

PORT MACQUARIE  
SURF LIFE SAVING CLUB

NIPPERS HANDBOOK 2011/12



Tuppenny Road, Port Macquarie, NSW, 2444 (PO Box 4)

Clubhouse hire – ph 0459 222 707

[www.pmslsc.com.au](http://www.pmslsc.com.au)

## **Contents**

Contents.....	2
Introduction .....	4
History.....	4
Links .....	5
Sun Safe.....	5
Office Bearers.....	6
Age Managers .....	7
PMSLSC JASC Message 2011/12 .....	8
Registration Details & Costs.....	10
Registration Fees.....	10
Prohibited Employment Declaration Forms .....	10
Medical Conditions .....	10
Competitors .....	10
Children are not taught to swim at Nippers .....	12
Junior Evaluations (Proficiencies) .....	13
Junior Awards.....	14
Junior Competition.....	17
Team Selection (Branch Carnivals/Country Champs) .....	17
Carnivals.....	19

Events.....	20
Junior Life Saver of the Year (JLOTY) - U/14 .....	22
Water Safety Requirements.....	23
Championship Point Score System .....	24
Presentation of Awards .....	25
Interbranch Selections .....	26
Junior Leadership Camp.....	27
Communication.....	27
Junior Activities Sub Committee meetings .....	28
Club Uniform.....	28
Port Macquarie SLSC Nipper Cap (compulsory).....	28
Nipper Day Beach Set up .....	29
Sunday Training Days .....	29
Attendance.....	29
Gear Rules .....	30
Parent Involvement.....	30
Competitors' Code of Conduct .....	31
Parents'/Guardians' Code of Conduct .....	32
Photographs of Children .....	33

## **Introduction**

Port Macquarie Surf Life Saving Club (PMSLSC) is one of eight clubs within the Mid North Coast (MNC) Branch. PMSLSC has been operating since 1928/29 and juniors since 1961/62. Other clubs within the branch include the following (please refer to MNC Branch website for more details):

Camden Haven  
Wauchope-Bonny Hills  
Tacking Point  
Kempsey - Crescent Head  
Hat Head  
South West Rocks  
Macksville - Scotts Head

## **History**

The Port Macquarie SLSC Nippers, under the then name of the Port Macquarie Nippers Club, was formed in the 1961/62 season by John Dingle and Bill Gilleland. During the first season there were 12 boys in the club. From the original 12 members only one still remains active today – Fred Middleton.

Port Macquarie's first Nipper surf carnival was held in March 1963, at Flynn's Beach. The Mermaids Club of Port Macquarie was formed in the 1967-68 surf season and was open to girls from 5 to 15 years.

The Junior Activities Sub Committee (JASC) is responsible for the co-ordination and conduct of all PMSLSC Nippers activities.

## **Links**

Surf Life Saving Australia - [www.slsa.com.au](http://www.slsa.com.au)

Surf Life Saving Online - [www.Life Savingonline.com.au](http://www.Life Savingonline.com.au)

Surf Life Saving NSW - [www.slsnsw.com.au](http://www.slsnsw.com.au)

Mid North Coast Branch - [www.slsnmc.com.au](http://www.slsnmc.com.au)

Port Macquarie Surf Life Saving Club - [www.pmslsc.com.au](http://www.pmslsc.com.au)

33<sup>rd</sup> Surf Sports Manual – Competition rules

[www.slsa.com.au/default.aspx?s=adminresources&id=383](http://www.slsa.com.au/default.aspx?s=adminresources&id=383)

## **Sun Safe**

We strongly encourage all members to be ‘sun safe’ at Nipper days and carnivals (especially during downtime).

