC's privacy policy

<https://sls.com.au/privacy-policy/>

### Photography

SLSC have developed a guideline called "Safeguarding Children & Young People" in respect to all activities conducted with and around the SLS organizations. Our members and educators are fully briefed on this document.



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



Photos/video can be taken as long as we follow the following. This applies to all members of our Club:

Aside from South Narrabeen SLSC assigned “accredited” photographers for social/competitive events, no member or other can:

- Without formal permission from Child’s parent/guardian take photos or videos.
- Cannot forward/share/ or on send photos/videos of a child or young person.
- Publish a photo/video on social media without the prior approval of the Child or Young person’s parent or guardian.

## Age Groups

In accordance with regulations for Sydney Northern Beaches Branch, a child must have turned 5 before 30 September of the year that they are eligible to join Nippers. Children are registered in the age group according to the age of the child on 30 September of enrolling year. For example, if your child is 11 on 30 September, the child will be in the Under 12s

BIRTHDATE BETWEEN THESE DATES	AGE GROUP
1st October 2016 to 30th September 2017	U6 (Surf Play One)
1st October 2015 to 30th September 2016	U7 (Surf Play Two)
1st October 2014 to 30th September 2015	U8 (Surf Aware One)
1st October 2013 to 30th September 2014	U9 (Surf Aware Two)
1st October 2012 to 30th September 2013	U10 (Surf Safe One)
1st October 2011 to 30th September 2012	U11 (Surf Safe Two)
1st October 2010 to 30th September 2011	U12 (Surf Smart One)
1st October 2009 to 30th September 2010	U13 (Surf Smart Two)
1st October 2008 to 30th September 2009	U14 (SRC)



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## Junior Skills Assessment (Proficiencies)

Swimming is a huge part of the Nipper program and clubs must ensure children have appropriate swimming ability to participate in surf lifesaving activities. The ocean is not the place to learn how to swim. The focus of Nippers is to introduce surf skills and awareness not to provide “how to swim” lessons. If your child is not a competent swimmer, it is recommended that they take swimming lessons – this will help the child when they come to swim in the ocean or surf.

As a minimum children must demonstrate basic levels of proficiency based on their age group. The Junior skills Assessment is made up of two parts

- Preliminary skills evaluation – completed by all children prior to participation in any nipper water activity.
- Competition skills evaluation – completed by any child wanting to participate in a surf sports event. E.g. Carnival.





# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## PRELIMINARY SKILLS EVALUATION

### STAGE ONE: UNDER 6, UNDER 7, UNDER 8

Aquatic Play and Fundamental Aquatic Skills (FAS)

Minimum depth of safe aquatic environment – 1 metre

MINIMUM AQUATIC SKILL	U6	U7	U8
Floatation	Back or front float for minimum 5 seconds, recover to stand.		
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		
Propulsion	Push and glide from wall (distance 1-2 metres) recover to stand.	Push and glide from wall, kick (distance 2-3 metres) recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
CONTINUOUS SKILL SEQUENCE	Wade through water (distance 5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.		Swim on front through water any stroke 20 metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## PRELIMINARY SKILLS EVALUATION

### STAGE TWO: UNDER 9, UNDER 10, UNDER 11

Applied aquatic skills

Minimum depth of safe aquatic environment – 1.5 metres

MINIMUM AQUATIC SKILL	U9	U10	U11
Floatation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.		Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).
Propulsion	Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	Swim on front through water any stroke for 50 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.
CONTINUOUS SKILL SEQUENCE	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## PRELIMINARY SKILLS EVALUATION

### STAGE THREE: UNDER 12, UNDER 13, UNDER 14

Junior/trainee lifesaver – pathway to SRC

Minimum depth of safe aquatic environment 1.8 metres

MINIMUM AQUATIC SKILL	U12	U13	U14 (SRC)
Floatation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).
Propulsion	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.		Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.
CONTINUOUS SKILL SEQUENCE	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water using combination of breaststroke, sidestroke, freestyle for 200 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by forward or backward roll/somersault underwater, recover to surface, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



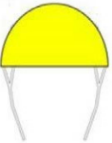
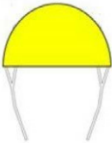

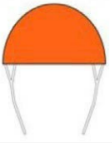








## Apparel and Merchandise

The official colours of South Narrabeen SLSC and Nippers are Royal Blue and Orange.

