

Noosa Heads Surf Life Saving Club



Junior Activities Information 2008/2009

** Information contained in this document is subject to change at the discretion of the JAC*

On Behalf of the Junior Activities committee, welcome to the 2007-2008 season to all our new and continuing members. This guide contains much of the information you will need to know as a parent of a "Nipper" to make this a successful season. Your Age Manager or other Committee Member would be happy to help you should you require any further information.

In addition to the information contained in this document, the following information will also be provided on the website shortly:

- Details of our Sponsors
- Calendar for the Season (including first Nipper Sunday, first Carnival etc)
- Club swimmers - \$costs
- Age Manager Details
- Coaches
- Coaching timetables and sessions
- Policies
- Subsidies
- Surf Board Riding
- Age Champions – Club Championships

Surf Life Saving Australia Nipper Objectives

"Surf Life Saving offers many opportunities to its members and their families. Our Junior Activities program, or 'Nippers' is a great opportunity for families to become involved in surf lifesaving. More importantly however, Nippers teaches kids how they can keep themselves and their friends safe at the beach while having a heap of fun along the way.

Nippers enjoy activities in the following areas:

Lifesaving

Our Surf Education program teaches Nippers everything there is to know about being a young surf lifesaver, starting with Surf Awareness and learning about rips through to being Surf Smart and learning the basics of rescue and resuscitation.

Surf Sports

Surf Sports exists to allow surf lifesavers to practice and test their skills against each other and to ensure that our patrolling lifesavers can maintain their fitness for patrols. Surf sports also allow our young surf lifesavers to have a lot of fun, but more importantly to develop their lifesaving skills such as board paddling and catching waves. And just like their older club mates, they are given the opportunity to compete against their friends in a fun, safe and friendly atmosphere.

Youth Development

While Nippers teaches everything there is to know about being a young surf lifesaver, we also focus our efforts to teach our members the importance of being a team player and improving their self confidence. It is very important to Surf Life Saving to have young members who are leaders and play fairly, after all, it is these very members who may become a Patrol Captain at the young age of 17.

Protective Behaviours

With society changing and becoming more and more dangerous, our children need to be aware of the potential dangers facing them. Our Protective Behaviours content teaches kids about the importance of knowing how to contact their network of family and friends, how to handle an uncomfortable situation, right through to “good touch, bad touch”. With the support of Protective Behaviours Australia, we hope that teaching our kids what they need to know in this area that it will help them to keep themselves safe and promote a safe environment for clubs.

Citizenship

Our catchcry has been for a long time “Not just creating great surf lifesavers, but creating great Australians”. While the values of community service and understanding our history are ingrained in surf lifesaving culture, we make an effort to begin this learning process from the very beginning to ensure that our members really understand what it means to be a surf lifesaver.

Recreation

Surf Life Saving has always understood the importance of having fun, and so Nippers do not miss out on this. When running our programs we put time aside to allow the kids to muck around and play games.

Social Interaction

And just like having fun, we also understand how important the social aspect of surf lifesaving is to our members.”

Membership Fees

Nippers:	\$55 for the first Nipper in the family and \$35 for each Nipper thereafter. (*This includes a Club T-shirt, hat and water bottle provided by McDonalds Noosaville)
Associates:	\$55 each
Family:	\$180 for family (2 Parents or Guardians + 2,3 or 4 Nippers)

Associate Membership

*Please note: for insurance purposes, **ALL parents/guardians must** join as Associate Members of the Club before children are eligible to join Nippers. Associate Membership includes following:

- Insurance when partaking in official Nipper activities. This is a limited insurance. Contact the club for more details; and
- Access to Nipper facilities.

Sign On Days

All Membership forms and additional forms are available via download from the website. If you are unable to download these forms, they may also be collected from the Club.

Sign On Days can be quite crowded so please remember to fill out ALL the forms carefully to ensure that the process is completed as quickly as possible. Remember complete the pool swim first, then go to the help desk with your signed swim proficiency form together with your membership forms. All helpers are volunteers so please be courteous and patient!

All the forms are necessary however tedious they are to complete!

Swim Proficiencies

Before any child can join as a nipper, they must have passed their pool swim proficiency test (refer below). A further 'run-swim-run' proficiency test will be conducted on the beach before Nippers can participate in certain water events (including carnivals). Qualifying for coaching/training groups is also required.