### **SLIP, SLOP, SLAP & WRAP**

Slip – on a shirt

Slop – on some sunscreen

Slap – on a hat

Wrap – put on some sunglasses to Australian Standards

## Office Bearers

Position/Name	Contact Details
Club President - <b>Tony Wright</b>	<a href="mailto:president@pmslsc.com.au">president@pmslsc.com.au</a>
Club Captain - <b>Anne Walsh</b>	<a href="mailto:clubcaptain@pmslsc.com.au">clubcaptain@pmslsc.com.au</a>
Junior Activities Sub Committee (JASC) Chairperson - <b>Ben Wehlow</b>	<a href="mailto:nippers@pmslsc.com.au">nippers@pmslsc.com.au</a>
Deputy Chair JASC– <b>Glen Towle</b>	<a href="mailto:towleg66@gmail.com">towleg66@gmail.com</a>
Deputy Chair JASC– <b>Jo Marchingo</b>	<a href="mailto:philjo@ncable.com.au">philjo@ncable.com.au</a>
Secretary JASC – <b>Dave Frewin</b>	<a href="mailto:davidfrewin@exemail.com.au">davidfrewin@exemail.com.au</a>
Treasurer – <b>George Mills</b>	<a href="mailto:treasurer@pmslsc.com.au">treasurer@pmslsc.com.au</a>
Beach Superintendent - <b>Mark Peck</b>	<a href="mailto:pecky111@gmail.com">pecky111@gmail.com</a>
Water Safety Co-ordinator - <b>Matt Scully</b>	<a href="mailto:ivss@tpg.com.au">ivss@tpg.com.au</a>
Gear Steward (juniors) - <b>Neville Collins</b> Assistant Gear Steward - <b>Steve Oakley</b>	<a href="mailto:nneak@bigpond.net.au">nneak@bigpond.net.au</a> <a href="mailto:stevenoakley@bigpond.com">stevenoakley@bigpond.com</a>
Publicity Officers – <b>Glen Towle &amp; Neville Collins</b>	<a href="mailto:towleg66@gmail.com">towleg66@gmail.com</a> <a href="mailto:nneak@bigpond.net.au">nneak@bigpond.net.au</a>
Uniform Committee - <b>Noni Collins &amp; Heather Frewin</b>	<a href="mailto:nneak@bigpond.net.au">nneak@bigpond.net.au</a> <a href="mailto:beachhouse@exemail.com.au">beachhouse@exemail.com.au</a>
Chief Training Officer – <b>Kim Rayner</b>	<a href="mailto:training@pmslsc.com.au">training@pmslsc.com.au</a>
March Past Co-ordinator – to be advised	

## Age Managers

Age Group	Name	Contact Details
Under 6	Brian Hamel Danny Suitor	0418 481 602 0407 004 782
Under 7	Meg Bleasdale Georgiana Hamer	0423 939 622 0412 644 451
Under 8	Lisa Gregory	0421 500 669
Under 9	Jason Rich Haley Hyde Glen Scott	0404 016 008 0431 595 254 0417 019 756
Under 10	Emily Davidson	0418 207 317
Under 11	Nigel Harding	0413 303 695
Under 12	Glen Towle Shelley Scully	0412 229 081 0412 847 844
Under 13	John Findlay Kate Harding Mandy Smith	0422 639 662 0413 805 883 0439 585 813
Under 14	Rebecca Rissel	0422 459 904

## **PMSLSC JASC Message 2011/12**

Port Macquarie Surf Life Saving Club Junior Activities welcome everyone to a fresh new season, a season we can look forward to, and be proud of the black and gold stripes we wear. Please join with me to acknowledge and respect our founding members and all those involved in the past who have given freely of their time to ensure our children can share in the skills of Surf Life Saving and the character building experience it offers to all.

This season will be full of training days, competition days and social events. Remember the importance of having fun and enjoying the opportunity the club offers to young aspiring Surf Life Savers. We are part of a nationwide organisation with the sole purpose of educating and developing surf skills and healthy fun for our children. Competition is an opportunity to help members achieve their personal best, at all times we should respect and admire our fellow Clubs and their members and champion the positive outcomes we all strive for.

Remember at all times that this is not my club and it is not the committee's club, THIS IS OUR CLUB, and we must all be involved and engaged to ensure that we achieve the best outcomes for all members. For new parents and some existing members and parents we need you to be involved and active with the ever growing commitment required to successfully achieve a positive, safe and welcoming environment for all to enjoy.

