

# Chelsea Longbeach Surf Lifesaving Club



**2010 – 2011 Nippers Handbook**

## **THE NIPPER PROGRAM IN AUSTRALIA AND AT THE CLUB**

There are over 52,000 junior surf lifesavers (nippers) in Australia. Nippers start learning about surf awareness and safety through the Surf Life Saving Surf Education Program (Surf Ed). They are also able to participate in board paddling, surfing, swimming, running, wading and other fun activities and games. We **do not** teach children how to swim, however we will teach them surf skills. Nippers are encouraged to undertake regular swim training through a local club or pool.

Practising these skills allows children to compete in Club, Regional and State surf life saving carnivals representing their clubs. The Club offers a program of surf awareness, skills coaching and competition over various levels, similar to the events that Australia's Surf Life Savers participate in.

While competition is an important element, the surf awareness and education aspect is a primary aim. Children are taught from the youngest ages how to respect the surf read the surf and use the surf to their advantage. This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf life saving.

Nippers is a way of introducing children to surf lifesaving, and is open to children from the age of 5 through to 14. Nippers actually began as a way of attracting young members into the surf club.

Nippers provides a fun way for children to enjoy the beach in a safe environment. It is also educational as the children participate in the SLSA Junior Development Program, a sequential program of skills and surf understanding.

SLSA recognises 'the juniors of today are the future of surf life saving.' SLSA has close to 140,000 members within Australia and almost 50,000 are nippers (40% of total membership).

Surf life saving is an amazing activity for developing a child's confidence, knowledge and skills in the beach environment. Not only will your child have fun and meet new friends they will become part of an iconic organisation that has served the Australian community for over 100 years.

I wish you all a most enjoyable season with the Club.

**Dr John McSwiney**  
**Junior Chief Instructor**

## NIPPER CALENDAR 2010/2011- KEY DATES AND TIMES

CHELSEA NIPPERS CALENDAR – 2010/11			
Date	Event	BBQ Roster	Pack-Up
30 Oct	Season Start/Halloween – Winter Nippers Presentation Party		
5 Nov	<b>First Registration Day – 6pm-8pm@ the Club</b>		
6 Nov	<b>Second Registration Day – 12pm-4pm @ the Club</b>		
7 Nov	Swim proficiencies – U8/U14 – Chelsea Beach 3-6pm		
14 Nov	Swim proficiencies – U8/U14 – Chelsea Beach 3-6pm		
20 Nov	Nippers – U6 to U14 Orientation for new nippers and parents		
27 Nov	Nippers – U6 to U14 YOUTH Inter Regional Challenge – Surf Coast	U14 parents	U8
28 Nov	YOUTH Inter Regional Challenge – Surf Coast		
3 Dec	Boardies Day	U13 parents	U9
4 Dec	Nippers – U6 to U14	U12 parents	U10
11 Dec	Nippers – U6 to U14 State Junior Carnival - Ocean Grove SLSC	U11 parents	U11
18 Dec	Nippers – U6 to U14 Christmas Party	U10 parents	U12
25 Dec – 22 Jan	Christmas Holidays break		
7 Jan	State Junior Carnival #2 – Cosy Corner		
13-16 Jan	Southern States Development Challenge - Tasmania		
22 Jan	Tin Shake – fundraiser (Chelsea)		
23 Jan	Club Open Day 10am – 4pm		
29 Jan	Nippers – U6 to U14 State Junior Carnival #3 - Elwood LSC	U9 parents	U13
5 Feb	Nippers – U6 to U14 Metro Regional Championships – Williamstown SLSC	U8 parents	U14
6 Feb	Peninsula Regional Championship – Mt Martha LSC		
12 Feb	Nippers – U6 to U14	U7 parents	U8
19 Feb	Nippers – U6 to U14	U6 parents	U9
20 Feb	State Junior Carnival #4 – Point Leo LSC		
26 Feb	Nippers – U6 to U14 State Junior Carnival #5 – Lorne SLSC	U14 parents	U10
5 Mar	Nippers – U6 to U14	U13 parents	U11
12 Mar	Nippers – U6 to U14 Victorian Life Saving Championships (day 1) – Lakes Entrance SLSC	U12 parents	U12
13 Mar	Victorian Life Saving Championships (day 2) – Lakes Entrance SLSC		
19 Mar	Nippers – U6 to U14	U11 parents	U13
26 Mar	Nippers last day of Activities Fun day and BBQ for all ages	All	
30 April	Presentation Day	All	All

Nipper and Membership Registration Dates for the 2010/2011 Season:

- Friday 5/11/2010 from 6.00pm to 8.00pm.
- Saturday 6/11/2010 from 12.00pm to 4.00pm and

Children under the age of 10 must join with an adult family member. All members 18 years and over must apply for a Working With Children Check as per Life Saving Victoria Member Protection Policy AD6-05. The Nipper Handbook will be available online at the Club's website and a hard copy will be on the Junior wall in the Club.

*The Nipper Program will commence on Saturday 20 November 2010.*

Membership and Nipper registration will not be taken at the 1st session. To avoid disappointing your youngsters please ensure that you register them before the 12th November.

**Nipper format 2010/2011 – Starting Times**

The new season will be structured differently to previous seasons to ensure that nippers are kept safe both on the beach and in the water and that Surf Lifesaving Australia age group learning competencies are implemented

There will be two session times for Nippers this season. All nipper age groups from under 7 down will commence at 1.30pm at the Club and this session will go for 1 hour. The second session will be for the under 8 – under 14 age groups and will commence at 2.30 and finish at 4pm. Please note that all nippers are expected to arrive at the Club at least 15 minutes prior to the commencement of the program for sign in and announcements.

## CHELSEA NIPPER TEAM

The Chelsea Nipper team plays an important role within the Club. All Age Managers and Parent helpers play a pivotal role in ensuring that our children are safe and that an appropriate learning program is enacted every Saturday. Without the dedication and commitment of these people there would be no nippers at Chelsea.