Nipper Age Group	Age of Nipper on or before 30 Sept 2008	Swim Distance (metres)	Survival Float (minute/s)
Under 8	7 years	25	1
Under 9	8 years	50	1
Under 10	9 years	50	1½
Under 11	10 years	100	2
Under 12	11 years	200	2
Under 13	12 years	200	3
Under 14	13 years	200	3

Under 7s: For the U7s Program the Nipper must be a minimum of 5yrs old before the 30 September 2008. Not all Surf Clubs run an U7 program and it is at the Club's discretion how many U7s can enroll. It is also a requirement that if your eldest child is enrolled in the U7s, at least one parent must enroll in the first available Water Safety course run by our Club trainers.

Nipper Sundays

Each Sunday begins with a short meeting on the beach (in front of our surf club on Main Beach) at 7.45am. All children and parents are required to attend these meetings as it is a great way to find out what is happening in the Club and how the day will be run. All nippers will then be asked to assemble with their Age Manager and age group.

Parents **must** sign the children on for the morning with their Age Manager and remain at the beach for safety reasons in accordance with SLSA (Surf Life Saving Australia) Policy. Once signed on, everyone shall proceed to their designated areas for the commencement of the day's program.

Any child, who arrives to sign on without a parent/guardian present, unfortunately will **not** be allowed to participate in the morning's activities. **No child must be left on the beach unsupervised by a parent/guardian.**

All nippers must wear sunscreen and drink plenty of water during training. Please ensure your child/children have their drink bottle (clearly named) with them on the beach. Each age group has their own containers to keep these in while moving around the beach. Children are NOT permitted to wear jewellery during nipper Sundays, training or competition.

Age Managers require assistance in water safety and teaching the children skills. At least one parent is required to be present at all times. However only accredited water safety officers are able to assist with water activities and only parents/guardians that hold a current Blue Card will be allowed to assist on the beach.

The finishing time is approximately 10am. All children will be released into the care of their parent/guardian and must remove their cap once signed-off.

Please remember to Sign Off with your Age Manager if you need to leave early.

Uniforms

All nippers must wear SLSA caps whilst signed on for nipper activities. Each age group has a distinctive colour. Coloured caps for each age group are:

U7	Green
U8	Red
U9	Yellow
U10	Blue
U11-U14	Maroon & White (Club cap)

[When competing at carnivals the U8-U10s turn their caps inside out to display the Club colours.] Club swimmers must be worn at Carnivals and preferably on Nipper Sundays also.

Surf Education Certificates (Awards)

Each Age Group has a Life Saving Award to achieve during the season. They will learn and demonstrate the required skills on Club Sundays. These awards must be obtained prior to 31st December, 2008. Award Certificates will be presented on Presentation Day (at the completion of the season).

The Surf Education program conducted during the season for each Age Group is as follows:

- U8 - Surf Awareness 1
- U9 - Surf Awareness 2
- U10 - Surf Safety 1
- U11 - Surf Safety 2
- U12 - Surf Smart 1
- U13 - Surf Smart 2 (includes Resuscitation Certificate)
- U14 - Surf Rescue Certificate (SRC)

Carnivals

All nippers are encouraged to participate for our Club at the various Sunshine Coast nipper carnivals however a nipper may simply wish to attend Nipper Sundays and not attend carnivals and needless to say that is absolutely fine.

Under 7s do not compete at carnivals except those involving Noosa, Sunshine Beach and Peregian Beach – just for a bit of fun.

To maintain safety in the surf, children wishing to compete at carnivals must complete a Run-Swim-Run test with a continuous effort of running and freestyle swimming before their first carnival of the season. These will be conducted on the first Nipper Sunday of the season.

Surf Proficiency – Age Competency Tests for each age group are:

Under 8	:	Run-wade-run 25m-25m-25m
Under 9	:	Run-swim-run 50m-50m-50m
Under 10	:	Run-swim-run 50m-50m-50m
Under 11	:	Run-swim-run 50m-100m-50m
Under 12	:	Run-swim-run 50m-100m-50m
Under 13	:	Run-swim-run 100m-100m-100m
Under 14	:	Run-swim-run 100m-100m-100m

If a nipper is unable to attend the first Nipper Sunday, Age Managers will ensure that they complete their Surf Proficiency/Competency test during following Nipper Sundays. Each nipper must complete their Surf Proficiency/Competency in order to compete at a carnival.

Carnival nomination forms will be available via download from the website. Only official nomination forms provided by the Club will be accepted. Nominations are the responsibility of the parent and therefore any fees incurred due to late nominations must be paid by parents.

