



## **North Cottesloe SLSC Nippers**

### **Information Pack 2018-19 Season**

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#### **Welcome to North Cottesloe Nippers**

Welcome to our Nippers, both new members and those continuing from last season, to the North Cottesloe Nipper Program for children aged five to twelve.

Nippers is about surf lifesaving, with a focus on having fun, teaching surf education and skills, and emphasising community awareness. Our aim is to provide a safe, friendly and welcoming environment where Nippers and their families can interact and enjoy a morning at North Cottesloe Beach, and where we hope in years to come we will have formed a new generation of Surf Lifesavers at North Cottesloe.

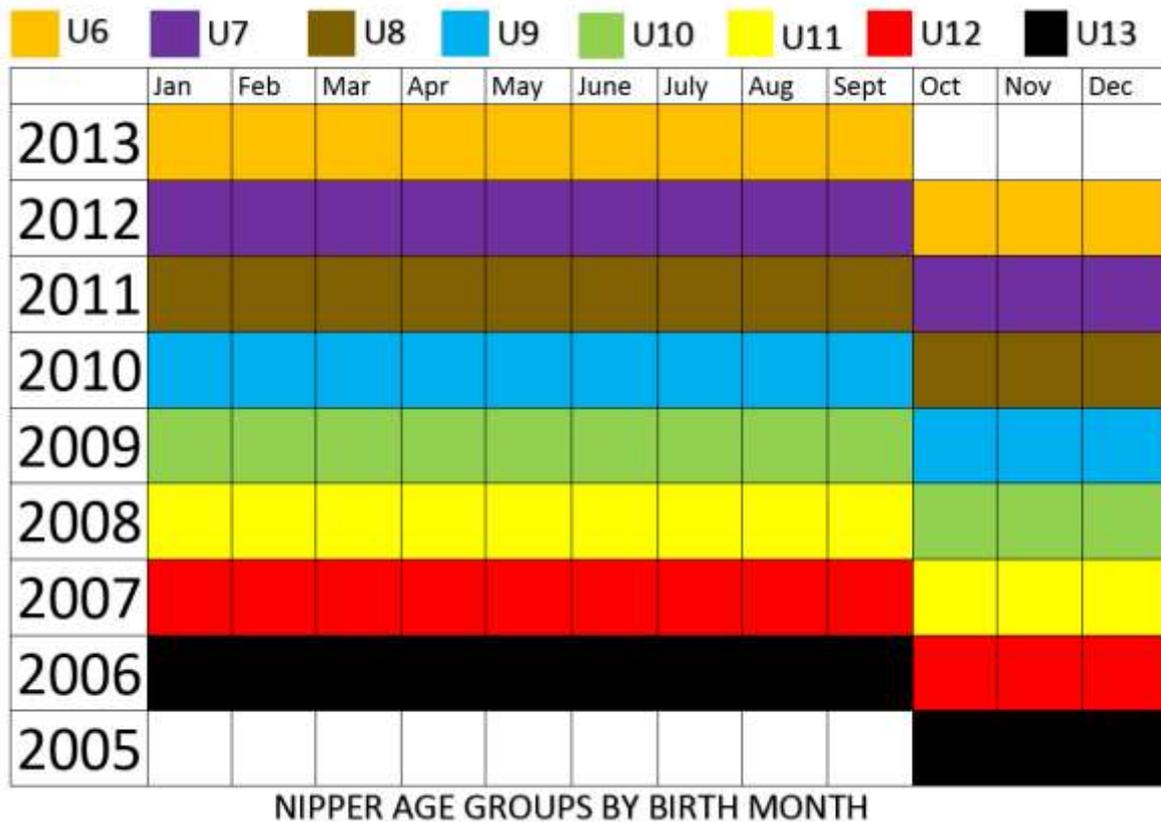
Our Nippers will also have access to training and competition for those who wish to participate.

We encourage all parents to participate in our Nipper Program, whether it is providing water safety, helping organise activities or cooking up some sausages on the BBQ. Like all volunteer organisations we can only be as good as the help we get and the more help we get, the better it is for everyone.

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

## Who can join Nippers?

All ages for surf lifesaving are determined as at 30 September of each year. Any child who is 5 years old by 30 September 2018 and a maximum of 12 years old by 30 September 2018 may register for the North Cottesloe Nippers Program.