Position	Name
Junior Chief Instructor	Dr John McSwiney
Nipper Manager	Pedro da Cruz
Surf Ed	Alison McInerney
Competition Manager	
Water Safety Captain	Paul Winnell

Under 5		Under 6	
Age Group Manager	Tom Ludwick	Age Group Manager	Tim Newman

Under 7		Under 8	
Age Group Manager	Ben Chapman	Age Group Manager	Mick Brennan

Under 9		Under 10	
Age Group Manager	Scott Croughan	Age Group Manager	Peter Wilson

Under 11/12		Under 13/14	
Age Group Manager	Bronwyn O'Callaghan	Age Group Manager	Peter Larrieu

Water Safety Patrol		Surfguard	
Water Safety Captain/IRB Driver	Paul Winnell	Surf Guard Co-ordinator	Tony Payne
Water Safety Team	Tony Payne (IRB Crew)		
	Darren Wellington		
	Kim de Cruz		
	Steve McInerney		
Spotter			

If you wish to discuss any aspect of the nipper program please contact myself on 0425432448 or email [johnmcswiney@optusnet.com.au](mailto:johnmcswiney@optusnet.com.au)

thankyou

## CHELSEA NIPPERS

### Who can join Chelsea Nippers?

Any child, boy or girl, may join Nippers once they have turned 5 years old. They do NOT have to be super competitors or super athletes! One of the best features of Nippers is seeing young children overcome their fear of the water. Children who are afraid of the water can develop through encouragement, education and training to be confident in the water and in the surf.

We encourage parents to join the Club as Nipper Parent Members. Nipper Parent Membership provides access to the Club Facilities; opportunity to undertake formal training; provides insurance (limited) when assisting in Nipper activities. *All Age Managers and Assistant Age Managers and other helpers must be members of the Club (Nipper Parent or Active Member).*

### Birth certificates or equivalents must be sighted by the Club at time of registration.

Nippers is divided into nine official age groups, ranging from Under 6s (U6) through to Under 14s (U14). The age group is determined by the child's age at midnight on 30 September each year. Refer to Age Group Table below for details. At the Club we also cater for those toddler nippers that are under the age of 5. The toddler nipper program is set up to introduce and educate children about water safety and having fun in and around the water. It should be noted that parents wishing to include their child(ren) in this program must also accompany them on the beach at **ALL** time

Age Group (Age is determined as at 30 September each year)	Date of birth	Cap	Age Manager
Under 5	Prior to 30 September 2006	Fluoro yellow	Tom Ludwick
Under 6	01 October 2004 to 30 September 2005	Brown	Tim Newman
Under 7	01 October 2003 to 30 September 2004	Light Blue	Ben Chapman
Under 8	01 October 2002 to 30 September 2003	Red	Mick Brennan
Under 9	01 October 2001 to 30 September 2002	Purple	Scott Croughan
Under 10	01 October 2000 to 30 September 2001	Yellow	Peter Wilson
Under 11	01 October 1999 to 30 September 2000	White	Bronwyn O'Callaghan
Under 12	01 October 1998 to 30 September 1999	Navy Blue	Bronwyn O'Callaghan
Under 13	01 October 1997 to 30 September 1998	Green	Peter Larrieu
Under 14	01 October 1996 to 30 September 1997	Black	Peter Larrieu

**Juniors must complete activities in their own age group. At Carnivals they must compete in the individual events in their own age group, but may go up 1 age group to make up teams in team events.**

### **Age Group Caps**

Club caps must be worn at all times during Nippers' activities. All children must wear the club cap during events. They must finish all events with the cap on the head and tied under the chin – otherwise, they can be disqualified at carnivals. Caps are worn for safety reasons so children can be seen in the water and differentiated from Water Safety officials and others who may be having a casual swim.

In season 2010-2011 the Club will introduce coloured nipper caps so that each age group will have a different coloured cap. A colour will be allocated to Under 6s, and this colour will stay with the group as they progress through Nippers. This is done primarily for safety reasons as it is an easy way to identify the different age groups from the Patrol Tower and from the water and will make it easier to locate a particular age group on the beach.

*All under 5 nippers are required to wear the fluoro yellow caps as this will make them easy to spot on the beach.*

### **Chelsea Nippers - A Typical Saturday**

#### What Happens?

Your help will be needed every week, from about 12pm onwards, to set up the beach and to ensure that everything is packed away. (Refer to the Nippers calendar for the BBQ, Beach set-up and pack-up roster.)

Saturday afternoon at Chelsea Nippers starts with registration at 1.15pm for toddler/Under 6 and 7s and at 2.15pm for Under 8s – Under 14s in the Clubhouse, with the children assembling in their age groups. All children are required to have their attendance recorded by the Age Manager prior to joining the afternoon's activities. *Awards will be presented to Nippers at the end of the season to those who have attended 90% or more Saturday afternoons (including inter-club activities).*

Nippers will always be held however parents should note that activities will be amended for bad weather and extreme weather days. Parents should also note that they may get wet during the program as they may get asked to volunteer to help out with some of the activities.

Nippers should arrive ready to start activities, with the Club cap on and sun protection/sun screen applied. It would also be beneficial if the nippers also went to the toilet before attending nippers. Nippers must wear the age group cap whilst participating in nippers. Under the control of their Age Managers, children then take part in fun on the beach and in the water. Scheduled activities are noted on the Season Calendar but are subject to change dependant on beach conditions.

The under 6/7s and under 8s age groups are encouraged to do water wades and water relays every week to learn how to negotiate shallow surf. These age groups also play

lots of games in the sand and surf to assist with the development of motor skills. When suitable, the U/8s will also be introduced to surf swimming. The Club has foam boards that are used for fun and experience under parental supervision.

Older age groups will have regular competitive beach, swimming and board events most Saturdays. Participation is not mandatory, by encouragement children are supported to participate to their potential. The Club has senior members and coaches who will assist in the conduct and training of events, such as how to paddle a surfboard, or make a relay change.

On certain days instruction will be given on surf awareness, surf safety and surf skills using the Surf Life Saving Surf Education Program (Surf Ed). Children are required to participate in the 'Surf Ed' Program for their age group. While 'Surf Ed' is compulsory, competition is not. No child will be forced to compete in any event which they are not trained, not capable of doing, or if the surf conditions are inappropriate.

On selected days there will be carnivals and other events that the Club competes in or hosts. On these Carnival and Championship days the regular Saturday activities are sometimes cancelled. The Season Calendar will list these dates, but it is also important to check with the Age Manager and Club Noticeboard as planned dates and venues can change during the season.

Overall, the emphasis in Nippers is to have fun, certain days are set-aside during the year where competition and training are suspended and the children just have fun in the water and on the beach.

Nippers will usually finish by approximately 2.30pm for Under 6s-Under 7s and 4pm for Under 8s – Under 14s. At the conclusion of the day's events, parents must mark their child/children off the roll. Once a Nipper is with their parent, they must remove their Nipper cap so we know they are now under parental supervision.

*As a parent or guardian you are **REQUIRED** to be at the beach at all times during Saturday activities. Your child remains your responsibility. medication, trips to the toilet and the individual general welfare of each child on Chelsea Beach is the responsibility of the parent or guardian. Nippers is **NOT** a child minding program.*

#### What to Bring?

About the only items needed are swimmers, a towel, Club cap, sun protection (applied before you arrive), drink bottle (labelled), a wetsuit (in case it is cold) and a smile!! Nippers are not permitted to wear jewellery or watches during training or competition. Nippers must also bring their Nipper passport that will be filled in during the season to ensure completion of relevant awards.