Ask not what the Club can do for you or your child, but what you can do to help the Club achieve the most from this season. If you are not sure what you can do to help or be involved, please feel free to talk with me or fellow committee members to see what it is that could help the Club. We will be active in ensuring that all parents meet the ideals of being a part of the Club and are actively involved. It is not OK to sit back and watch, GET INVOLVED.

We all have other commitments and time restraints but we need to help one another, every small contribution will lighten the load.

This season we will be offering an opportunity for parents to get involved in a social swim program, which we hope will help bring an experience for those a little shy or unsure of the ocean to enjoy and understand the surf and what our children endure when swimming around the cans. You may just surprise yourself or your children, so again get involved.

My final message to all parents, you also make a commitment when registering your child or children with the Club. We are not a swimming school, and we are not a little athletics club, we are a Club here to promote, develop and educate kids who want to be part of Surf Life Saving and the opportunities which come from being involved. It is important that we understand kids who are not strong swimmers need to commit to swimming laps or having professional tuition before they can achieve a positive result in the surf. We will be very vigilant and pro-active to make sure that any child who enters a training or competition swim is a competent and confident swimmer. We really need to see a commitment from every parent in this area, and I hope you understand this is for the benefit of all members and those who volunteer their time to create a safe environment every time our kids are in the surf.

Together we can achieve, and be proud of what I am sure will be a wonderful season of sun, surf and good times. Please take the time to read and understand the information in this handbook.

*Ben Wehlow*

JASC Chairperson  
Port Macquarie SLSC

## Registration Details & Costs

Registration for new membership and renewal is now available online at [www.lifesavingonline.com.au](http://www.lifesavingonline.com.au). If renewing, you need to have your email address registered with the club for this to be successful. Please email the JASC Secretary if you are having difficulty.

## Registration Fees

Membership payments can be made online via credit card in a secure environment after registering. Please refer to the following link:

<https://pnpnet.qvalent.com/slsa>

- **U/6 to U/14 - \$45 per child**
- **Associate member - \$45** (covers non-active members and includes insurance e.g. Adults, guardians/carers). At least one parent or guardian of the Nipper must be a current, financial member of the Club before the Nipper membership can be accepted.
- **Family - \$180** – 4+immediate family members

## Prohibited Employment Declaration Forms

All SLSNSW members and volunteers over the age of 18 and those members under the age of 18 who work with children **MUST** sign the prohibited employment declaration. Members under 18 years can have a parent co-sign.

## Medical Conditions

Any Nipper who suffers from ASTHMA must provide details of medication used. Please inform your child's Age Manager of any medical condition which may affect your child's participation in Nipper activities.

## Competitors

**U/8 to U/14 Membership** - age groups remains a minimum age of 7 years (U/8) up to a maximum age of 13 years (U/14) on a seasonal basis.

The age group for the season is determined as at midnight on the 30th September at the commencement of that season. Listed below are the age groups members will be in for the 2011/12 season if they are born between the following dates.

1st October 1997 to 30th September 1998	U/14
1st October 1998 to 30th September 1999	U/13
1st October 1999 to 30th September 2000	U/12
1st October 2000 to 30th September 2001	U/11
1st October 2001 to 30th September 2002	U/10
1st October 2002 to 30th September 2003	U/9
1st October 2003 to 30th September 2004	U/8

**Please note:** Proof of age/birth certificate must be shown for all new children joining a Surf Club. Children may not change age groups.

**U/6 and U/7 Membership** - may participate in activities on an educational basis only. Children in these age groups may not compete in any point score/ championship events.

U/6 and U/7 participation relies on parental participation. For the beach and water safety of your child, you (or a nominated adult) **MUST** be with your child at all times. PMSLSC caters for U/6 and U/7 participation despite SLA

not recommending this. Therefore, parental participation is the only safe way this can continue.

A child may join a Club as soon as he/she turns 5 years of age. To comply with insurance requirements no Club can accept membership of a child until they have reached the age of 5 years. If a child reaches the age of 5 years after 30th September 2011, they may join Nippers for the remainder of the 2011/2012 season, however will remain in the U/6 Nipper group for the following 2012/2013 season.

