

Nippers Handbook - 2023/24 Season

Welcome to all our Nippers, both new members and those continuing from last season, to the Shelly Beach Nipper program for children aged 5 to 14.

Nippers is about surf lifesaving, with a focus on having fun, teaching surf education and skills and emphasizing community awareness. The aim is to provide a safe, friendly and welcoming environment where both Nippers and parents can interact and enjoy a morning at Shelly Beach, and where hopefully in years to come, we build a future generation of Lifesavers for Shelly Beach.

At Nippers, we do not teach children how to swim, however we will teach them surf skills. In fact, one of the best features of Nippers is seeing young children gain confidence in the water. Children who are afraid of the water can develop through encouragement, education and training to be confident in the surf.

All Nippers (U6+) are strongly encouraged to undertake regular swimming training through a local Club or pool. Our Nipper program provides board training (U9+) and sand training (U8+) and competition for those Nippers who wish to join.

We encourage all parents to participate with us whether it is on the beach helping to run activities, in the water assisting with Water Safety, officiating at Carnivals or helping with the Shelly Beach BBQ. Like all volunteer organisations we are only as good as the help we get: the more help, the better it is for everyone.

We look forward to another positive and rewarding season for all.







Membership

Who can join Nippers?

Any child may join Shelly Beach Nippers once they have turned five years old and fall within a designated SLSA Nippers age group. Nipper age groups are determined as at 30 September each year.

AGE GROUP	CAP COLOUR	DATE OF BIRTH
Under 6		01 Oct 2017 – 30 Sept 2018
Under 7		01 Oct 2016 – 30 Sept 2017
Under 8		01 Oct 2015 – 30 Sept 2016
Under 9		01 Oct 2014 – 30 Sept 2015
Under 10		01 Oct 2013 – 30 Sept 2014
Under 11		01 Oct 2012 – 30 Sept 2013
Under 12		01 Oct 2011 – 30 Sept 2012
Under 13		01 Oct 2010 – 30 Sept 2011
Under 14		01 Oct 2009 – 30 Sept 2010

Nippers age groups are strict: the SLSA system does not permit movement up or down an age group.

Registration



All registrations and renewals can be made online via a centralised SLSA system or we encourage you to head down to Shelly Beach Surf Club on registration dates to register.

New members must send a copy of proof of age document (birth certificate or passport) to or bring it to the Club to be sighted by the office - https://shellybeachsurfclub.com.au/get-involved/.

If you are renewing your membership or transferring your membership from another surf club, you'll need to do so via your 'SLS Members Area Account' (established when you first joined Shelly Beach or any SLSA Club) here -

https://members.sls.com.au/SLSA Online/modules/login/index.php.

Fees for 2023/24 season:

When you join or renew your membership, you will be prompted to pay the season's fees.

No membership will be accepted without payment.

Shelly Beach SLSC is part of the "Active Kids" program where you can take advantage of the \$50.00 rebate offered by the NSW Government. You will be prompted to redeem an Active Kids Voucher when you join or renew a school-age child.

We require one parent / guardian to be a member of the Club, together with their Nipper/s. You're welcome to purchase additional parent memberships if you wish. Any parent who volunteers as an Age Manager, Age Assistant, Water Safety or Official needs to be a member.

NIPPERS MEMBERSHIP	
Family of one	\$100
Family of two	\$195
Family of three	\$280
Family of four	\$335
Family of five or more	\$360

Note:

Any members who have not turned 15 prior to 1/10/23 are required to have a parent/guardian join as well.



Proficiency Swims

All Nippers from age groups U6-U14 must pass a proficiency swim and skills evaluation each season in order to participate at Nippers. This is a SLSA requirement and needs to be signed off by a designated club representative or your child's swim coach.

Shelly Beach Nippers Committee members will be running preliminary evaluations over selected weekends prior to the beginning of the season, please see the calendar on the Shelly Beach SLSC website. Alternatively, if your child attends swim lessons or squad a form can be completed by your child coach and returned to jac@shellybeachsurfclub.com.au.

If you are concerned that your child may not pass the proficiencies, we suggest a practice run at swimming lessons or at the pool. We understand that kids get nervous and may not always do their best – they are welcome to have another go at it if they don't make it on the first attempt.

The ocean / competition proficiency swim (150-200m for U9-U14s who wish to compete) will take place on the first day of Nippers or when conditions allow. Ocean swims are untimed and involve a group swim from the beach and around set buoys with plenty of water safety on hand. Wetsuits are strongly recommended.