On the day of the carnival, nippers must arrive at least 1hr prior to the commencement of the carnival (in order to participate in warm up activities) and immediately report to their Age Manager. Members are expected to stay in the Club area during the carnival. Children must tell their Age Manager if they are leaving the club area for ANY reason. At Carnivals there are a limited number of boards available, and thus all club boards are to be shared.

See your Age Manager or contact the office if you have any queries regarding the carnivals.

Water Safety and Official's Requirements

If your child is in their second season of Nippers at Noosa and wishes to compete at any Carnival this season then at least one parent/guardian MUST be either an Official or Water Safety Officer. This is a requirement of the Club to ensure that we have sufficient numbers in order to comply with the requirements of Surf Life Saving Queensland (SLSQ). Please ensure that you have attained the necessary requirements to ensure that your child is not disappointed.

If your eldest child at Nippers is in the Under 7s, you are required to complete the first available Water Safety course (and attain your Surf Rescue Certificate {SRC}) through the Club.

Needless to say, for anyone interested in enrolling in a water safety course and thus be involved with water activities on Nipper Sundays (and at Carnivals if you wish), please feel free to discuss the course with your Age Manager or our Water Safety Liaison Officer. We are always looking for keen Water Safety personnel!

Coaching

Our club offers many available training options for all age groups, from ocean swimming, surf board riding, nipper board training, beach/sand work etc. Please discuss with your Age Manager as to the most suitable options for your child.

Nipper Sundays are provided for Nippers to develop their skills in Surf Lifesaving. These sessions are not intended as fitness training days (although they will help).

Nipper training for fitness and skill development is provided by Club coaches. Dates and times for the various coaching opportunities will be provided on the website when the details have been confirmed. Please discuss the coaching/training opportunities with the Age Manager to determine the best combination for your Nipper.

Timetable

A training plan for the 2008/09 Season will be available via download from the website once the details have been finalised.

Swimming

Nippers are strongly encouraged to undertake swimming training through a local pool or club. Nipper Sundays are not “Learn to Swim” or stroke correction sessions.

Training Proficiencies

Additional swim and board proficiency tests will be required for Nippers to participate in mid week training sessions. Training criteria applies for certain training sessions, which is performance based with four Groups namely A, B, C & D. The criteria for each of the Groups has been determined by the Coaching Panel and endorsed by the JAC. There is a need to ensure that Nippers are qualified to train in certain circumstances, particularly at an open beach. The criteria is as follows:

Group	Criteria
A Open Beach	Swim 400 metres in the pool in under 7 minutes, swim 400 metres (past the break) in reasonable surf (open beach) in a confident manner and board paddle 600 metres (past the break) in reasonable surf (open beach) in a confident manner. Qualifying is at the discretion of the Coaching Panel.
B	Swim 400 metres in the pool in under 9 minutes, swim 400 meters in the surf in a confident manner, board paddle 400 meters in the surf in a confident manner, qualifying is at the discretion of the Coaching Panel.
C	Swim 200 metres in the pool under 5 minutes.
D Dolphins	Nipper proficiency for age group.

Club Boards and Gear

Parents and Nippers are reminded that all Club boards are only to be used during designated training sessions, Nipper Sundays and carnivals. Boards are NOT to be used before or after designated times. **In particular, boards are not allowed out before or after each Nipper Sunday.**

Any use of Club gear must be arranged through the Gear Steward. This means ALL gear from tent pegs to rescue boards. Foam boards are for U8, U9 and U10s. Fibreglass Nipper boards are for U11, U12 and U13. U14 use full size Malibu paddle boards. Boards are not to be dragged or thrown down on the beach. If a member is too small to carry a board, two should carry it together. When you have finished using a board, wash off all sand and put it away carefully.

NOTE:

- members who mistreat boards will not be allowed to use them until they can demonstrate appropriate conduct and may be asked to contribute to the cost of repairs.
- nippers are welcome to bring their own boards to training however the Club will not be held responsible for any damage to private boards.

Office Hours

The Club's Administrator can be contacted in the Club's office (downstairs in the Main Club) during office hours. It is advisable to phone 5474 5688 prior to dropping into the office to ensure the staff are available to meet your needs.

Camera/Video Policy

Please note that taking photographs or videos of Nippers on the beach is against Surf Life Saving Queensland (SLSQ) 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 area and outside of the competition area. There is a consent form (which forms part of the Sign On forms) that needs to be completed prior to joining.