One of the best outcomes of the Nipper Program is having young children who may have had some fear of the beach overcome these anxieties through encouragement, education and training.

Our Nippers Program will educate children about surf awareness and safety as well as encourage them to participate in board paddling, surfing, swimming, running, wading and other fun activities and games.

While we do not teach children how to swim, we will teach them surf skills. We also encourage our Nippers to undertake regular swim training to complement their developing surf skills.

## Registration and Proficiency Swim

All children from U6 and above must complete a proficiency swim before the Nipper Program commences. Please remember to bring swimmers, goggles, towel and cap.

Proficiency swims will be held at Scotch College swimming pool from 10am on Sunday 14<sup>th</sup> October 2018.

Age Group	Swim Distance	Float
Under 6	15m swim	30 second survival float
Under 7	15m swim	30 second survival float
Under 8	25m swim	1 minute survival float
Under 9	25m swim	1 minute survival float
Under 10	25m swim	1.5 minute survival float
Under 11	50m swim	2 minute survival float
Under 12	100m swim	2 minute survival float
Under 13	150m swim	3 minute survival float

### Typical Sunday at North Cottesloe

#### Start time – U6 to U9

**8.30am** Children go to their age group and are welcomed.

**8.30am to 8.45am** Children complete a warm up and go through sunsmart guidelines, locate where the red and yellow flags are on the beach and other safety messages relevant to the conditions on that particular day.

**8.45am to 9.30am** Children will complete three rotations through surf education and surf sports.

#### Start time – U10 to U13

**9.15am** Children go to their age group and are welcomed.

**9.15am to 9.30am** Children complete a warm up and go through sunsmart guidelines, locate where the red and yellow flags are on the beach and other safety messages relevant to the conditions on that particular day.

**9.30am to 10.30am** Children will complete three rotations through surf education and surf sports.

**10.30am** Children will have a chance to participate in the North Cott Club Swim (an appropriate swim course for their age group).

## Lesson Format

**U6 and U7** will focus on play, participation and fun with beach activities and games. They will also learn about basic beach 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, dolphin diving, board paddling, beach sprinting and flags.

**For U8 to U13** Nippers, Sundays will focus on surf education, flag races, beach sprints, surf swim, iron man and board events which will be subject to beach conditions. Sunday Nippers is about learning, fun and friendly competition.

**All Nippers** need to be marked off by their age manager before the program starts and when the program ends. We encourage children to arrive early so that we can start on time.

**It is compulsory that all Nippers wear their safety vest and coloured cap. This is a safety requirement so that all Nippers are easily observable on the beach and in the water. No Cap and Vest = No water (if you have not collected, please go to the office)**

All Nippers are to remain with their Age Manager for the full duration of Sunday Nippers. If for any reason you need to leave early then your Age Manager needs to be notified. All parents are to remain on the beach and are strongly encouraged to assist in any way they can. Please ask your Age Manager what you can do to help. It is a great way of meeting new people. **If there are no water safety parents, then we won't be able to run our water events.**

## Safety

### Working with Children Form

If you are assisting with the North Cottesloe Nippers Program and are over the age of 18 you must be a financial member of the Club and either complete the Working with Children Check or a National Volunteer Police Check. Information regarding the Process to obtain a Volunteer National Police Check and Working with Children Checks Forms or Online Renewals please look under SLSWA members protection.

<https://www.mybeach.com.au/members/member-protection/>

### Camera / Video Policy

Please note that taking photographs or videos of Nippers on the beach is against SLSWA policy. Videos and cameras are not allowed to be used during Nipper Sunday events and/or taken into the competition areas during Surf Carnivals. Each club has an authorised publicity officer (who must wear identification) who can take photographs of club members competing. Parents can only take photographs of their own children in the Club tent areas and outside of the competition area.

North Cottesloe would like to use some of the photographs/videos of you or your child in its communication activities and in material for the purposes of promoting the Club. By signing the declaration on the registration form, you are consenting to the use of your child's image for Club purposes.

### **How can I help?**

There are so many ways to involved as a parent at Nippers, all you need do is ask.