Club swimmers, vests, caps, towels & other merchandise items can be purchased from the uniform shop each Saturday (and other selected days) in the office upstairs at the Clubhouse, or by downloading the order form from the Club website.

For safety reasons Nippers **must** wear their Age Group Coloured Cap at all times. At all Carnivals Club swimmers should be worn, and the official Club cap **must** be worn.



## CHELSEA NIPPERS – THE STRUCTURE OF THE PROGRAM

The 2010-2011 nippers program will be structured to ensure all nippers receive instruction, encouragement and advice in 3 distinct learning areas covering surf education, beach events and water events. *Please note that nippers must attain there relevant water proficiency to ensure that they can fully participate in all water activities.*

Surf Education will focus on the learning areas as outlined in the following SLSA learning proficiencies:

- Surf Play 1 and 2 (U6 and U7)
- Surf Aware 1 (U8)
- Surf Aware 2 (U9)
- Surf Safe 1 (U10)
- Surf Safe 2 (U11)
- Surf Smart 1 (U12)
- Surf Smart 2 (U13)
- SRC (U14)

For more information on these learning proficiencies see the summaries contained in the section headed Junior Development Program of this Handbook.

Beach events include:

- Beach sprints – running over a set distance on the sand
- Flags – lying flat on the sand, then getting up and running a short distance to grasp lengths of hose standing in the sand. The event is run over a number of rounds with a child eliminated each round until there is an eventual winner.
- Beach relays – teams of four run a relay over similar distances to the beach races
- Surf wade – running through shallow water around a heavily supervised course (usually for younger age groups).

Water events include:

- Surf swim – swimming from the beach, around a string of buoys and back to the beach
- Board race – similar to the surf swim, but paddling boards around the course
- Run-Swim-Run – a race combining two sprints along the beach, separated by a swim leg
- Iron Man/Iron Woman – a race involving running on the sand, swimming and paddling a board around a set course
- Board relay – a team of three paddle their boards in turn around the course
- Cameron relay – a four person relay involving a surf swim, board race and two beach sprints
- Board rescue – a two person team. The swimmer swims to a designated buoy and is then ‘rescued’ by the board paddler. Both Nippers must then paddle back to shore on the same board.

All nipper activities will be coordinated by the Junior Chief Instructor who will develop a program in consultation with the Club Captain and Water Safety Captain. All nippers will be rotated through activity stations on Saturday afternoons that will

cover surf education, beach and water events. All nippers will undertake activities in their respective age groups and a copy of the program will be made available each Saturday and will be posted on the Nippers Notice Board in the Clubhouse.

## **Nipper Training 2010-2011**

### **Tots Nipper Program**

<b>Under 5</b>
Fun
Fun
Fun
Fun

The tots nipper program has a 1:1 ratio and the focus is on having fun on the beach and in and around the water. The tots program will probably run for no more than 30-45 minutes depending on weather conditions. Whilst the focus is on fun the tots will also learn valuable lessons about water and beach safety.

### **Junior Nipper Program**

<b>Under 6</b>	<b>Under 7</b>
Surf Ed	Flags/sprint
Flags/sprint	Surf Ed
Boards	Swim
Swim	Boards

The timetable for the junior nippers should be viewed as a guide only as weather conditions can, and will, impact on the program. All things being equal the junior nippers will spend at least 15 minutes at each activity station and rotate from station to station on the beach and in the water. Each activity station will be marked out on the sand and in the water prior to the start of each nipper session and Age Managers will guide the Under 6 and Under 7 age groups group from station to station. The junior program has been designed in line with SLSA competencies and guidelines and at each age level the junior nippers will not only be having fun but will also be learning important skills relating to life saving.

### **Senior Nipper Program**

<b>Under 8</b>	<b>Under 9</b>	<b>Under 10</b>	<b>Under 11/12</b>	<b>Under 13/14</b>
Flags	Surf Ed	Swim	Boards	Sprints
Sprints	Flags	Surf Ed	Swim	Boards
Surf Ed	Sprints	Boards	Flags	Swim
Swim	Boards	Sprints	Surf Ed	Flags
Boards	Swim	Flags	Sprints	Surf Ed

The timetable for the senior nippers should be viewed as a guide only as weather conditions can, and will, impact on the program. All things being equal the junior nippers will spend at least 15-20 minutes at each activity station and rotate from

station to station on the beach and in the water. Each activity station will be marked out on the sand and in the water prior to the start of each nipper session and Age Managers will guide the age groups from station to station. The senior program has been designed in line with SLSA competencies and guidelines and at each age level the senior nippers will not only be having fun but will also be learning important skills relating to life saving.

### **Parent Nipper Program**

<b>Parents</b>
Participate
Encourage
Help
Support
Promote
Enjoy

The timetable for the parent nippers, that means YOU, is to become actively engaged with your children’s activities on the beach and in the Club house. The Club strongly supports and actively promotes parent involvement at all levels. So get involved and you may even surprise yourself with what you learn in the program and remember that you can become an active member of the Club by participating in the Bronze medallion and a range of other training and learning activities that the Club promotes and runs. There is no excuse not to be involved!

### **Chelsea Junior Development Program**

The junior development program (Surf Education) is designed to ensure children from the ages of 5 to 12 have fun at the beach while participating in lessons that will lead them to becoming a lifesaver – what we like to call ‘Serious Fun’.

The program has been designed to develop a structured pathway for nippers to enhance knowledge and skills through specific learning outcomes. The lessons are tailored to each age group to ensure the content is relevant and in line with lifesaving and surf sports most up to date training standards.

The Surf Ed Program is an integral part of our Junior Activity Program. The Club will be implementing Surf Life Saving Australia’s comprehensive training programme for Nippers. The content is tailored to each age group, and the program is based on participatory evaluation and not assessed on competence. In other words, children need only be actively involved in each of the lessons to be eligible for the award. Again, the emphasis is on fun.

The Program is based on a clearly defined structure and outcomes to aid the children’s life saving development. Each age group has its own individual set of lessons – varying between 10 and 16 depending on the age group and all nippers will be able to gain their respective Surf Ed Award for their age group during the season. Listed below is a summary of the awards for each age group:

**Surf Play 1 and 2 (U6 and U7)** – focus on play, participation and fun. Simple beach safety and awareness lessons such as basic safety practices

during activities, what makes up a beach environment, sunsmart guidelines, the importance of being with an adult at the beach, what a lifesaver is and what they do. Surf sports skills involve wading, beach sprinting and beach flags.

