

# Port Bouvard Nippers



## WELCOME

Welcome to the 2018/19 season of the Port Bouvard Surf Life Saving Club. I'd like to extend a very warm welcome to everyone for another great year at Pyramids beach.

Our objective at the Port Bouvard SLSC is to educate our children to be competent and safe in the beach/surf environment. Surf knowledge and techniques are gradually introduced to the children; ultimately at the age of 13 they can attain their Surf Rescue Certificate, which is just one step below the Bronze Medallion. Training also incorporates developing 1st Aid skills as well as the opportunity to be an active volunteer by undertaking Patrols to help keep our beach safe. Whilst all children are encouraged to improve their surf skills, no child is forced or pressured to do something they are not comfortable with. Our first aim is for the children is to have FUN at Nippers and enjoy coming to the Club each week.

Port Bouvard SLSC is a community focused Club which needs active members. Everyone is welcome at Port Bouvard SLSC; however the Club is a volunteer based organisation which needs your help. There are many ways you can get involved. On Sundays please assist your Age Group Manager in any way that you feel comfortable. We require parents for Water Safety and other duties around the Club. These are vital to our activities so please make yourself available when advised. A parent must be present on the beach throughout Nippers.

We have tried to include the everyday things you need to know about Nippers in this booklet. If you require any further information please feel free to ask any Age Group Manager, Committee member or simply contact the Club office. If you are new to the Club I urge you to get involved.

Regards

Mark & Sheridan

Nippers Coordinators.

## **IMPORTANT DATES**

The Club Calendar is located on the website. It contains all of the key dates for the season and is your guide to Port Bouvard Nippers for 2018 -19.

## **THE CLUB**

### **WHO CAN JOIN?**

Any girl or boy may join Nippers and you DON'T have to be competitive or athletic or even confident in the surf. One of the best things about Nippers is seeing young children who are fearful of the water lose this fear during the season.

### **REGISTRATION AND FEES**

Membership Fees are set by the City of Perth SLSC each year and as well as contributing towards equipment and club costs it ensures that all members remain covered by insurance. If fees are not paid children are not able to receive certificates, awards or participate in Sunday morning activities or carnivals.

### **HOW CAN I GET INVOLVED?**

For parents and guardians of Nippers there are lots of things we would welcome you to get involved in at the Club. We have a range of groups training, both Senior and Junior, and we encourage all to join in and then socialise afterwards.

Other things which either your child's Age Group Manager or the Club can give you further information on include:

- \* Actively helping your Age Group Manager each week
- \* Becoming an Age Group Manager - no experience necessary, just need the right attitude! New AGMs are always welcome and we can provide the training.
- \* Assisting Nippers to correctly put away equipment each Sunday
- \* Assisting with organising social events for the Nippers and parents
- \* Doing your Surf Rescue Certificate or Bronze Medallion, which then allows you to do water safety and/or voluntary patrols
- \* If you have a Bronze then you can do other courses including IRB crew and driver's license, Advanced First Aid and Spinal Management.

## **PARENTS' CODE OF CONDUCT**

Port Bouvard SLSC expects the following, as a minimum from all parents:

- Respect the rights, dignity and worth of every Club member regardless of their gender, age, ability, cultural background or religion.
- Never make an unwilling child participate in activities
- Understand that 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
- If you disagree with an Age Group Manager or official take the matter up in private in a constructive manner
- Recognise the efforts of volunteers
- Always display good will towards all other Surf Life Saving Club members.

## **JEWELLERY / VALUABLES**

Due to safety and potential losses rings, watches, necklaces, bracelets (except Medic Alert bracelets) are not permitted during activities. The nature of club activities may result in belongings being left unattended. Any valuables including jewellery, wallets, and mobile phones should be left at home or given to parents before the activities commence. Age Group Managers and officials cannot take responsibility for lost valuables.

## **WHAT WE DO**

### **WHAT IS NIPPERS?**

'Nippers' is Surf Life Saving for children aged between 7 and 14 years. Our aim is to have Port Bouvard Nippers as valuable contributors to our community through their surf skills and knowledge. There are many aspects to Nippers, including fun and participation, however surf awareness and education is the primary aim. Children are taught how to respect and understand the beach environment. Every child is eligible to compete at carnivals; the emphasis is on having a go and doing your best.

## **OBJECTIVES OF PORT BOUVARD NIPPERS**

The objectives of Port Bouvard Nippers are to ensure all children who are registered with the Club are provided with:

- A friendly, happy and safe environment for the children who are encouraged to perform to their capacity without undue pressure.
- Opportunity to meet new people
- Opportunity to develop team work skills/behaviours
- The best possible opportunity to learn and understand the surf and the beach.
- The best possible facilities to enjoy their activities.
- The best possible opportunity to participate in Club activities.
- The best possible tuition and coaching to achieve the Age Group National Education Awards.
- The best possible opportunity for competition.
- An atmosphere which encourages and fosters the transition of children into the senior surf lifesaving movement.