**Nipper uniforms/clothing are available for sale on our website:**

[www.snslsc.org.au](http://www.snslsc.org.au)

**THERE ARE NO EXCEPTIONS. NO HAT OR VEST, NO PARTICIPATION.**

<input type="checkbox"/>  <b>U6s &amp; U7s Club Cap - MANDATORY - 1st is Free</b> Yellow is for U6s and U7s only - 1st Cap is free <b>Free</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="A (Small)"/>	<input type="checkbox"/>  <b>U6s &amp; U7s Club Cap - MANDATORY - Replacement Cap Cost</b> Yellow is for U6s and U7s only Replacement cap cost - first one is free <b>\$20.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="A (Small)"/>	<input type="checkbox"/>  <b>U8s and Up Club Cap - MANDATORY - 1st is Free</b> Orange is for U8s and up only - 1st Cap is Free <b>Free</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="A (Small)"/>	<input type="checkbox"/>  <b>U8s and Up Club Cap - MANDATORY - Replacement Cap Cost</b> Orange is for U8s and up only Replacement cap cost - first one is free <b>\$20.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="A (Small)"/>	<input type="checkbox"/>  <b>Child Rashie - MANDATORY</b> All Nippers must wear the Club Rashie <b>\$40.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="6"/>	<input type="checkbox"/>  <b>Pink Vest - MANDATORY - Over 8s Only - 1st is Free</b> Nippers hi-vis pink vest. MUST be worn once each Nipper has successfully completed their Proficiency Swim Evaluation. <b>Free</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="10"/>
<input type="checkbox"/>  <b>Pink Vest - MANDATORY - Over 8s Only - Replacement Vest Cost</b> Nippers hi-vis pink vest. MUST be worn once each Nipper has successfully completed their Proficiency Swim Evaluation. <b>\$20.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="10"/>	<input type="checkbox"/>  <b>Girl's One-Piece</b> Girl's one-piece Club branded swim suit <b>\$45.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="6"/>	<input type="checkbox"/>  <b>Boy's Jammers</b> Boy's Club branded swimming jammers <b>\$45.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="6"/>	<input type="checkbox"/>  <b>Adult Rashie</b> Adult Club branded rashie <b>\$45.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="S"/>	<input type="checkbox"/>  <b>Women's One-Piece</b> Women's one-piece Club branded swim suit <b>\$50.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="8"/>	<input type="checkbox"/>  <b>Women's Two-Piece</b> Women's Club branded two-piece swim suit <b>\$40.00 AUD</b> Quantity: <input type="text" value="1"/> Size: <input type="text" value="8"/>





# **SOUTH NARRABEEN SURF LIFE SAVING CLUB**



## **Codes of Behaviour**

By joining the South Narrabeen SLSC – Nippers, parents/carers and volunteers acknowledge and accept these Codes of Behaviour.

### **Nippers Code of Behaviour**

- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Work equally hard for yourself and/or your team.
- Treat others as you would like to be treated.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Encourage all in your team and applaud all good performances whether it's your team or not.
- Follow the rules, listen and cooperate with your Age Managers/Assistants, Water Safety, Trainers, Helpers and mates.
- Respect your Club house, equipment and beach. Leave it clean and tidy.
- Respect the decision of officials at carnivals. If you disagree, have your Team Manager approach the official during break or after the competition.

### **Parents, Carers & Spectators Code of Behaviour**

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Encourage children to play by the rules
- Focus on the child's efforts and performance rather than winning or losing.
- Do not yell or ridicule a child for making a mistake or losing a competition.