Listed below are the age groups members will be in for the 2011/2012 season if they are born between the following dates:

1st October 2004 to 30th September 2005      U/7

1st October 2005 to 30th September 2006      U/6

Season 2011/12 shall see a trial of adjusted hours for U/6's and U/7's. Their young age, the beach / weather conditions, and the effort required for concentrating and participating, can collectively be tiring for our little Nippers. U/6's and U/7's shall participate for only 1.5 hours (from 8.30am-10.00am)

## **Children are not taught to swim at Nippers**

We strongly recommend that children attend regular swimming lessons until at least squad level. Pool swimming is essential to develop the strength and confidence that Nippers require to negotiate surf conditions. Surf swim training focuses on negotiating waves, rips and currents and using them to the swimmer's advantage. Children who swim regularly prove to be the most capable in the surf and ultimately gain the most from participating in a Nippers program.

## **Junior Evaluations (Proficiencies)**

It is recommended that the Junior Activities Preliminary Skills Evaluation and the Junior Activities Competition Skills Evaluation be overseen by an accredited Assessor. The actual evaluation and open water swim may be run by a Club Official, but SLSNSW recommends there be an accredited Assessor in attendance wherever possible. This is to ensure safety protocols and correct procedures are followed and to sign off the activity. Each part may be assessed by a Club Official, but a proficient SLSA Bronze/SRC Assessor should supervise the evaluation.

- **Junior Activities Preliminary Skills Evaluation – Pool Swim**

Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken each season (1st July to 30th June). The intent of this is to conduct an evaluation of each junior member's own personal swimming and water survival ability for the information of the member, parent, age manager and water safety personnel.

**NOTE:** it is not an assessment which if not completed competently precludes the child from becoming a member or continuing with junior surf education or training activities but the member will be confined to beach based activities until they achieve this Evaluation.

- **Junior Activities Competition Skills Evaluation – Open Water Swim**

To be eligible for competition, junior members must complete an open water swim which replicates the junior swim distances. The competition evaluation (open water swim) must be achieved before members are eligible to compete in inter-club competition and club championship. This is a minimum standard water proficiency requirement.

**NOTE:** U/14 members who have successfully completed the SRC award or SRC proficiency after 1st July 2011 and prior to commencing Junior Activities for the 2011/12 season are not required to complete the Junior Activities Preliminary Skills Evaluation or the Junior Activities Competition Skills Evaluation.

## **Junior Awards**

The Junior Development Program (Surf Education) is an integral part of our Junior Activities Program and must be completed by all participants in Junior Activities every season. This program is based on clearly defined outcome statements and reflects an exciting change in children's Life Saving development. The requirements of the award are in no way linked with the Junior Participation Skill Evaluation and/or the Junior Competition Skill Evaluation. All members are required to gain their respective Surf Education award for their age group prior to 31 December every season. All Junior Awards are required to be recorded onto the SLSA database, Surfguard.

- **Basic Resuscitation Certificate**

Nippers in the Under 10 age group will be offered the opportunity to undertake this course in basic resuscitation techniques. This is not compulsory.

- **Surf Rescue Certificate**

The Under 14 age group education award is the Surf Rescue Certificate. Nippers in this age group must undertake and complete this course before 31 December to be eligible for competition. Nippers who attain this award are also eligible to be included in volunteer beach patrols.

	<b>PMSLSC Preliminary Skills Evaluation</b>	<b>Competition Skills Evaluation</b>	<b>Surf Education</b>
Under 6	Nil (shallow water activities only)	Nil (no competition)	Surf Play One
Under 7	Nil (shallow water activities only)	Nil (no competition)	Surf Play Two
Under 8	25 metre swim (any stroke) 1 minute survival float	Nil (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	200 metre swim in 7 mins (50 metre freestyle) 1 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware Two
Under 10	200 metre swim in 7 mins (freestyle) 1.5 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe One
Under 11	200 metre swim in 5 mins (freestyle) 2 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Safe Two
Under 12	200 metre swim in 5 mins (freestyle) 2 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart One