## **SUNDAY MORNING TIMETABLE**

A typical Sunday morning at Port Bouvard SLSC is as follows:

8:30 AM Beach Set-Up - Swim Cans / Beach signage

8.45 AM Sign on with Age Manager - grab your Nipper Age Cap

9:00 AM Club Meeting

9:15 - 10:45 AM Each Age Group (Under 7's to Under 13's) goes with their Age Group Manager for

activities

10:45 AM Equipment pack up, wash down and put away

11:00 AM Pyramids Cafe for a snack, drink and catch up!

## **SUNDAY SET UP AND PACK UP**

Every week before Nippers can commence, equipment must be collected from the Nipper storage area at the Club and taken down to the beach. This includes water safety equipment such as rescue boards and rescue tubes; age group signs and swim cans. Likewise, at the conclusion, it must all be packed away; this is the responsibility of each group and all Nippers. This set-up and take-down will be rostered each week for an age group to oversee.

## **NIPPER EQUIPMENT**

Now that my child is on their way to being a great lifesaver, what do I need to support them?

### **ALL NIPPERS**

All Nipper Members require:

- Racing Bathers (preferably Club Bathers)
- Rash Vest (preferably Club Rashie)
- Water Bottle
- Nippers cap (Age group colour)

### **NIPPERS**

#### **GENERAL NIPPER INFORMATION**

To enable Nippers to run smoothly on Sundays, please note the following:

- Announcements and important information for Nippers and parents is communicated at 9am each Sunday on the beach. Please be on time and listen to announcements so that you are aware and up-to-date with all matters concerning your children.
- Children must arrive with sunscreen applied, a hat, rashie, towel and water bottle.
- Please assist your child's Age Group Manager.
- Children **MUST** wear their age group cap at all times on Sunday morning whilst participating in Nipper activities.
- The Patrol Captain of the day is the ultimate authority in relation to water activities and events.
- A minimum of 1 Qualified Water Safety person (Surf Rescue Certificate or Bronze) per 5 children is required for water activities. Failure to meet this ratio will result in water activities being delayed or cancelled. These people wear Orange caps and/or rashies. They are the only people authorised to use a rescue board or wear a tube.
- No child will be able to participate in water events without first completing an evaluation swim and being certified proficient.
- At the completion of Nippers, children **MUST** obtain their parents' permission and remove their cap before re-entering the water and swim only between the flags.
- Children are unable to participate on the beach or in the water unless they are a registered and financial member.

## **SURF RESCUE CERTIFICATE (SRC) - WATER SAFETY**

Nippers is all about teaching our juniors how to enjoy and become proficient in the surf. From Under 7s right through to Under 13s we spend Sundays developing their skills to make them confident in the water. To do this in a safe environment means providing water safety and we rely on parents who are keen and preferably capable in the water themselves, to take on this responsible task.

The required ratio is 1 water safety to 5 swimmers. The Surf Rescue Certificate is the qualification required to enable you to undertake water safety. This course is generally run by our Club Instructors over a period of two to three weeks, learning theory, resuscitation and surf rescue techniques. You will be advised about this course at the start of the season - talk to your Age Manager. We also have to provide water safety at competitions/surf carnivals. Once qualified we would encourage you to make yourselves available each Sunday to the age group your child is involved in and provide their water safety.

## **NIPPERS' / JUNIORS' CODE OF CONDUCT**

Port Bouvard SLSC expects the following, as a minimum from all Nippers / Juniors:

- Have fun
- Be a good sport
- Be prepared and willing to learn
- Do your best and be proud of your efforts
- Encourage and congratulate each other
- Look after each other, particularly in the surf
- Treat others as you would like to be treated yourself
- No bullying / teasing
- No bad language
- Look after the equipment.
- At Carnivals never argue with an official, have your Age Group Manager approach the Official in the proper manner.
- Always display good will towards all other Surf Life Saving Club members.

## **AGE GROUPS**

Each Age Group has at least two Age Managers who organise, run and control the activities each Sunday. Each child is allocated to an Age Group according to the age chart above. Nippers must wear their Age Group cap (supplied by the Club) during club activities so they are easily identifiable on the beach.