**Surf Aware 1 (U8)** – focus is on understanding, identifying and demonstrating sunsmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. They learn to recognise whether they are, or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on bodyboarding, wading, dolphin-diving, beach sprint starts and beach flag starts.

**Surf Aware 2 (U9)** – builds on Surf Aware 1. The idea of a personal safety network is introduced so children are comfortable asking for help. Children are given safety tips and learn more about hazardous surf conditions. Ecosurf talks about the impact surf lifesavers can have on the beach. Surf sports skills focus on board positioning and paddling, sand running technique and diving for a beach flag.

**Surf Safe 1 (U10)** – identification of adults at surf clubs they can ask to help. The Ecosurf focus is on water conservation and sun safety and the consequences of skin damage. Children learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Rescue techniques are introduced and children learn to use boards to assist other swimmers. Surf sports skills focus on entering and negotiating the surf on a board and beach relay baton changes.

**Surf Safe 2 (U11)** – at this level, children have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Children are encouraged to persist when needing help. There is a strong focus on recognising ‘at risk’ people. Interpersonal and beach signage communication is introduced. Surf sports skills focus on board dismounts, catching waves on a board, board relay, surf swimming techniques and crouching beach sprint starts.

**Surf Smart 1 (U12)** – children learn about their rights and responsibilities as members of SLSA, and consider personal health and wellbeing. More beach signals are introduced, and the use of these in the context of beach rescues is considered. Board rescues are undertaken. 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 race strategies.

**Surf Smart 2 (U13)** – looks more broadly at surf lifesaving safety from various viewpoints – SLSA member safety and wellbeing, climate change and the impact on surf lifesaving, communicating with beach users, other professional emergency services and surf safety tips. The focus of surf sports skills is on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines: board race, board rescue,

surf race, run-swim-run, beach sprint, beach relay, beach flags, ironman/ironwoman and cameron relay.

**SRC (U14)** – Surf Rescue Certificate – This provides a good background and preparation for the Bronze Medallion, which can be obtained at age 15. This is 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. The theory component of the SRC training is run during the week, and the practical sessions will be advised by the Club.

### **Nipper Equipment**

The Club supplies most, if not all, of the equipment needed for Saturday activities and Carnivals. Equipment includes nipper boards. This equipment is available for the use of all registered Nippers.

The Club Captain, Junior Chief Instructor and Age Group Managers may allocate equipment for Saturday activities. We ALL need to look after our equipment. If you use it, then it's your responsibility to take it back to the Clubhouse, wash it and return to the store. Equipment is only to be used for Saturday activities unless permission is given by the Club Captain, Patrol Captain or member of the Committee. Damaged equipment must be reported *immediately* to the Junior Chief Instructor or Age Manager.

Some Nippers will buy their own equipment or be allocated specific Club equipment for competition. The security of this equipment is their responsibility. *Prior to using your own equipment in training or competition, it must be registered with the Club Captain – see below.*

### **Boards**

Nippers has a range of boards suitable for all levels of expertise. There are even some small boogie boards for the U6s and U7s to develop their skills. U8 – U10s use 2m long foam boards; U11 – U13s use 2m long fibreglass boards and U14s use a Malibu fibreglass board, 3.2m in length. U8s do not compete at external carnivals on boards; all other age groups must use the boards, as specified above.

Chelsea Nippers are extremely fortunate to have a large number of good-excellent quality foam and fibreglass boards available for use by Nipper members during Saturday nipper activities and club training.

### **Board Allocation**

Boards will be allocated by the Club Captain, Water Safety Captain or Junior Chief Instructor and preference will be given to those children that regularly attend the nipper program and Club training. Boards will be inspected by the Club Captain, Water Safety Captain or Junior Chief Instructor and a parent responsible for the board at the time of allocation. Any repairs required that are not the result of accidental damages, or normal wear and tear are to be paid by the parent. Loss or non return of the board will result in the parent being responsible for the cost of a replacement board. It should be noted that despite a board being allocated to a nipper, continued

absence at training and non-attendance on Saturdays may result in the board being reallocated.

All club owned boards must be returned at the end of the season. Nippers are welcome to use their own boards, however these boards must not be used by other members. Prior to using their own board for training or competition, the Serial Number & Date of Manufacture must be provided to the Junior Chief Instructor.

Club owned boards that have not been allocated **are not** allowed out on the water before training or before Nippers on Saturdays.

- Foam Boards are available for U7s and U8s
- Soft-Pro boards are for U9s, & U10s
- Fibreglass Nipper Boards are for U11, U12, & U13s
- U14s use full size Malibu paddle boards

Competition Boards **are not to be used** for training, except with the express permission of the Club Captain or Coach. Competition boards are labelled and will carry **distinctive markings** on the nose of the board.

Boards are **not to be dragged** on the beach. If a member is too small to carry a board, you should carry it with another Nipper. Boards are not to be thrown down on the sand, and boards are not to be sat on when on the beach. Kneeling (on nipper boards) and standing up on all boards is strictly prohibited.

When you have finished using a board, **wash off all the sand** and return it to the board room.

Any damage **must be reported immediately** to the Club Captain, Water Safety Captain or Junior Chief Instructor

NOTE:

1. Nippers or parents who mistreat boards will not be allowed to use them until they can demonstrate appropriate conduct and may be asked to contribute to the cost of repairs.
2. The club cannot be held responsible for any damage to private boards.

## **WATER SAFETY**

The following information outlines the 'roles and responsibilities' of Clubs with regard to water safety for Junior Activities:

- Only qualified personnel are eligible to act as water safety officers for Junior Aquatic Activities. i.e. registered members with a minimum qualification of a Surf Rescue Certificate.
- On the regular training day and/or at a carnival, the patrol captain is responsible for all water safety on the beach.
- The Junior Coordinator is to liaise with the Patrol Captain regarding the safest area to conduct water activities.
- The Patrol Captain has the authority to cease all water activities, if in his/her opinion the conditions are deemed to be unsafe.

- The Patrol Captain in conjunction with the Junior Coordinator must ensure sufficient numbers of water safety officers are available.
- The ratio of water safety officers as outlined by SLSA is -
  - One (1) water safety officer to five (5) participants (competition/educational activities).
  - Approximately 50% of these water safety officers should be on rescue craft.
  - It is also highly desirable that those water safety officers not on rescue craft, wear swim fins and make use of rescue tubes or even body boards etc. as flotation aids.
  - An IRB is to be in the water when there are 20 or more participants.