Stage 1: U6, U7 and U8

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 fro	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 from 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 between each task).	

Stage 2: U9, U10, U11



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 fr Tread water and/or sculli	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 fr (e.g div	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 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 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 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).	



Stage 3: U12, U13, U14



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		ck float or back to front float - 5 seco vater and/or sculling for minimum 3		
Submersion	Submerge to perform forward underwater, recover to surface, I hands (e.g	Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from of water with hands (e.g dive ring).		
Propulsion	Swim on front through water any survival stroke(s) breastroke a 50 m	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breastroke and/or sidestroke for minimum 100 metres.		
CONTINUOUS SKILL SEQUENCE	Swim on front through water any stroke using combination of breastsroke, 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 any stroke using combination of breastroke, 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).	



Ocean / Competition Swim



AGE GROUP	COMPETITION EVALUATION
U6	Nil
U7	Nil
U8	Nil (no water competition, except for wade which takes place in waist-deep water)
U9	Minimum 150m open water swim (any recognised stroke)
U10	Minimum 150m open water swim (any recognised stroke)
U11	Minimum 200m open water swim (any recognised stroke)
U12	Minimum 200m open water swim (any recognised stroke)
U13	Minimum 200m open water swim (any recognised stroke)
U14	Minimum 200m open water swim (any recognised stroke)





Sundays at Nippers

Communication - Facebook

We use Facebook for all Nippers communications. Please request access to 'Shelly Beach Nippers' and the age groups relevant to your family. Every nipper parent should join in order to keep abreast of Nippers News and any last-minute alerts (for e.g., cancellations).

Start Time: 9:00 am

ALL Nippers need to be signed into and out of Nippers and it is the responsibility of parents to ensure this happens every week. Please arrive early so that Nippers can be marked off by their Age Managers and the session can start on time.

It is a safety requirement that all Nippers remain with their age group for the full duration of Sunday Nippers. At the end of the session, every Nipper needs to be signed out before leaving with a parent or guardian. If a child needs to leave early, the parent/guardian must arrange to sign them out with their respective Age Manager.

What to bring:

There are 2 compulsory items that every Nipper must wear:

- their Shelly Beach Age Cap*; and
- 2. their High-Vis rash vest *compulsory for all nippers.

These are safety requirements so that all Nippers are easily observable on the beach and in the water.

*No Cap and High-Vis Rash Vest = No Water. No Exceptions

Please also bring goggles, a towel, a water bottle and sunscreen. Wetsuits are strongly recommended at the start of the season.





Typical activities:

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, flags, wading and other fun activities and games.

U6 and U7 Nippers will learn about Surf Play. The usual events will be a run, flag races and a wade. The focus is on play, participation and fun with beach activities and games. They will also learn basic safety practices, what makes up a beach environment, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting and flags.

Under 8 Nippers: the usual events will be a run, flag races and a wade. Children start to understand the water, safety considerations and get accustomed to small waves. The emphasis for all these Nippers is to have good fun, meet new friends, and become confident to move into the water at their own pace.

Under 9 to 13 Nippers: Sunday morning will consist of surf education, flag races, beach sprints, swims and board paddles, subject to beach conditions. If water conditions are unfavorable, Nippers will conduct surf education and alternative activities on the sand or grass. Sunday Nippers is about learning, fun, and friendly competition. U9 is the first-year nippers will enter the ocean for swimming and board paddling and there is a strong emphasis on a gradual approach to help build confidence alongside a large number of water safety personnel.

Under 14 Nippers: will train for their SRC (Surf Rescue Certificate) and undertake a 2 part theory and practical exam prior to Christmas. They will then participate on Sunday mornings and join patrols which operate as part of Sunday morning patrols. This is their step towards becoming qualified life savers. Our SRC group graduate from Nippers and receive a big send off from the whole club.





SLSA Surf Education Awards

Shelly Beach SLSC takes surf education seriously, and it is one of the key reasons for being in Nippers. Surf education is based on a clearly defined structure and outcomes, as set by SLSA, to aid the children's lifesaving development. During the season all Nippers are able to gain their respective Surf Education award for their age group through regular attendance at Nippers (Nippers who attend 75% of Nippers sessions prior to 31 December are eligible). Age managers will be teaching children to gain these awards.