	<b>PMSLSC Preliminary Skills Evaluation</b>	<b>Competition Skills Evaluation</b>	<b>Surf Education</b>
Under 13	200 metre swim in 5 mins (freestyle) 3 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart Two
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float	Minimum 288m open water swim (competition course as per competition manual)	SRC*
Assessors	Age Manager Level 1 Coach Level 1 Official Training Officer (SRC/Bronze) Assessor (SRC/Bronze) (* Assessment of SRC can only be completed by an approved Assessor)		
Notes	Every junior member is required to participate in this evaluation, conducted by the Club, prior to any junior water activity training or competition being undertaken.	The competition evaluation must be achieved before being eligible to compete. This is a minimum standard water proficiency requirement	The relevant age Surf Education award must be completed each year prior to 31 December

## **Junior Competition**

To be eligible to compete, a junior member must have completed the Junior Activities Preliminary Skills Evaluation and the Junior Activities Competition Skills Evaluation. To be eligible to compete at a championship event they also need to have achieved the appropriate surf education award for their age by 31 December. Any member who has not completed these requirements by the 31 December who seeks to compete must apply in writing to the State Director of Life Saving clearly identifying reasons for not completing requirements by 31 December.

### **U/6's and U/7's**

These children do not compete at competition level. However, we strongly encourage these age groups to attend to support other members so they can see what they can look forward to.

## **Team Selection (Branch Carnivals/Country Champs)**

There are many factors to be taken into account in making up a team, not just who are the top ranked performers. Factors include willingness to participate, availability to compete, attendance, commitment to training (including extra training sessions), Club Championships results, results on Club training days, type of carnival (local vs. Country) and surf conditions.

State Carnivals have rules that don't allow mixed team members i.e. female and males competing in the same team together. Branch and Country Carnivals allow mixed teams.

- Branch Carnivals – swim teams consist of two nippers.
- Country Championships and State swim teams consist of four nippers.

- **Team Selection Procedure:**

1. Age Managers will make recommendations to the Team Selection Panel for preferred teams to represent the Club.
2. All teams will be advertised 1-2 weeks prior to Country Championships only on the Club noticeboard.

During the season there will be local carnivals held organised by MNC Branch: a MNC Branch Championship, the Port Macquarie Carnival, NSW Country Championships and the State Championships. Our Nippers are encouraged to represent our club at these carnivals. Competition promotes good sportsmanship with an emphasis on friendly competition rather than winning.

1. All competitors must wear club cap and costume. Caps must be worn at the start of races otherwise they will be disqualified.
2. Please refer to Season Calendar for dates; updates will be issued when necessary.

Should you have any concerns regarding selection/non selection in a team, this should be discussed in the first instance with the Age Manager in a civil and courteous manner. Abusive or aggressive behavior to an Age Manager will not be tolerated. If, after discussion with the Age Manager, you still have concerns, the matter will be raised with the Team Selection Panel consisting of Chairperson JAC, Age Manager Coordinator and Beach Superintendent.

## **Carnivals**

Carnivals are a lot of fun and build team spirit but they require a big commitment from both Nippers and their parents. Nippers at a carnival must have either a parent or guardian present at all times. Everyone is expected to lend a hand with set up, carrying of boards and gear to the Carnival and at the conclusion of the Carnival to help pack up and ensure the area is left clean.

Carnivals are at the mercy of nature especially water events and due to this they may not run to the advertised time schedule. So please be patient and understanding in these circumstances.

Don't forget hats, sunscreen, towel, water bottle, food, warm clothing and a chair to sit on. Port Macquarie Surf Club will set up 1- 2 shade tents which are to be used for Club members – not for boards.

Competitors should arrive no later than 30 minutes prior to the start of a Carnival (usually 7.30am for an 8am start). Nippers should be well rested (i.e. an early night prior to the Carnival). Some events such as March Past may be the first event for the day.

1. If a Nipper is sick or unable to attend a carnival, please notify your Age Manager – this is especially important if the Nipper is in a team event.
2. If you require the use of a Nipper board then please assist the Gear Steward in the carrying of boards from the gear trailer to the beach and again at the conclusion of the Carnival back to the trailer.
3. Nippers are to have their name marked off on the attendance sheet by their Age Manager on arrival at the carnival. Age group numbering should be written on outer arm and/or thigh before applying sunscreen.

