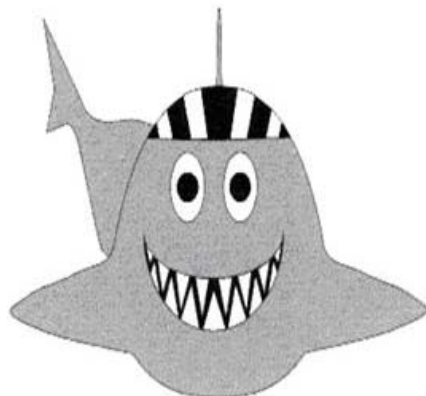




GUNNAMATTA Surf Lifesaving Club

NIPPERS HANDBOOK

2008~2009 Season





Welcome to the 2008-2009 Season

Our Nippers program is for Children aged 7 to 13 and is an inexpensive activity that provides members with a wide range of opportunities, including physical activity, surf awareness, beach safety and fun, as well as the skills necessary to effectively negotiate the surf.

Members develop a number of skills in negotiating open water environments. These include learning how to wade through the water, dive under waves and also how to safely body surf a wave. They also learn basic board skills.

Following the Surf Education Program, Nippers will have a good awareness of beach hazards such as waves and rips and also have a basic knowledge of resuscitation and first aid skills.

Competition is offered that incorporates fun and teamwork. Events for Nippers involve swimming, board paddling, wadding, running, beach flags, iron nipper and relays. This is optional and at own expense and navy bathers are compulsory.

Important Information for Parents

- . Holiday sessions operate from December 28th, 2008 till January 25th 2009 - 9:45am to midday and 3:45pm to 6:00pm. A briefing is held before beach activities commence
- . A roll is taken at the start and end of each session
- . Nippers are not permitted to leave the beach during the session unless accompanied by a parent/guardian
- . Parents must notify Age Group Leaders if they are removing their child from the group before the scheduled finish time
- . Nippers will be placed in Age groups according to their date of birth (Age as of 30th September 2008). Nippers will not be permitted to change groups to be with friends
- . It is the responsibility of parents to ensure Nippers are Sun Smart and well hydrated while on the beach. It is compulsory that Nippers wear their t-shirt and cap during sessions (optional rash vest). A wetsuit is recommended during water activities. Club bathers are not compulsory for Nipper sessions





- . A sausage sizzle is held at the end of each session. This is a great time to socialise and meet other members of the club. Proceeds of the barbecue go towards new Nipper equipment. Nippers will be identified with either their t-shirt or cap
- . Parents are expected to assist in the running of the barbecue each week. A roster will be organised
- . Sandridge SLSC will host the 2009 Victorian Junior Surf Life Saving Championships on Saturday 7th and Sunday 8th March

Rules for Nippers

We want everyone to have fun and enjoy themselves, but we ask everyone to follow these rules:

- . Report for class promptly and in uniform
- . Give instructors your full attention
- . Exhibit the attitude of a good sportsman at all times especially during competitive events
- . Act immediately upon being instructed to act by your instructor
- . Enter all activities with enthusiasm and alertness
- . Do not indulge in horseplay or practical jokes while class is in session
- . Report any injury or illness to the instructor

Parents' Code

- . Do not make an unwilling child participate in the activity
- . Children should be involved in sport for their enjoyment, not yours
- . Encourage children to play by the rules
- . Encourage the effort being as important as the result





- . Recognise and encourage good play and efforts
- . Do not publicly question an official's decision
- . Recognise the efforts of volunteers

Membership Forms

A Membership Form needs to be completed for each member which MUST be signed by both the Nipper member and preferably both of the parents and/or guardians. The form is immediately sent to Life saving Victoria so you are recorded as a financial member. Also you must fill out a Gunnamatta Nippers Registration Form before commencement of first session.

Price Structure

- | | |
|------------------------|--|
| . Membership | \$50.00 |
| . T-Shirt | \$15.00 (Sizes 10,12,14 and small adult) |
| . Cap | \$10.00 (7/8 green, 9/10 yellow, 11/13 orange) |
| . Total | \$75.00 |
| . Rash Vest (optional) | \$30.00 (Sizes 10,12,14, XS and small adult) |

All Nippers need to have paid their Membership and obtained their t-shirt and cap before the first Nippers session.

The price includes:

- . Registration and insurance
- . 'S' Badges
- . Certificates and awards
- . Barbecue at the end of each session (Nippers only)
- . Access to Gunnamatta National Park - carpark
- . Nipper activity sessions
- . Parents/Nippers information booklet
- . Big Gunn newsletter each month

IMPORTANT NOTE: Please purchase Nipper caps according to age as of 30th September, 2008. Due to some groups being larger than others the older Nippers in there groups may be moved into the next group for safety reasons during sessions, but will compete in Club Championships in their own age group.





Use of Nippers Equipment Outside Nipper Sessions

The Nipper Co-ordinator encourages all Nippers to have as much use as possible of equipment, in particular Nipper boards as it is fully recognised that the more confident and competent Nippers are the more likely they are to do well at competitions.