Listed below is a summary of the awards for each age group:

Under 6	Surf Play 1
Under 7	Surf Play 2
Under 8	Surf Aware One
Under 9	Surf Aware Two
Under 10	Surf Safe One
Under 11	Surf Safe Two
Under 12	Surf Smart One
Under 13	Surf Smart Two
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Under 14 Surf Rescue Certificate (SRC)



Safety: always our first priority

Safety is our first priority in all activities conducted by the Shelly Beach SLSC. Safety extends to safety on the beach, in the water and the protection of all children.

Safety in the Water

The Head of Water Safety will liaise with the Shelly Beach Lifesavers and the Patrol Captain each Sunday. The lifesavers will decide if the surf conditions are suitable to conduct activities. The Head of Water Safety or the Patrol Captain may cease activities if conditions become unsafe.

The guidelines for Water Safety are laid down by SLSA and must be adhered to by all. The IRB (Inflatable Rescue Boat) or "Rubber Duckie" must be present during all water events and it is imperative that we have the required number of qualified Water Safety people in the water. No water activity can commence if we don't have the required number of Water Safety. Remember if you are Water Safety, you must wear the orange rash vest. and orange cap and sign in as Water Safety via your Nipper's attendance roll.

No Water Safety parents = no water activities

Safety out of the water

If you are assisting with Nippers and are over the age of 18 you must be a current member of the Club. This is an SLSA requirement so that the Club is covered for insurance purposes. It is a requirement that at least one parent becomes a member of the Shelly Beach Surf Club (financial member).

All Age Managers, Age Assistants and Water Safety must hold a current Working With Children Check and send the number to office@shellybeachsurfclub.com.au.

This is free as a volunteer and can be obtained here: https://www.service.nsw.gov.au/transaction/apply-working-children-check

The club takes child protection seriously; any form of child abuse will not be tolerated and any serious cases will be reported to authorities.



Nipper parents' code of conduct

- Do not force an unwilling child to participate.
- Children are involved for their enjoyment, not yours.
- Encourage children to play by the rules.
- Encourage the effort as being as important as the result.
- Work towards improving skills and sportsmanship.
- Do not yell or abuse a child for making a mistake.
- Recognise and encourage good play or efforts.
- Respect the efforts of all volunteers: Age Managers, Age Assistants, Trainers, Water Safety, Coaches and Officials. They are not there to be abused or harassed. They are doing their best for your children.
- When at carnivals treat the Officials, and carnival organisers with respect. If unhappy with a decision, launch a formal protest.

Nippers' code of conduct

- Participate to enjoy the sport.
- Follow the rules.
- Control your temper and be a good sport.
- Treat other participants as you like to be treated.
- Encourage all in your team.
- Listen to your Age Managers, Age Assistants, Trainers, Water Safety, Coaches and Officials.
- Respect the decision of officials at carnivals.





Volunteer power!

How can I help?

Nippers is volunteer run! There are so many ways to be involved as a parent at Nippers! You do not need to have had surf lifesaving experience. You only need to ask...

One thing we can tell you for certain: the more you get involved, the more your child and you will enjoy Nippers. It is one of the few kids' sports where the whole family can have a great morning together at the beach.

At Shelly Beach, we strongly encourage **all families** to have one parent with either their Age Manager award or Bronze Medallion.

Volunteer checklist

If you wish to actively help with Nippers activities on the beach, you'll need to:

- be a current member of Shelly Beach SLSC; and
- become an 'Age Manager' (course available); or
- hold a current Bronze Medallion; and
- provide us with your Working With Children Check (WWCC).

We really welcome all offers of help, and most importantly it is a great way of meeting new people.

Some other ways you can help:

- Help set up the beach or pack away
- Help on the BBQ (walk up and offer anytime, there will be an age-group roster)
- Learn to be an official
- Help at Club Champs and Carnivals
- Help organise Nippers social events
- Become an Age Manager
- Fund raising
- Any other help and ideas welcome

Club Championships and Awards

Successful completion of the Preliminary and Ocean / Competition Proficiency Swim is required to compete in any Club Championship days and the Perpetual Ironperson event. Events are run under SLSA's Surf Sports Manual (and any subsequent Bulletins and Circulars).

Attendance is a criteria in order to be eligible for certain awards. Nippers who attend a junior carnival in club colours (competing or some other club duty) will still qualify for that day's attendance. An attendance exemption may be granted in exceptional circumstances, please contact the JAC President prior to the relevant event to apply for consideration.