### WATER SAFETY TO PARTICIPANT RATIO IS 1:5

The water Safety ratio does not include those members on regular public patrols as they already have designated duties and obligations

**Water safety personnel MUST wear fluoro orange caps and appropriately fitted long sleeved orange lycra shirts for ease of identification (as pictured below).**



For mid week training or sessions conducted outside normal program times, the above conditions will apply except that in the absence of a Patrol Captain, Clubs will need to ensure that an appropriately qualified, experienced bronze medallion holder is in attendance.

### **NIPPER PRELIMINARY WATER ASSESSMENT**

It is compulsory that all nippers must be tested before they enter or participate in any SLSA water based junior activities, which includes nippers. This is to ensure that each child demonstrates a standard of competence to enable preliminary levels of survival skills in an aquatic environment to be achieved.

Preliminary assessments will be completed after the nipper has signed on as a member and prior to their first day of Junior Activities (nippers) (see calendar for the dates of nipper water proficiency). This evaluation will be conducted at a venue determined by the Club. Children who are deemed not competent will require further training and will not be allowed to undertake any water based nipper activities until they are deemed competent. Any child that does complete the preliminary skills evaluation competently can progress to water based junior activities, and be supervised by water safety at a 1:5 ratio.

## **Water Proficiency**

There are two levels of Proficiency:

- A. Junior Participation Skill Evaluation; and
- B. Junior Competition Skill Evaluation.

To ensure nippers are safe and continue to develop their skills in life saving, all junior activity participants, Under 8 – Under 14 must successfully complete the **Junior Participation Skill Evaluation (Participation Proficiency)**. The Participation Proficiency **is not** sufficient for nippers to take part in mid-week water training or participate in Club Championships. To take part in these activities the Competition Proficiency is required.

Nippers wishing to undertake the full range of activities available, and participate in carnivals are required to successfully complete the **Junior Competition Skill Evaluation (Competition Proficiency)**.

### **A. - Junior Participation Skill Evaluation**

This is required to be completed prior to participation in any junior activity (beach or water activities) each season (1st July to 30th June) by all nippers. (This must be completed prior to participation in the Open Water Swim and surf education training). Nippers successfully completing this evaluation **may still be restricted**, at the discretion of the Club Captain, Junior Chief Instructor, Water Safety Captain or Age Manager, in the activities in which they may be able to participate. *This level of proficiency is insufficient to participate in mid-week water training and may limit participation on weekend nipper activities.*

### **B. - Junior Competition Skill Evaluation (Timed Pool Swim & Open Water Swim)**

From the age of 8 (Under 9) juniors can begin to compete in swimming and board events in inter-club competition. To ensure that all juniors have the ability, strength, and fitness standard to complete the course they must be able to first complete the junior competition evaluation specified for their age group set by SLSA.

In July 2009, the SLSA resolved that the Junior pre competition evaluations conform to the swim distances as specified in the surf sports manual. The updated swim distances are described in the table below. This is a National minimum standard, and one which the Club adheres to.

The competency test is not an award. The test is to be carried out at the beach and involves a continuous effort of swimming (freestyle) around the same course required from that age group at a carnival. The test must be completed prior to the junior award being processed, and prior to the candidates (U/8 – U/14) competing in carnivals. Children that do not wish to compete at interclub competition are not required to complete their competition skills evaluation.

**All children must successfully complete their Competition Skills Assessment (S badge) before competing in water events at carnivals. This award will also be entered onto the Surfguard database by raising a form 14 and will be illustrated to carnival officials as an S-badge sewn onto the child's swimming costume.**

	<b>Preliminary Skill Evaluation Timed Swim (Freestyle)</b>	<b>Junior Competition Skill Evaluation Open water/Surf Swim</b>
Under 8	25 metre swim (any stroke). 1 minute survival float	Not applicable
Under 9	25 metre swim (any stroke). 1 minute survival float	Minimum 150m open water swim
Under 10	25 metre swim (freestyle). 1.5 minute survival float	Minimum 150m open water swim
Under 11	50 metre swim (freestyle). 2 minutes survival float	Minimum 288m open water swim.
Under 12	100 metre swim (freestyle). 2 minute survival float	Minimum 288m open water swim.
Under 13	150 metre swim (freestyle). 3 minute survival float	Minimum 288m open water swim.
Under 14	200 metre swim (freestyle, in less than 5 minutes). 3 minute survival float	Minimum 288m open water swim.

For nippers who wish to compete in events at carnivals and undertake the full range of activities available, the preliminary and junior competition swims must be successfully completed (see calendar for details), and must be verified by the Club Captain, Junior Chief Instructor or Water Safety Captain.

The Junior Competition Swim component of the proficiency cannot be undertaken unless the Preliminary skills swim has been successfully completed. The Junior Competition Swim will be conducted around a competition course and must also be validated by the Club Captain, Water Safety Captain or Junior Chief Instructor. The Club will provide information on dates and times for these swims.

All proficiencies must be achieved under Club supervision and sign off. Proficiency dates and times will be arranged by the Club, please check the Season Calendar for details. All nippers must complete their proficiency on the dates specified. There will be no exceptions. Any questions regarding proficiencies should be referred to the Club Captain, Water Safety Captain or Junior Chief Instructor.

There are 2 levels of Competition Proficiency

- Competing Swimmer - competently completes the required distance
- Training Swimmer - does not competently complete the required distance

### **Competent Swimmer Badge (S Badge – Safe to compete in water events)**



The design of the S Badge changes every year, running through a 3 year cycle. This ensures that badges are unlike and can be differentiated from the previous season.

### **Training Swimmer Badge (T Badge – Training to compete in water events) T**



T-badges are awarded to Nippers who are working towards their S-badge but are not yet competent over the Competition Skills Evaluation swim distances. These Nippers can improve over the summer and then achieve their S-badge later in the season.

These juniors would receive a T badge to sew onto their swimming costume, and are permitted to only compete in beach events at carnivals, until they can reach the S badge standard.

*Parents are encouraged to send these Nippers to extra swim lessons/training to help these young Nippers improve over the summer and then achieve their S-badge at a later time.*

**Placement of Badge**

Forward of Left Hip:



**Further Award Options**

Age Group	Age	Award
Under 11	10	Resuscitation Certificate
Under 12	11	Resuscitation Certificate Basic Emergency Care Certificate
Under 13	12	Resuscitation Certificate Basic Emergency Care Certificate

Participants will learn how to perform cardiopulmonary resuscitation (CPR) techniques. Options for delivery and basic single lessons are listed on the ‘Resuscitation’ lesson plans in the Surf Safe 2, Surf Smart 1 and Surf Smart 2 awards.