One thing that is clear is the more you get involved the more your child and you will enjoy Nippers. There are many jobs you can help with; you do not need to have had surf lifesaving experience. Ask your Age Manager or contact the North Cottesloe Office.

Some ways you can help:

- Help set up the beach or pack away
- Learn to be an official
- Help on the BBQ
- Do your Bronze Medallion and help out with Water Safety
- Education and Training
- Help at Carnivals
- Become an Age Manager or Assistant Age Manager
- All offers of assistance and ideas are welcome

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

### **Nipper Rescue Certificate**

This new state based award known as the Nipper Rescue Certificate is now available for all nipper parents. This award is specifically designed to give parents the basic skills and abilities required to act as a water safety helper during nippers. This is a three-hour course which we encourage all parents who would like to participate in the nipper's program to attend. Without appropriate water safety personnel, we are unable to run our water based program. Dates for this NRC will be published on our website and in the newsletter. There will also be an opportunity to add a CPR module to this session for a small fee. If you would like further information please contact Kirsty at [development@ncslsc.com](mailto:development@ncslsc.com)

### **Awards**

At the end of the season we will recognise the efforts of our junior members with a number of awards.

The following awards will be recognised:

**Water Champion** – high achiever in Nipper water events

**Sand Champion** – high achiever in Nipper beach events

**Club Spirit** award is awarded to the Nipper who has displayed the essential characteristics of being a North Cott Nipper – keenness to learn surf lifesaving skills, consistent effort to improve, consistent enthusiasm, sportsmanship, and being helpful and considerate of others.

**Competition Champion** award is for a Nipper who has consistently represented North Cottesloe in Carnivals.

The awards described above will be awarded to both a boy and girl from every age group (except for the Competition Champion which will apply only for U8 to U13).

### **Surf Education and Competition Proficiencies**

North Cottesloe SLSC takes surf education seriously, and it is one of the key reasons for developing a Nipper Program. Surf Education is an important part of Nippers and is based on a clearly defined structure and outcomes, as set by SLSWA, 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. Age Managers will assist children in attaining 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 1

**Under 9** Surf Aware 2

**Under 10** Surf Safe 1

**Under 11** Surf Safe 2 plus Resuscitation Certificate

**Under 12** Surf Smart 1 plus Resuscitation Certificate

**Under 13** Surf Smart 2 plus Resuscitation Certificate

Any Nipper from Under 8 and older, who wants to train or compete in competitions must complete their Competition Proficiency and have it entered on Surf Guard before the Competition date.

Children will be given the opportunity to complete their Competition Skills Evaluation during the first two weeks of Nippers.

## **Training**

The Club is proud to be offering all Nippers from U8s with the opportunity to train and advance their skills and techniques both in the water and on the sand. We are offering different sessions to cater for all skill levels.

All training sessions are run to a program, so it is important that all Nippers arrive 15 minutes early. Late arrivals disrupt the program for both trainers and Nippers.

The Training Timetable will be included in the Club Newsletter as well as posted onto the “North Cott Juniors” Team App page.

## **Board Policy**

### **Non- Competitor Boards**

Active club members who are not regularly training and competing may practice board skills using one of the unlocked boards. Please contact the office, coach or board captain immediately if a board is damaged.

### **Foamie Boards**

U8-U10 boards are available for hire for the cost of \$215 for the season (\$165 incl GST and \$50 GST free deposit). As part of a lease arrangement, these boards will need to be brought to the beach on Sundays for Nippers as well as for North Cottesloe training.

If the board is damaged, the Chair of Juniors needs to be contacted who will arrange for it to be fixed with the cost payable by the hirer (unless the damage is incurred at Sunday Nippers, Club training or at a Surf Carnival). Please report all damage as soon as possible as water will continue to be absorbed by the foam and will cause greater longer-term damage.

### **Fiberglass Boards**

U11 – U13 fiberglass boards are available for hire for the cost of \$320 (\$220 incl GST and \$100 GST free deposit) for the season. As part of the lease arrangement, these boards will need to be brought to the beach on Sundays for Nippers as well as for North Cottesloe training.