Club Championships

Club Championship days will be held during the season. All Nippers are encouraged to compete in these friendly races. These events go towards the Club Age Champion Awards but also help to prepare our Nippers for a competitive environment and give great life skills experience. Points will be allocated as per the table below and consist of the following events:

U8s	Flags, Sprint & Wade
U9 – U14	Flags, Sprint, Swim & Board

PLACE	POINTS PER EVENT
First place	6
Second place	5
Third place	4
Fourth place	3
Fifth place	2
Sixth place	1
All others who finish the event	1

The Club Championship days are run for ages U8 – U14 however a normal Nippers session will be run for the U6 & U7 age groups. These will be advertised once scheduled.

Points will be accumulated with the highest number of points scored becoming the overall winner.

A minimum of 50% attendance from the date of joining Shelly Beach Surf Club is required for eligibility to compete.

If due to conditions a Club Championship Day is cancelled and unable to be rescheduled, the result will be determined from any Club Championship Day held. All competitors must complete each event unaided in order to be eligible for points allocation. Where a Club Championship Day is only partially completed, only those who attended that day may participate in the remaining events of the Championships when rescheduled.

All completed events will be included in calculating Club Champs. If any particular sand or water event is not completed in either round, then points from the same event in the earlier/later round that was completed will be mirrored.

Great consideration and debate has gone into choosing our dates for Club Championships and we have tried to take into account other sports that may conflict but the dates we have chosen are final and will not be moved due to other sporting commitments of a few Nippers.

Ironperson & Perpetual Awards

A minimum of 70% attendance from the date of joining Shelly Beach Surf Club is required to be eligible for the Ironperson and other Perpetual Awards.

The Ironperson is a separate title to Club Age Champions and will only be run **once** with winners determined by their results on the day this is run, typically at the conclusion of a Club Championship Day but this will be communicated with advance notice.

The Club has a number of Perpetual Awards for Nippers each year, such as most improved, most consistent performance etc. Nominations will be sought towards the end of the season along with their Award criteria.

100% Attendance Award

The 100% Attendance Award will be provided for all who achieve 100% attendance at Nipper events (must complete 2 events weekly).

Age Group Awards

A minimum of 50% attendance from the date of joining Shelly Beach Surf Club is required to be eligible for Age Group Awards.

Training and Carnivals

The Club is proud to offer our Nippers the opportunity to train and advance their skills and techniques both in the water (U9+) and on the sand (U8+). We offer different sessions to cater to all skills levels.

It must also be noted that these sessions are not babysitting sessions and the carer responsible for the child must be in attendance at all times.

Board training sessions require water safety and all parents/carers who have a current Bronze Medallion are expected to bring their orange rashies and be prepared to get wet.

If there is insufficient water safety, the session may be cancelled or the number of kids in the water at any one time will be limited.

The training timetable will be posted on the **Shelly Beach Nippers Facebook Group**.

Sand Training

Sand training is run at Shelly Beach and is aimed at Nippers who wish to improve their skills and race technique in beach sprints, beach relays and flags, as well as to improve their fitness.

Please request access to the <u>Shelly Beach Crumbed Cutlets</u> Facebook Group to see the training schedule.

Water Training

Shelly Beach Water Training will be carried out throughout the season. Please request access to the <u>Shelly Beach Nipper Water Training</u> Facebook Group for the training schedule.

Carnivals

Nipper Carnivals are run by many NSW Surf Clubs throughout the season. They provide a great opportunity to compete, gain experience, and have a fun morning meeting Nippers and families from other Clubs.

Carnival Entry is required in advance and there is a small entry fee to be paid. For entry please email nippers name and details to enter@shellybeachsurfclub.com.au or call the Team Manager prior to the entry cut-off. All Shelly Beach Nippers are encouraged and permitted to attend club-run carnivals. Branch and NSW State Championships are championship carnivals for top competitors who participate in regular training. The Club encourages the following Nippers to attend:

- 1. Nippers enrolled in the Club's board training program.
- 2. U14 who participate in the Club's cadet board training program.
- 3. Nippers enrolled in the Club's sand training program.
- 4. Nippers who are enrolled in swim squads at least twice per week (minimum).

Parent involvement required at Carnivals

Carnivals are volunteer-run and the Club is obliged to send a quota of Water Safety and

Officials corresponding to entry numbers. Nippers are not permitted to compete unless the Club has fulfilled its volunteer quotas.