4. During the carnival Nippers should stay around the Port Macquarie tents and keep in contact with their Age Manager. Nippers should have plenty of fluids, high energy food, keep in the shade and reapply sun screen regularly.
5. When an event is called Age Managers will arrange Nippers and together they will proceed to the marshalling area.
6. At the conclusion of a carnival, Nippers name is to be marked off by their Age Managers.

Please note – at Branch Carnivals a Nipper must make a reasonable attempt and/or complete the swim before being able to compete in board events. Swimmers will be issued with a wrist band to determine those Nippers eligible to compete in the board event.

Photographing of Nippers at SLSA carnivals is allowed as long as the photographer registers their intent to do so at the official's tent. SLSA Photography Policy can be referenced at;

<http://www.slsa.com.au/site/content/resource/00001828-docsource.pdf>

## Events

- **Beach Events**

**Beach Races** – Running over a set distance on the sand in lanes.

**Flags** – Nippers start by lying flat on the sand, then getting up and sprinting a short distance to grasp a hose standing in the sand. This event is run over a number of rounds with a Nipper eliminated each round until there is an eventual winner.

**Beach Relay** – Teams of 4 (or more in an All Age Relay) run a relay over a similar distance to the Beach Races. The baton hand over generates an additional degree of complexity, uncertainty and excitement.

- **Water Events**

**Wade Race** - Running through shallow water around a supervised course.  
U/8 only

**Wade Relay Race** – Teams of 4 run a relay over a similar course as Surf Wade.  
U/8 only

**Surf Race** – Swimming from the beach around a string of buoys and back to the beach. U/8 – U/14

**Surf Teams**- A team of Nippers enter the water together and swim around the Surf Swim course. Points are awarded for position. The points are then calculated to generate a winning team (the team with the fewest points).  
U/9 - U/14.

**Board Race** – Similar to the Surf Swim but around an apex of buoys.  
U/9 –U/14

**Board Relay**- A relay team of three, paddle around the Board course.  
U/9-U/14

**Board Rescue** – A two person team, one person swims to their respective buoy and is then ‘rescued’ by the other board paddler. Both Nippers must then paddle back to shore on the same board. U/11 - U/14

**Cameron Relay** – A 4 person relay, with one each responsible for a Surf Swim, Board Race and 2 Beach Sprints. U/11-U/14

**Iron person** – A combination of surf, swim and board race. U/11 - U/14

**Buchanan Relay** - Relay team of six Nippers, four U/8s (1 wader, 3 runners), one U/9 (swim or board) and one U/10 (swim or board).

- **March Past**

The March Past event involves 12 Club members marching in formation to music, carrying a reel, line and belt, and the Club's standard. This is an event steeped in tradition. Initially designed to enable Clubs to parade in their colours, it has become a very competitive contest. Teams of 12 are judged on their ability to correctly march to a pre-determined drill around the main carnival arena. Any member wishing to try out in the March Past teams please contact the March Past Co-ordinator.

- **Special Events**

These include Junior Lifesaver of the year (JLOTY), Interbranch Selection Teams and Leadership Camps.

## **Junior Life Saver of the Year (JLOTY) - U/14**

Each Club is encouraged to nominate only one male and one female U/14 Nipper to represent the Club in interviews with the MNC Branch for the Junior Lifesaver of the Year.

Nomination criteria should encompass areas such as:

- Attendance and participation at Club junior training and activities
- Demonstrating leadership and sharing skills and be able to follow instruction
- Representing their Club at junior carnivals (not necessarily being the best club competitor)
- General knowledge of Surf Life Saving
- Having a genuine interest in Club activities
- Most of all be a great Junior Life Saver

The MNC nominees will then attend a camp with all other nominees from branches across NSW, focusing on personal development and leadership skills. There will once again be an interview process and the winners announced at the NSW State Titles.