**Basic Emergency Care Certificate**

Participants will learn basic anatomy and physiology, how to identify basic patient management techniques and how to perform cardiopulmonary resuscitation (CPR) techniques.

Options for delivery and basic single lessons are listed in the ‘Human Body’, ‘First Aid’ and ‘Resuscitation’ lesson plans in the Surf Smart 1 and Surf Smart 2 awards.

**Options for delivery**

These awards can be gained by incorporating the training into the junior development program. Within the lessons that relate to these awards the Club will use two options for the delivery:

**Option 1 – Deliver a basic single lesson on the topic (a lesson plan is provided to deliver this)**

If you are qualified trainer or lifesaver the lesson would be delivered by you. If you are not qualified you would need to find a qualified bronze lifesaver or trainer to deliver the lesson.

**Option 2 – Deliver this lesson as part of guiding your participants through a Resuscitation Certificate and/or Basic Emergency Care Certificate through the season**

- Have a qualified trainer deliver an initial lesson on the award topic
- During the season conduct further lessons with your participants to practice the skills and knowledge learnt in the initial session
- When the participants are ready for assessment for the award (towards the end of the season) get a qualified assessor to conduct an assessment session.

Note: In the U12 and U13 age group some participants may have already obtained their Resuscitation Certificate the previous season. These participants will not need to redo full award training, however, they will need to complete a resuscitation proficiency to keep their award current. You can use these participants to help out with the training throughout the season. This repetition is also relevant to the Basic Emergency Care Certificate in the U13 age group.

**STATE UNDER 13 DEVELOPMENT CAMP**

This Camp is designed to assist junior members in the transition from Nippers to Cadets. Camp participants will complete problem solving exercises, face personal challenges, participate in activities that involve trust and teamwork and develop a State-wide network. The U/13 camp is held around mid February every year, and there will be places available to members in the U/13 age group across the state of Victoria. Participants must be able to attend the entirety of the program.

Clubs will be guaranteed one (1) position on the camp, but if the camp quota has not been met, the remaining positions will be allocated to clubs with more than 1 application. Nominations will close exactly 1 month prior to the camp date, and successful applicants will be notified 3 weeks prior to the camp commencement date. Clubs will be invoiced for the cost of the camp, it is up to each club and participant to agree on who will be responsible for the cost of the camp.

**2011 U/13 Camp Information:**

This program is currently undergoing a review due to low participation over the past 3 seasons. If you would like more information, or would like to provide feedback or comment on this review, please contact the LSV, Manager for Youth & Leadership Development on 03 9676 6945.

More information will be posted on the website as it comes to hand:

<http://www.lifesavingvictoria.com.au/www/html/666-under-13-development-camp-nomination-form.asp>

## **UNDER 14s**

The Under 14 age group is perhaps the most important age group for juniors. It is the last year of structured junior activities and the first where the junior can start to participate in regular surf lifesaving activities – patrols, open carnivals, etc.

The role of the age manager becomes even more important for an Under 14. In the past, age managers have needed to look after the children in their care. While an Under 14 age manager still has a certain duty of care, it is also important that they start to introduce the junior to life without structured weekly activities.

### **Surf Rescue Certificate (SRC) Program**

The Under 14 nippers will be undertaking training with a view to these nippers completing the SRC in January 2011 and then undertaking patrol duties with the Club.

#### The Surf Rescue Certificate

Up until the Under 14s, the Junior Development Resource kit provides age managers with lesson plans on the minimum skill requirements to be taught at each level. These lessons cover all areas of surf lifesaving including surf awareness, first aid, resuscitation and surf sports skills. The lessons have been mapped to a skills matrix that provides a pathway for a junior member to learn all of the essential skills to become an active surf lifesaver.

A number of the skills and knowledge lessons provide a learning pathway towards the Surf Rescue Certificate (SRC). This is the introductory award for patrolling surf lifesavers and allows the recipient to take part in beach patrols. A member must be 13 years of age to sit the examination for this award. Completion of this award is a minimum requirement for participation in surf sports competition as an Under 15 (and in some instances as an Under 14).

#### SRC Units

Unit 1: Safety and Wellbeing	Unit 2: Surf Awareness & Skills	Unit 3: Anatomy & Physiology
Unit 4: Basic First Aid	Unit 6 : Basic Resuscitation	Unit 7: Resuscitation (CPR) (only for candidates 15 years and over)
Unit 8: Communications	Unit 10: Rescue Techniques	Unit 12: Patrols

Please note that Units – 5, 9 and 11 are not a part of the SRC but are recognised units of competency for the Bronze Medallion award.

Most Under 14 members will complete this award as part of their regular junior activities. This might be done in a number of ways:

- SRC training could take place during the regular junior activities time slot (eg. Saturday afternoons).
- For those who turn 13 early in the year, training for the SRC (particularly the theory components) may take place in the winter ‘off-season’.
- Clubs may choose to run SRC training in a similar fashion to other awards. Theory sessions may be run on a week night, with practical sessions run on the weekend either as part of the regular weekly activities or at another time

**The candidate must be 13 years of age on the day of assessment of the SRC. Training for this award can be started well before the candidate turns 13 so they are ready to be assessed as soon as they turn 13.**

#### Weekly Activities – A Transition

Under 14 activities aren't just about obtaining the SRC. There are a range of activities that Under 14 age managers will be encouraged to conduct for their members. The most important part of this year, is to provide a transition for these young members towards the less structured surf life saving activities beyond juniors. Outlined below are some of the activities that Under 14 age managers may introduce to their members.

#### Lifesaving awards and duties

The minimum requirement to complete full patrols is the Surf Rescue Certificate. Some members may not be able to complete the SRC because they are unable to complete the swimming requirements. This does not mean that the individual cannot patrol. A range of other awards are available for children who can't swim such as the resuscitation certificate. A member who has this award is still able to patrol but does not undertake rescue duties.

Following their training, all SRC holders are required to complete some patrolling duties. These are important for the junior to utilize the skills that they have learnt, and it is also important for those who wish to compete in open carnivals.

Age Managers will encourage their members to complete their patrol obligations. One activity that the age manager might run is to join in with the patrol with the whole group to show them what a patrol is like. Alternatively, the age manager may choose to run a patrol scenario and allow the members in the group to work as a team in completing some patrolling duties.

#### Surf Sports Skills and Events

For many junior members who have been involved for a number of years, they will be familiar with most of the surf sports skills. Some newer members may be unfamiliar with some of these skills, and the Club will be assisting these new members with these skills. Tips for all relevant surf sports skills can be found on the SLSA website ([www.slsa.com.au](http://www.slsa.com.au)).