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- Recognize and encourage good performances and skillful plays by all participants.
- Recognize the efforts of volunteer Age Managers, trainers, water Safety and committee members.
- Remember children learn by example, show a willingness to volunteer when rostered on or asked to help.
- Respect officials' decisions and teach children to do likewise. If you disagree, have your Team Manager approach the respective official.
- Respect your club house, equipment and beach. Leave it clean and tidy and encourage your child to do likewise.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## Age Managers, Trainers, Water Safety, Helpers and Officials' Code of Behaviour

- Encourage participation for the fun of it.
- Make sure the opportunity for participation is available for all children.
- Create an environment that is easy for parents to become involved.
- Teach participants the rules for their safety.
- Be responsible for the overall safety and well-being of the group.
- Be responsible for the groups learning
- Compliment and encourage and reward all participants, not just the talented children
- Be consistent, objective and courteous when making decisions.
- Operate within the rules & spirit of competitions and encourage Nippers and parents/carers to do the same.
- Condemn unsporting behaviour and promote respect for all opponents.



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- Be a good sport yourself, you set an example. Your behaviour and comments should be positive and supportive
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.
- Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of Nippers.
- Keep weekly records of attendance and achievements for each child.
- Keep children and parents/carers informed of age group requirements, and of Club activities, carnivals, etc.
- Respect your club house, equipment and beach. Leave it clean and tidy.

## Supervision

Safety is our first priority in all activities conducted by South Narrabeen SLSC. It is vitally important that parents/careers understand that Nippers is not a drop off and pick up activity. A parent/career is required to be on the beach within the vicinity of your child/children at all times. Age Managers will sign on/sign out children and ensure they have the right number of children at all times, but if your child needs water, medication, a trip to the bathroom, please inform your Age Manager on leave and return at every time.



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## ATTENDING NIPPERS

### SOME SIMPLE RULES:

- It is **COMPULSORY** for ALL Nippers to wear their skull orange or yellow cap and hi-visibility rashies at nippers.
- Nippers are not to enter the water unless cleared by Patrol Captain, Head of Water Safety and directed by their age manager.
- Caps come off at the end of Nippers, after your child has been signed off by his or her Age Manager.

**NO CAP = NO NIPPERS  
NO HIGH VISABILITY VEST = NO WATER ACTIVITES  
NO EXCEPTIONS**

The guidelines for water safety are laid down by Surf Life Saving Australia and must be adhered to by all. The IRB (Inflatable Rescue Boat) and water safety personnel are present during all regular Nipper water events. It is imperative that as many qualified parents as possible are in the water to accompany children in water activities. No race or activity will commence unless there are sufficient water safety personnel ratios. This is 1:5 for Water Safety Officers.

Water Safety Officers must be suitably qualified (Bronze Medallion or SRC). Just ask your Age Manager if you would like to do the training to help out with water safety. 1:2 is the ratio for those not holding water safety qualifications.

The Head of Water Safety will liaise with the Patrol Captain who will decide if surf conditions are suitable to conduct activities. The Head of Water Safety or the Patrol Captain may modify or cancel water activities if conditions become unsafe. No Nipper water events can be run when the beach is closed. Land based activities will still be run on the beach.





# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## The Clubhouse, Facilities and Equipment

We are a fully serviced Club. Please respect your Club and all facilities. Clean all equipment and put away, and keep tidy. Our club is to be enjoyed by everyone.

## Sun Safety

There is no shade on the beach, and outside the clubhouse. As most activities occur on the beach or water, please ensure your child has sufficient sun block.

### Typical Sunday Morning Timetable

•	0900	-	Beach set up.
•	09.15	-	Age Manager Briefing
•	09.20	-	Nipper Line up to designated Age area /Welcome/Roll call
•	09.30	-	Activities commence
•	10.30	-	Activities conclude
•	10.30	-	BBQ
•	11.00	-	Club Swim

Nipper activities can be broadly divided into 3 categories – education, beach and water events. Depending on age group, events may include wading, board paddling, swimming, sand and fun activities, all designed to increase engagement and to develop team work.