The parent **MUST** sign to accept full responsibility for the safety of the child in the use of the equipment and the parent **MUST** be aware of the potential dangers. This must be during Gunnamatta Patrol hours and the Patrol Captain must be notified. Responsibility for damage to the equipment will also be agreed before the loan of equipment. This will safeguard the club's property. A book will be available in radio room at clubhouse.

The board must be hosed down and placed back in the rack in the complex. Any damages must be reported to a member of the Nipper management team.

Care of Nipper Boards

- . Boards should always be carried – NEVER dragged
- . They should be brought back to the clubhouse, washed and put away in the complex where racks are provided
- . They are to be used only by Gunnamatta Nippers, as they are not designed to take the weight of an adult

Gunnamatta Club Championship

This year once again we will run a Club Championship for the Nippers, which will incorporate events for each age group for swimming, board paddling, wadding, beach flags and running. Medals will be awarded on Presentation Day. You must be a full time paid up member to compete for medals.





Presentation Day

Presentation will be held on the last Nippers session with certificates and awards, followed by a barbecue.

Movie Night

This is a fantastic night for Nippers, family and friends to relax and enjoy a fun evening watching two current movies on a big screen and to meet other Nipper families.

Basic Resuscitation Certificate

The Basic Resuscitation Certificate is offered to the under 11, 12 and 13 age groups.

A candidate

- . Must be a minimum age of 10 years old on the date of examination

Units to be covered

- . Basic Resuscitation
 - Chain of survival (assessment and management of a collapsed person)
 - One and two person assessment and EAR (Expired Air Resuscitation)
 - Resuscitation of infants and small children

Nippers Proficiency Test

To maintain safety and lifesaving standards, Surf Life Saving Australia has a set standard of competency that Nippers must achieve before being eligible to compete at carnivals.

- . All competing swimmers are required to complete an annual 'S Badge' Proficiency test
- . The Proficiency shall be valid until 31st December the following year





- Competitors not displaying 'S Badge' Proficiency patch will not be permitted to compete in water-based events at Junior Carnivals
- Carnival race starters will inspect competitors at the start line
- If wetsuits are worn they must be rolled down to display 'S' badge proficiency patch



Badge must be placed on left hip

The competency test involves the participant successfully completing an assessment of a RUN – SWIM – RUN

AGE	'S BADGE' REQUIREMENTS		
Under 8	Run 50m	Wade 50m	Run 50m
Under 9	Run 50m	Swim 50m	Run 50m
Under 10	Run 50m	Swim 50m	Run 50m
Under 11	Run 50m	Swim 100m	Run 50m
Under 12	Run 50m	Swim 100m	Run 50m
Under 13	Run 100m	Swim 100m	Run 100m
Under 14	Run 100m	Swim 100m	Run 100m

The competency test is not an award. The test is carried out at the beach and involves a continuous effort of running, swimming (over-arm) and running. There are 2 levels of 'S Badge' Proficiency:

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





The Lifesaving Star (Previously Surf Rescue Certificate)

The Surf Rescue Certificate is offered to 13 and 14 year olds and is compulsory to be eligible to compete at carnivals.

A Candidate

- . Must be a minimum age of 13 years old on the date of examination
- . Must complete a 100m run, 100m swim, 100m run within 5 minutes
- . Must have completed a 200m swim in 5 minutes or less, in a swimming pool or over a measured open water course before any training starts in the surf

Units to be covered

- . Safety and Wellbeing
- . Surf Awareness and Skills
- . Anatomy and Physiology
- . Basic First Aid
- . Basic Resuscitation
- . Communications
- . Rescue Techniques
- . Patrols

Competition Age Categories

Competition Age Categories are taken from a common birth date calculated as at midnight on the 30th September of each calendar year.





The Age Group for a competitor is then determined by how old they are on at midnight on 30th September. The list below outlines the age and the necessary age group for that competitor.

Age	Age Group
7 years old	compete as Under 8
8 years old	compete as Under 9
9 years old	compete as Under 10
10 years old	compete as Under 11
11 years old	compete as Under 12
12 years old	compete as Under 13 (and/or Under 14 upon reaching the age of 13 during the season and gaining The Lifesaving Star)
13 years old	compete as Under 14 (must have gained The Lifesaving Star)

People required to run the Nippers Program

The Nipper Program relies solely on volunteers. Approximately 16 people are needed each session to run the program.

Principal roles needed:

Nipper Co-ordinator	1
Age Group Leaders/Roll Caller	3
Age Group Assistants	3
Water Safety Officers	4
Beach Instructors	2
Sausage Sizzle & Drinks	2
Money Organiser	1

CADETS **14 years old need to obtain their SLSC to help on patrols (beach duties only)**

JUNIOR ACTIVE **15 years old need to obtain their Bronze Medallions – full patrol members**

For more information look at our website:
www.triggerbros.com.au/gslsc





Contact Information

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Secretary	Donna Watt	03 9850 5117 0421 141 350	dwatt3@csc.com.au
Treasurer	Pat Murphy	03 9484 8706 041 058 6237	Patrick_j_murphy@national.com.au