## **AGE GROUP MANAGERS**

Age Group Managers are usually volunteer parents and are allocated to each age group with responsibility for organising and conducting the various Nipper activities. The main responsibilities of the Age Group Managers are as follows:

- Ensure activities are conducted in a safe environment and adequate Water Safety is in place for water based activities.
- Encourage the children of their age group to participate, enjoy, co-operate and compete in all activities of the Club.
- Keep weekly records of each child's attendance and proficiency achievements.
- Instruct the children in their age group of the necessary requirements for the National Awards.
- Organise the children in their age group at carnivals.
- Assist in the development of surf awareness and surf safety for the children in their age group.
- Keep children and parents informed of the requirements of the age group and of Club activities, carnivals, competition dates, etc.
- Ensure the children of the age group are aware of and encourage sun protection.

Parents are encouraged to make themselves known to their child's Age Group Manager and to offer assistance when required.

If you have any questions or concerns, or if your child has any medical condition that may restrict him or her in any way, please speak with your Age Group Manager.

Age Group Managers are not babysitters. Parents are required to be on hand during Nippers and to resume responsibility for their child at the conclusion of the day's events.

If you have to leave before events are finished, please inform your child's Age Group Manager

**BEFORE** taking your child from the beach.

## AGE GROUPS KEY CONTACTS FOR 2018/2019

UNDER 6	Kay, Gavin, Mark
UNDER 7	Emilie, Sue, Luise Ginny
UNDER 8	Gavin, Mark
UNDER 9	Jason
UNDER 10	May
UNDER 11	Milly
UNDER 12	Andrew
UNDER 13	Andrew

### SURF SPORTS

#### SURF SPORTS MANAGER

For the 2018/9 Season, Rebecca Kennington will be the Surf Sports Manager.

### INTRA-CLUB COMPETITION

An Intra-Club Carnival will be held across the season. This is designed to give Nippers a taste of what an Interclub carnival is like and give Nippers the opportunity to demonstrate their athleticism and surf skills. It also allows Parents to practise their skills as Officials and learn about surf sports.

### CARNIVAL EVENTS

Events for Under 10s to Under 13s are the same and are either water or beach based. A basic overview of the events is as follows:

#### WATER EVENTS

**Surf Race:** Competitors shall commence from the start line on the beach, swim round the buoys and return to shore and finish between designated flags.

**Board Event:** Competitors shall commence from the start line on the beach, paddle around the designated buoys and return to shore and finish between designated flags.

**Ironperson Events:** Consists of all three disciplines - swim-board-sprint. The order of sequence is drawn on the day and therefore varies from competition to competition.



Competitors will swim around buoys, return to beach, run around flags, pick up board on start-change over line and enter the water for the board section. Competitors will complete the board leg and sprint to the finish line. Boards may be left at the water's edge.

Surf Teams: Is contested in the same manner as a Surf Race, however with a team of four. Upon completion, finishers are numbered sequentially; the numbers are then added together and the team with the least amount of points wins.

Board Relay: This event uses the board course and involves a team of 3 competitors in a relay format.

Cameron Relay: Team consists of 4 competitors; a swimmer, 2 sprinters and a board paddler. The sequence is drawn on the day but will be either swim-sprint-board-sprint or board-sprint-swim-sprint.

Board Rescue: Teams comprise of a patient and a rescuer. The patients shall swim to their allotted buoy and shall signify their arrival by touching the buoy with one hand and raising the other arm in a vertical position. The patient should then retire to the seaward side of the buoy. On receiving the signal the Rescuer shall paddle to the allotted buoy. The patient shall then be positioned on the front of the board. Competitors return to shore passing across the line, both in contact with the board.

## **BEACH EVENTS**

Beach Sprint: Competitors take up their positions on the words of the starter, followed by a whistle blast.

Beach Relay: The team shall consist of 4 members.

Beach Flags: Batons are positioned in line parallel to the start line, and shall be approximately in the centre of the space between competitors. Competitors shall lie face down, with their toes on the start line, heels together, hands on top of each other with finger tips to wrist and the head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of sand or digging in of the feet is permitted. On the command "Heads Down" the competitors will stretch their chins forward and place the chin on their hands and await the start. At the starter's whistle blast the competitor shall get to his feet as quickly as possible and attempt to obtain a baton.

Rescue and Resuscitation (R&R): Is our traditional rescue and care event which epitomizes all core values of surf lifesaving. It begins at the Under 10 - 11 age group; with a Two Person event which is all dry land resuscitation and drill based; then progresses to an Under 12 - 13 Five Person event using a surf reel but with team members going no deeper in the water than knee deep. The Five Person event then carries on into the senior area in U15; U17; U19; Open men and Women.

March Past: This event comprises teams of twelve members from all clubs, who carry a small surf reel in a display formation around the Carnival arena. As in R & R it is done in a drill sequence and is judged in a similar way to diving and gymnastics, i.e. points deducted for mistakes. Members march to music and are dressed in their club bathers and T-shirt. The team captain is at the front of the team and carries the club flag. It is a good team activity for the full range of members