Under 6s and 7s primarily focus on fun and games on the beach which teach children basic skills and awareness of where to swim and what help is available from lifesavers, and if conditions allow it; shallow water activities. The Under 8s-Under 13s participate in a structured program that includes skill development activities in both the beach and water environment and an integrated education program that develops basic resuscitation, first aid, rescue skills and understanding of beach and surf.



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Lessons are delivered as per the Surf Ed Program and recorded. A minimum number of lessons, as outlined by SLSC, must be attended by each Nipper to achieve their surf education award for the season.

## Dismissal

ALL Nippers need to be marked off by their age manager at the end of all their activities. Nippers must be collected by the parent/career. If you are leaving early, you must still advise the Age Manager and have your child signed off.

## BBQ Duty

BBQ duty is allocated by Age Group, please refer to the Nipper Calendar for when it's your turn. It's important you turn up and help when you're rostered on.

## Beach Pack-Up

Beach pack up is the responsibility of ALL. Please ensure you help your Age Managers in returning all boards and equipment to the clubhouse



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## CARNIVALS AND COMPETITIONS

South Narrabeen SLSC is a member of the Surf Life Saving Northern Beaches Branch which extends to 21 Surf Life Saving Clubs, stretching from Manly to Palm Beach. The Board of Junior Development conducts Nipper carnivals during the season for U8 and above.

Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, however for the majority of children, participation can be an enjoyable and rewarding experience. All competitors in both beach and water events must have passed their competition evaluation (proficiency) to be eligible to compete at carnivals.

At all carnivals, competitors must wear the South Narrabeen SLSC Cap, South Narrabeen Swimming costume and hi-visibility pink vest. Competition events for Carnivals generally included:

- U8: individual sprint, beach flags, wade race, sprint relay, wade relay, all age beach sprint relay.
- U9 and U10: sprint, beach flags, sprint relay, surf swim, board race, swim teams, board relay, all age beach sprint and board relays.
- U11 and up: sprint, beach flags, sprint relay, surf swim, board race, swim teams, board relay, board rescue, Cameron relay, Iron Man/Woman, 1 or 2km beach race, all age beach sprint and board relays.

Carnival entries and dates will be communicated via our Carnival Coordinator and Age Managers. Or you can visit [www.surflifesavng.net.au](http://www.surflifesavng.net.au) to view the calendar on line or view it from the SLSSNB Surf Sports Team App.

### Club Competition- Age Champions

At Club level, we hold Club Championships. This applies to U8s and up. This is an opportunity for Nippers to compete against their peers within the club.



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## LIFESAVING AND EDUCATION

At South Narrabeen SLSC, we offer a range of training to ensure our members are educated to the highest standard, our trainers are recognized by Surf Lifesaving Australia accreditation standards.

**We need more patrolling members/LifeSavers at our Club so please visit our website: [www.snslsc.org.au](http://www.snslsc.org.au) to see all courses and dates available so you can join our team.**



# SOUTH NARRABEEN SURF LIFE SAVING CLUB



## FUNDRAISING

At South Narrabeen SLSC, we try to keep the prices for membership and clothing as low as possible. For this reason, we rely on fundraising to raise much needed revenue. Funds are always needed to repair, replace and update the equipment and training gear for Nippers. Fundraising also contributes to the annual Christmas celebrations, social events and the purchase of trophies and medallions.

The weekly BBQ is the primary source of fund raising for Nippers and throughout the season the Club will host a number of events, raffles and functions for all Club members and their families.

### Donations and Sponsorship

All of our sponsors are committed to the Club and our member's effort in keeping beachgoers safe and helping to build our local community. We are forever grateful for their ongoing involvement. If you are interested in sponsorship of the Club, please contact us.