If the board is damaged, the Chair of Juniors needs to be contacted who will arrange for it to be fixed with the cost payable by the hirer (unless the damage is incurred at Sunday Nippers, Club training or at a Surf Carnival). Please report all damage as soon as possible as water will continue to be absorbed by the foam and will cause greater longer-term damage.

## **Carnivals and Competitions**

The Surf Sports Program offers a wide range of competition events, such as beach based and surf and pool water events along with events such as R&R, march past and multi skill events like first aid and champion lifesaver.

There are events for all ages and skills, culminating in the Junior State Championship each year. Please note that Nipper aged U10 – U13 children will need to have participated in at least 1 carnival a month during the season (commencing in December) to be able to gain entry to the Junior State Championships. Little Nippers aged U8 – U9 in January and February.

More detailed information will be provided before each Carnival and children will be encouraged to represent the Club where possible.

Where children have been entered into competitions and have not attended the relevant carnival, the Club will seek to be reimbursed for the cost of this entry. Extenuating circumstance will of course be considered. Please apply to Chair of Juniors, Alex Marsden on [juniors@ncslsc.com](mailto:juniors@ncslsc.com).

## **Code of Conduct**

### **Parents Code**

- 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 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 volunteer Age Managers, Coaches, Water Safety and Committee members. 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, via the North Cott Team Manager.

### **Nippers Code**

- Participate to enjoy the sport.
- Follow the rules
- Control your temper and be a good sport.
- Treat other participants as you would like to be treated.
- Encourage all in your team.
- Respect the equipment you use.

- Listen to your age manager, water safety and trainers.
- Respect the decision of officials at carnivals.

If a parent or child fails to comply with the above code of conduct they may be referred to the Club's disciplinary committee.

## Calendar for 2018/19 Season

### North Cottesloe Nipper Program

Event	Date	Location
Season Opener	Sunday 7 October 10am to 12pm	North Cottesloe SLSC
Proficiency Swim	Sunday 14 October 10am	Scotch College Pool
Sunday Nippers	Sunday 21 October to Sunday 10 December 2018 and then Sunday 13 January to Sunday 24 March 2019 (8.30am to 10.30am)	North Cottesloe SLSC

### Nipper Carnivals

Event	Date	Location
Endurance Championships	27 October 2018	TBC
Training Carnival	18 November 2018	Alkimos Beach
Nipper Carnival 1	2 December 2018	TBC
Nipper Clinic U8 and U9	9 December 2018	North Cott
Nipper Clinic U12 and U13	12 January 2019	TBC
Coastal Relay	19 January 2019	TBC
Nipper Carnival 2	20 January 2019	TBC
Country Carnival	26 & 27 January 2019	TBC
Nipper Clinic U10 and U11	3 February 2019	TBC
Nipper Qualifiers	23 & 24 February 2019	TBC
Nipper State Championship	15 to 17 March 2019	TBC

## Little Nipper Carnivals

Event	Date	Location
Little Nipper Clinic 1	9 December 2018	TBC
Little Nipper Carnival 1	13 January 2019	TBC
Little Nippers Country Carnival	28 January 2019	Denmark
Little Nipper Carnival 2	10 February 2019	TBC
Little Nipper State Championships	3 March 2019	TBC

## Club Contacts

Name	Position	Email
Alex Marsden	Chair of Juniors	<a href="mailto:juniors@ncslsc.com">juniors@ncslsc.com</a>
Brooke Ponchard	Surf Sports Development Officer	<a href="mailto:surfsport@ncslsc.com">surfsport@ncslsc.com</a>
Jayden Williamson	Member Services Officer	<a href="mailto:office@ncslsc.com">office@ncslsc.com</a>
Kirsty Hayden	Development Officer	<a href="mailto:development@ncslsc.com">development@ncslsc.com</a>
Rick Smith	General Manager	<a href="mailto:manager@ncslsc.com">manager@ncslsc.com</a>

## Age Group Managers

Age Group	Name
U6	Samantha Harvey & Kirsty Hayden
U7	Jeremy Walden & Rick Smith
U8	Mike Elderfield & Alex Noble
U9	Nick Rea & Marek Kovac
U10	Alex Marsden & Kate Carbone
U11	Phil Curtis & Paul Wallace
U12	Sonja Belle-Wood & Sam Knowles
U13	Sandy Harvey & Samantha Harvey