Any family who sends a Nipper to compete at any Carnival must expect to volunteer at that Carnival. If you are not qualified for Water Safety, you will need to do the Officials Course. Other volunteer roles at Branch and State Championships include transport of the IRB as well as tent set up and pack down.

If your child intends to compete at Branch or at State, please start preparing early: enroll them in the required training and achieve your own relevant qualifications (Official or Water Safety). Neither can be done at the last minute.

If, for a particular Carnival, the Club's quotas are not fulfilled and the Club is not able to enter all interested Nippers, the Nippers of Officials and Water Safety will be prioritised.

Additional Nippers Information

The Shelly Beach Surf Club website contains a wealth of general information regarding nippers. Please visit https://shellybeachsurfclub.com.au/members/nippers/

Shelly Beach Club Calendar - https://shellybeachsurfclub.com.au/events/

Surf Life Saving Central Coast Branch Calendar - https://slscc.com.au/gwswp/2023-24-slscc-calendar/

Any questions or suggestions please contact:

Craig Adams

JAC (Junior Activities Chairperson)

Shelly Beach Surf Club

M: 0400 590 919

Email: jac@shellybeachsurfclub.com.au

Junior Activities Committee

The Committee members that support the Nippers program are set out in the below table:

Junior Activities Committee 2023/2024				
Junior Activities Chairperson	Craig Adams	Jac@shellybeachsurfclub.com.au	0400 590 919	
Vice JAC Chairperson	Matt Long	mlongy1910@gmail.com	0413 355 194	
JAC Registrar	Taegen Le Brocq	inr-registrar_sbslsc@outlook.com	0434 535 001	
Social Secretary	Cody Hardaker	<u></u>		
Water Captain	Matt Long	mlongy1910@gmail.com	0413 355 194	
Beach Captain	David Smith	davidatj42b@outlook.com	0411 758 173	
Team Manager	Sandy Adams	sandyadams22@outlook.com	0414 569 344	
Carnival Entries	Sandy Adams	enter@shellybeachsurfclub.com.au	0414 569 344	
Club Champs Points	Vacant			
Surf Education Coordinator	Carole Luntungan	carole.luntungan@gmail.com	0411 237 344	
Uniform Officer	Lorena Fernandez Collazo			
Child Protection Officer	Kristal Lockwood	office@shellybeachsurfclub.com.au	0411 072 021	
March Past Coordinator	Carlee McKay	carlee 0404@hotmail.com	0401 556 510	
Presentation Coordinator	Taegen Le Brocq Kristal Lockwood	thelebrocqs@outlook.com office@shellybeachsurfclub.com.au	0434 535 001 0411 072 021	
Water Confidence Officer	Vacant			
Head Coach	<mark>Vacant</mark>			
Carnival Set Up	<mark>Vacant</mark>			
Rookie Coordinator	Sandy Adams	sandyadams22@outlook.com	0414 569 344	
Under 6's Age Managers	Craig Le Brocq Bastian Sigl	cto@shellybeachsurfclub.com.au bastiansigl1@gmail.com	0401 411 883 0472 519 985	
Under 7's Age Managers	<u>Vacant</u>			
Under 8's Age Managers	Keaton Watts Kianna Goy	keaton.infinity@gmail.com	0414 823 163	
Under 9's Age Managers	Adult/parent also required Heidi Dugan Lucy McGeever			
Under 10's Age Managers	Kim Burns Molly Radic	kimmy555@gmail.com	0414 965 556	
Under 11's Age Managers	Lauren Hirst Mikaela Williams-Potts Harry Kingsley	logs24@hotmail.com	0450 909 274	
Under 12's Age Managers	Kristal Lockwood Chantelle Napier	office@shellybeachsurfclub.com.au	0411 072 021	
Under 13's Age Managers	Tom Radic Carlee McKay	tom.radic@twrm.com.au carlee.ferguson@health.nsw.gov.au	0407 830 075 0401 556 510	
Under 14's Age Managers	Sandy Adams Tamara Napier	sandyadams22@outlook.com	0414 569 344	
Presentation Officers	Taegen Le Brocq Kristal Lockwood Sanday Adams Cody Hardaker	thelebrocqs@outlook.com office@shellybeachsurfclub.com.au sandyadams22@outlook.com	0434 535 001 0411 072 021 0414 569 344	
Coaches	David Smith			

Matt Zalbergs	
Trevor Roberts	
Daniel Lockwood	
Brad Glover	
Michael Hyslop	