## **Water Safety Requirements**

Activities involving junior members who are not yet qualified Surf Life Savers (have not been trained and assessed as competent to a minimum level) require appropriate safety measures to be in place. Life Saving Standard Operating Procedure 15.22 outlines the water safety requirements to be provided before any junior activities can be conducted in the water. This relates to both scheduled weekend junior activities (eg Sunday training days) and aquatic junior activity training sessions.

The minimum ratio of water safety officers for junior surf water activities are:

- One (1) water safety officer per five (5) participants in the water at one time (competition/educational activities)
- Approximately 50% of these water safety officers shall be on a rescue craft (IRB, Board)
- All in-water safety officers not on rescue craft shall have a rescue tube (fins are also recommended if swimming)
- The use of IRBs for water safety is strongly encouraged if resources allow
- An IRB is to be in the water when there are 20 or more participants.

**Note:** These ratios do not include those members on regular public patrols, as they already have designated duties and obligations.

## Championship Point Score System

Each season Port Macquarie Nippers hold three championship days. Backup days will occur on the next available training day or a date to be advised by the JASC in case beach conditions are declared unsafe on designated championship days, by the Patrol Captain on duty and/or the Beach Superintendent. Nippers who attend and who compete in championship events receive points, which are tallied up over the season by the Recorders. At the end of the season, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place getters in each age group from Under 8 to Under 14 will be awarded a points score trophy. All events relevant to an age group will be included in the age championship point score (this includes Iron person).

Championship points will be awarded as follows:

1 <sup>st</sup>	=	7 points
2 <sup>nd</sup>	=	6 points
3 <sup>rd</sup>	=	5 points
4 <sup>th</sup>	=	4 points
5 <sup>th</sup>	=	3 points
6 <sup>th</sup>	=	2 points

*All other competitors who **complete** the course events will receive 1 championship point.*

## **Presentation of Awards**

At the end of each season, there will be a presentation event which will include awards for different categories. The annual JASC meeting will be held prior to the presentation.

**Participation award:** Awarded to all U/6 and U/7 Nippers, and to all other Nippers not receiving any other award who have met 75% attendance requirements. To meet 75% attendance requirements, Nippers must have attended a minimum of 14 of the 20 events shaded in white on the Junior calendar.

**100% attendance award:** These are awarded to all Nippers who have 100% attendance record. For 100% attendance to be achieved, Nippers must have attended a minimum of 18 of the 20 events shaded in white on the Junior calendar.

**Club encouragement award:** Awarded to a Nipper who participates willingly/eagerly in club training days and carnivals.

**Most improved Nipper:** Awarded to a Nipper who has displayed improvement throughout the season in competition or in other areas of participation.

**Continual effort:** Awarded to a Nipper who has participated in 100% of training and club championship days but may not have done well in the championship point score.

**Sportsmanship:** Awarded to a Nipper who continuously displays good sportsmanship. They can accept defeat or changes graciously. This Nipper is a team player who encourages others as well.

**Most promising Nipper – male and female:** Awarded to a Nipper who has excelled in competition and in addition displays promise as a Club person by

their attitude to officials, parents and other Nippers. They display sportsmanship, participation and a helpful approach.

**Senior (U/12 to U/14) and Junior (U/9 to U/11) Rookie of the Year:** Awarded to Nippers who are in their first or second season of surf life saving and who demonstrate the most potential since they registered.

**Nipper of the Year – U/14 only:** As outlined in the club constitution, this Nipper has excelled at many levels of surf life saving competition. They display the most potential to continue as an active club member in competition and in club duties.

**Iron Person of the Year:** U/11 male and female, U/12 male and female, U/13 male and female, and U/14 male and female.

**Champion of Champions:** Senior male and female (U/13 to U/14) and Junior male and female (U/11 to U/12) based on sprint, flags, swim, board and Iron person.

The Junior Activities Sub Committee may decide to offer other awards as the season progresses.

## **Interbranch Selections**

Nippers in the age groups U/12 – U/14 may be selected for the Interbranch team at a notified branch carnival held earlier in the season. Six Nippers from each age group made up of 1x male beach competitor, 1x female beach competitor, 2 x male water competitors, and 2 x female water competitors are chosen.