One particular skill that is new for an Under 14 who wishes to compete in surf sports is paddling a Malibu board. Up until this age, juniors paddle a short board. Developing the skills to paddle and manoeuvre these longer boards is important for both ongoing lifesaving and surf sports activities. The Club will coordinate assisting in running some skill lessons on Malibu boards. Remember, all Under 14 Surf Sports events that contain a board race component (i.e. Board Race, Ironman, etc.) will require the use of a Malibu board.

There are a range of different Surf Sports opportunities for people beyond juniors that may or may not have been available to the children before. These events include:

- Swimming
- Belt Racing

- R&R
- Board Paddling
- Board Riding
- Ski Paddling (training and competition can be started at 15 years of age)
- Multi-Discipline events
- Beach sprinting
- Boat Rowing (training and competition can be started at 16 years of age)
- Lifesaving events

**The candidate must be 13 years of age on the day of assessment of the SRC. Training for this award can be started well before the candidate turns 13 so they are ready to be assessed as soon as they turn 13.**

As part of the regular activities, the age manager may choose to introduce some of these activities to their group by introducing them to the Club or Patrol Captain within the club or to one or two of the athletes. As part of this activity, the children may be introduced to the regular training sessions that are run in each of the disciplines.

#### Support to other nippers

Young children often look up to those that are older than them, particularly those that are close in age. Under 14 juniors make good role models for other young juniors and can be a good training support for other age managers. As part of their regular weekly activities, some of the Under 14 members might help other age managers in delivering some of the skills and knowledge lessons. This might be useful to some of the members who are completing their SRC training.

One of the most important areas of the club is to ensure there is enough water safety for the children's activities. Once the Under 14 member has completed their SRC, you may roster them on for some sessions of water safety.

#### Introduction to other areas of the club

Beyond the junior activities, there are a range of different activities that members can be involved in. These include:

- Club lifesaving duties
- Support Operations (Offshore/Jet Rescue Boats, Jet Ski's, etc).
- Training and Assessing
- Surf Sports competition
- Surf Sports coaching
- Surf Sports officiating
- Administration

For many of these activities, the members may need to be a little older than 13, however the age manager will introduce the Under 14s to these activities so that they are aware of the numerous things they can get involved with.

For those members who wish to become involved in surf sports competition, there are regular activities that they are able to get involved with such as weekly training, surf sports competitions, etc. For those members who do not want to participate in sport but want to be involved in lifesaving duties, administration, etc, they may find it

difficult to maintain some interest/enthusiasm because there is not as much regular interaction.

Age Managers will assist in a number of ways including:

- Running some regular activities to provide some interaction between Under 14 members and other members. These may include social activities, club based sporting events, lifesaving demonstrations, etc.
- Working with the young member to find their particular areas of interest and introducing them to an influential member within the club that might be able to assist and mentor the young member.

## **CHELSEA AGE AND CLUB CHAMPIONSHIPS**

### **Age Group Champions**

To be awarded for each gender of each age group. Points will be accumulated towards the age group championship over the season. Please refer to the Carnival and Competition section of this Handbook for further detail.

### **Club Championships**

In each age group, with the exception of 6yrs and 7yrs, the Club Championships will be run for both genders at a day and time to be determined by the Club.

### **Life Saving Awards**

Life Saving Awards can be awarded for each gender of the U6 – U14 age groups at the discretion of the Age Manager, subject to ratification by the Junior Development Committee. Life Saving Awards are awarded to members who represent the values of Surf Lifesaving – Sportsmanship; commitment; attitude to training and participation; surf education; teamwork and respect for fellow members, coaches, and Age Managers.

## **CARNIVALS**

Chelsea Longbeach participates in the Sandbar carnivals around the Bay. These carnivals are competitions between the different surf clubs. 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.

It is an unwritten rule of the Club that members of the Club must compete for the Club. This is especially so for nippers. We take pride in our teams and enter as many teams as possible. Carnivals are fun and engender great team spirit. Nippers may also compete in other carnivals and events with the Club's permission. Details of these will be provided.

## **CARNIVAL EVENTS**

Competition events for Carnivals include:

- U8: individual sprint, beach flags, wade race, sprint relay, wade relay.
- U9 and U10: sprint, beach flags, sprint relay, surf swim, board race, swim teams, board relay;
- U11 and up: sprint, beach flags, sprint relay, surf swim, board race, swim teams, board relay, board rescue, Cameron relay, Iron Man/Iron Woman.

At all carnivals, competitors wear the Chelsea club cap and Chelsea swimming costume. All competitors in beach and water events must have passed their competition proficiency in swimming to be eligible to compete in events at carnivals, including beach events. Children's attendance at any carnival will count towards attendance awards.

## **CLUB PRIORITIES FOR NIPPERS**

### **Safety - Always Our First Priority**

Safety is our first priority in all activities conducted by the Club. Safety extends to safety on the beach, in the water and gives consideration to the protection of all children.

### **Safety in the Water**

The Water Safety Captain will liaise with the Club Captain, Junior Chief Instructor and Patrol Captain each Saturday and decide if the surf conditions are suitable to conduct activities. If conditions become unsafe, activities will be stopped. The guidelines for water safety are laid down by SLSA and must be adhered to by all.

The IRB (Inflatable Rescue Boat) is present during all water events. No race or activity will commence unless there sufficient water safety personnel. Water Safety Officers must be suitably qualified (Bronze Medallion or SRC), and a minimum ratio of Water Safety Officers to Nippers applies.

Water Safety Officers will wear orange caps and orange rash vests during water activities. Bronze Medallion Water Safety Officers and nipper patrol officers must sign into the Patrol Log Book. Nipper water safety and nipper patrol officers time counts toward Chelsea's patrol hours.

Any questions regarding water safety must be directed immediately to the Water Safety Captain or Junior Chief Instructor.

### **Working with Children Check (WWCC)**

It is a mandatory requirement that all members of the Club over the age of 18 have a valid WWCC: there are no exceptions to this. Parents who intend to enrol their children in nippers must ensure that they have a valid WWCC. As Junior Chief Instructor I will not allow any child to take part in nippers until their parent/s have a valid WWCC. I will be working closely with senior Club officers to monitor compliance with this mandatory requirement and will be removing child/ren from the nipper program until it is complied with. The safety and protection of our children at the Club is paramount and if any member has an issue with this I would be more than happy to discuss it so please call me on 0408378343 or email [johnmcswiney@optusnet.com.au](mailto:johnmcswiney@optusnet.com.au)

### **Membership**

Membership for the Club runs from 1 July to 30 June. Payment of new memberships and membership renewals not only provide access to the club and all of its resources but also ensures that the Club is insured in case of an accident by a member, including nippers.

