

**North Cottesloe  
SLSC Woodside  
Nippers  
Information Pack  
2020-21 Season**

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

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

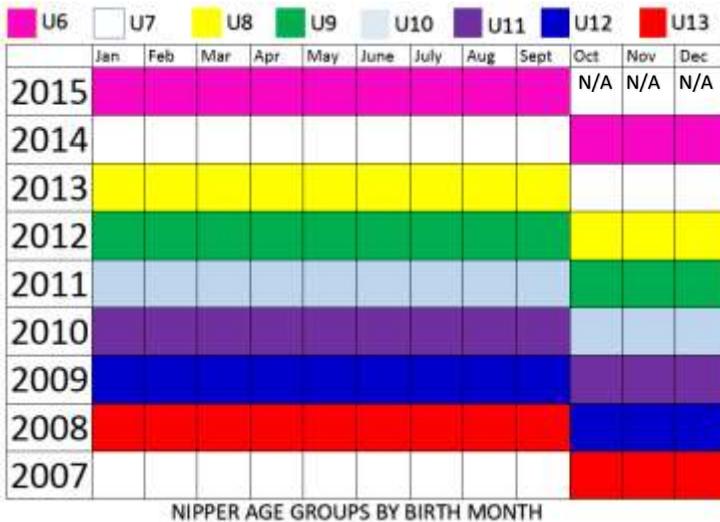
Nippers is about having fun, teaching surf education and skills, and emphasising community awareness. Our aim is to provide a safe, friendly and welcoming environment where Nippers and their families can interact and enjoy a morning at North Cottesloe Beach, and where we hope in years to come, we will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

Our Nippers also have access to surf sport 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.

### 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 2020 and a maximum of 12 years old by 30 September 2020 may register for the North Cottesloe Nippers Program.



One of the best outcomes of the Nipper Program is to help 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, 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 U8 and above must complete a proficiency swim before the Nipper Program commences. For the proficiency swim, please remember to bring swimmers, goggles, towel and cap.

**Proficiency swims will be held at the Scotch College swimming pool from 10am on Sunday 18<sup>th</sup> October 2020.** Specific times will be provided for each age group closer to the date.

Age Group	Swim Distance	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

Please note that if your child is unable to meet these requirements it does not mean they will not be able to participate in Nippers. It does however mean that they will require one on one water supervision.

### 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 warmup 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 a rotation of activities 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 warmup and go through SunSmart guidelines and beach awareness, relevant to the conditions on that day.

**9.30am to 10.30am** Children will complete a rotation of activities 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), when held.

## 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 hold a current Working with Children card unless you are exempt (such as having a child in the Club). Information regarding the Process to obtain a Working with Children Check form or Online Renewals can be found on the SLSWA website under member 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 be involved as a parent at Nippers, all you need to 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 – Compulsory roster system
- Help 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. Course dates for the 2020/21 season can be found on our website under Education, Scheduled Courses.

## 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 for their age group
- **Sand Champion** – high achiever in Nipper beach events for their age group
- **Club Spirit award** - 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.
- The awards described above will be awarded to both a boy and girl from U8 to U13.

## Surf Education and Competition Proficiencies

We take 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.

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 the Surf Guard database before the Competition date.

Children will be given the opportunity to complete their Competition Skills Evaluation during the first few 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 Newsletters.

### 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 Championships each year. More detailed information will be provided before each Carnival and children will be encouraged to represent the Club.

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 circumstances 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.
- 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 personnel and trainers.
- Respect the decision of officials at carnivals.

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

## Calendar for 2020/21 Season

### North Cottesloe Nipper Program

Event	Date	Location
Proficiency Swim	Sunday 18 October 10am	Scotch College Pool
Sunday Nippers	Under 10– U13 Sunday 25 October to Sunday 20 December 9.15am – 10.30am	North Cottesloe SLSC
	U6 – U9 Sunday 8 November to Sunday 20 December 8.30am – 9.30am	North Cottesloe SLSC
Christmas Party/Break	Sunday 20 December	North Cottesloe SLSC
Sunday Nippers (All Age Groups)	Sunday 17 January to Sunday 21 March 2021 (8.30am to 10.30am)	North Cottesloe SLSC

## Club Contacts

Name	Position	Email
Alex Marsden	Chair of Juniors	<a href="mailto:juniors@ncslsc.com">juniors@ncslsc.com</a>
Steve Bird	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>
Rick Smith	General Manager	<a href="mailto:manager@ncslsc.com">manager@ncslsc.com</a>

Club website: [www.ncslsc.com](http://www.ncslsc.com)

Address: 151 Marine Parade, Cottesloe WA 6011

Phone: 9284 2626

Office Hours: 8.30am -5.00pm Monday to Friday