Children cannot participate in nippers if membership fees are not paid. I will be working closely with senior Club officers to monitor this and will be removing child/ren from the nipper program until membership fees are paid. If any member has an issue with this please call me on 0408378343 or email [johnmcswiney@optusnet.com.au](mailto:johnmcswiney@optusnet.com.au)

## **PARENTS RUN NIPPERS!**

It is OUR experience that the more **YOU** get involved, the more your child will enjoy nippers. The Club operates entirely from volunteer help. There are many jobs and there is much to do and you do not need to have had surf life saving experience! The Club values the contribution from parents – it makes our Club. As children progress from nippers to seniors, parents move with them, therefore the Club will always be in need of fresh ideas, new office bearers and volunteers.

### **Age Group Managers**

Age Group Managers are generally volunteer parents of Nipper children. Age group managers are assigned to a particular age group for the season. They are responsible for organising the children in the group each Saturday afternoon.

The role and responsibilities of Age Managers are as follows:

- encourage the children to participate, compete and enjoy the Nippers activities;
- keep weekly records of attendance and achievements for each child;
- organise the children in their group at carnivals;
- assist in the development of surf awareness and surf safety;
- keep children and parents informed of age group requirements, and of Club activities, carnivals, etc.

Age Managers are not babysitters. Age Managers are the first point of contact if you have any questions or concerns.

Appointments that parents can volunteer for include:

- Committee members
- Age Managers
- Parent helpers
- Equipment management
- Setting up the beach at 12.30pm each Saturday and putting equipment away
- Water Safety (must hold Bronze Medallion)
- Carnival Officials
- Setting up & pulling down equipment at Carnivals
- Education & training
- Fund raising, particularly the roster on the Saturday B-B-Q
- Carnival assistance
- Judging
- Any other help and ideas.

*Please note that Age Managers; Parent Helpers and any one providing Water Safety must be members of the Club.*

***This is an open invitation to all parents to be directly involved and participate in Chelsea Nippers.***

At the beginning and through the season training will be available for any parent interested in obtaining their Bronze Medallion. Many parents have completed their

Bronze medallions, and in doing so have enjoyed the learning experience and have received a greater understanding of surf life saving.

Further information about the Bronze Medallion can be obtained from the Junior Chief Instructor, Club Captain or President or a Committee Member. Should you be interested then you should put your name on the list at Registration. The Club website and Noticeboard will also give details of future courses.

The Club must meet the water safety requirements listed by SLSA. It is therefore essential that as many parents as possible obtain their Bronze Medallion and assist with water safety. If we do not have the required number of Water Safety Officers then an activity cannot be conducted.

A Carnival Officials course is also available for parents who would like to get involved at our Competition Carnivals that we will attend each season. This is the chance to get a ringside seat at the action! Please see the President or Club Captain for course details.

At carnivals each club is required to provide a minimum number of water safety and carnival officials. Please volunteer to ensure the carnival is a success. *Again, a parent or guardian MUST be at the beach with your child at all times during junior activities.*

## **CHELSEA LONGBEACH CODE OF CONDUCT**

The Club has a long and proud tradition of fairness and equity and it has striven to instil this in all members, especially nippers, from an early age. The Club takes its duty in this area seriously and as such promulgates codes of conduct that must be adhered to by all members at all times.

### **Members' Code of Conduct**

- Respect the rights, dignity and worth of others
- Be fair, equitable, considerate and honest in all dealings with others
- Be aware of, and maintain an uncompromising adherence to SLSA standards, rules, regulations and policies
- Be professional in, and accept responsibility for actions
- Make a commitment to providing quality service
- Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly
- Refrain from anything which may abuse, intimidate or harass others
- Preserve and protect the standing and reputation of the Association
- Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.

### **Nippers' Code of Conduct**

- Participate to enjoy the activities
- Follow the rules
- Control your temper and be a good sport
- Treat others as you would like to be treated
- Listen to your age manager, water safety and mates
- Remember it is your aim to have fun and improve your ability
- Respect the rights, dignity and worth of others regardless of their gender, ability, cultural background or religion.

### **Parents' Code of Conduct**

- Do not make an unwilling child participate in activities
- Children are involved in activities for their benefit – not yours
- Encourage children to play by the rules
- Encourage the effort being as important as the result
- Work towards improving skills and sportsmanship
- Recognise and encourage good efforts
- Do not yell or abuse a child for making a mistake – they are trying as hard as they can
- Do not publicly question an official's decision
- Recognise the efforts of volunteers
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## **IMPORTANT MISCELLANEOUS**

### **NIPPERS IS NOT A CHILD MINDING SERVICE**

If you as a parent believe the Club is a place where you just drop your child/ren off at the start of the program and then pick them up when they finish then you should start looking for another Club (now!). The Club expects parent/s to be present at all times either on the beach or in the Club during their child/rens nipper program. I will be monitoring this with senior Club Officers and will be approaching parent/s where this may be occurring.

### **BBQ**

The weekly BBQ will be the primary source of fund raising for Nippers. Funds are always needed to repair, replace and update the equipment and training gear for Nippers. Fundraising will also pay for the annual Christmas party and the purchase of trophies and medallions.

Each age group is required to complete their roster on the BBQ. Each age group is usually only rostered onto the BBQ twice per season. However, even if it is not your rostered week and you see that the BBQ workers need assistance, please help if you can. *Refer to the Nippers' calendar for the BBQ roster.*

### **CLOTHING AND CLUB MERCHANDISE**

Club swimwear, nipper caps and other clothing is available for sale at the club on Registration Days. Items will also be sold every Saturday afternoon during Nippers.

### **E-MAIL AND WEB SITE**

E-mail is an effective way of communicating with a large number of people. The Club intends to communicate this way with our members and, for this reason, we ask that you provide us with a current e-mail address and advise us if your e-mail address changes.

For those who do not use e-mail, all notes and hard copies of e-mails will be on display on the Nipper noticeboard inside the clubhouse. The Clubs web site is [www.chelseasc.com](http://www.chelseasc.com) This handbook and the calendar for the current season can be downloaded from this site.

### **FUNDRAISING**

At Chelsea Nippers, we try to keep the prices for membership and clothing as low as possible. For this reason, we rely on our weekly fundraising to raise much needed funds. The weekly BBQ is the primary source of fund raising for Nippers. Funds are always needed to repair, replace and update the equipment and training gear for Nippers. Fundraising also pays for the nipper packs, annual Christmas Party and the purchase of trophies and medallions for the end of season presentation night.

*If you, as a parent, are employed (or own) a business that could sponsor the Club in any way then please do not be shy, speak with the President about what you and your business could do for the Club; and remember, there is no such thing as a small sponsorship when you are helping to train people to save lives.*