Points for places will be allocated towards Interbranch selection as follows;

1 <sup>st</sup>	=	6 points
2 <sup>nd</sup>	=	5 points
3 <sup>rd</sup>	=	4 points

4 <sup>th</sup>	=	3 points
5 <sup>th</sup>	=	2 points
6 <sup>th</sup>	=	1 point

For beach competitors the events are sprint and flags. If the scores are equal, the higher place getter in the sprint will secure the position. For water competitors the events calculated for juniors are swim, board and Iron person. If the scores are equal, the higher place getter in the swim event will secure the position.

At any stage the Selection Committee may refer to the results of the previous seasons Branch Championships. Each club is to select one delegate for the Selection Committee.

## **Junior Leadership Camp**

This camp is held for U/13 and U/14 Nippers from across the Mid North Coast Branch and is held over the weekend teaching Nippers group and personal skills like leadership, communication and team building in a fun and enjoyable atmosphere.

## **Communication**

With the increasing number of Nippers that we have on our beach, and the amount of activities that we conduct, sometimes getting information to everyone in a timely manner can be a somewhat difficult task. These methods will include regular emails, the club website and the use of the Nipper notice board on a Sunday morning. All email addresses should be updated online at [www.lifesavingonline.com.au](http://www.lifesavingonline.com.au), or contact the JASC Secretary.

Your thoughts, observations and constructive feedback are a vital part of a healthy club, so please feel free to let the JASC know. Any issues, concerns

or ideas regarding Nippers can be conveyed at any time to any member of the JASC. Please feel free to approach us on the beach or via email.

## **Junior Activities Sub Committee meetings**

The JASC and management committee meets regularly every month. Please contact the Committee if you would like to attend.

## **Club Uniform**

Male and female club costumes and attire are available through our Club Uniform Officer on Sundays. Correct club costumes are compulsory at carnivals. While children are competing in the morning's activities and at carnivals they **MUST** wear their CAPS and SWIMMERS so that officials can identify them. It is particularly important to remember that your child must wear their cap when competing in all club events and at carnivals and that the cap must remain on their head until their position is marked off after the event, otherwise they can be disqualified. It may seem trivial, but at Country and State carnivals it is a rule that is enforced. At the end of the morning's activities when their Age Manager has dismissed them they **MUST** remove their caps before entering the water for a casual swim. Also, if the children enter the water at any time outside of their events they must remove their caps. This season U/6 children will be wearing an all green cap, and U/7 children will be wearing an all yellow cap, at training days so that those two age groups are clearly identifiable on the beach at any stage.



**Port Macquarie SLSC Nipper  
Cap (U/8 to U/14)**

## **Nipper Day Beach Set up**

Please refer to the Nipper Calendar as to which age group is required to help set up the beach for the week. Parents are to arrive 30 minutes prior to start of Nippers to help. Even if not rostered, all parents and Nippers are welcome to turn up early on any training morning to give our hard working Gear Stewards Nev and Steve a hand to set up.

## **Sunday Training Days**

Training days will commence at 8.15am (Sign on). Nippers should be on the beach and ready to start at **8.15am** for the marking off of attendance for the day. The first event will start promptly at **8.30am** and conclude at **10.30am (10am for U/6 and U/7)**. Training days are usually structured towards coaching Nippers to improve their skills and techniques in all aspects of beach, swimming and craft (board) events as well as Surf Life Saving in general. Water activities will commence when a fully operational patrol is on the beach.

## **Attendance**

When the children arrive at the beach each Sunday morning or at a Carnival, they must have their name marked off by their Age Manager. If for any reason a child has to leave the beach before the end of the morning's activities, they must notify their Age Manager before leaving. To achieve the 75% attendance criteria, Nippers will only have to participate in 14 of the 20 events shaded in white on the Junior calendar. To achieve 100% attendance, Nippers must attend a minimum of 18 of the 20 events shaded in white on the Junior calendar. Nippers whose siblings or parents are competing at a Surf Life Saving event or carnival will qualify for attendance if they notify the Chairperson prior to the event. Nippers who attend other SLSC Nipper

training days require a letter from the club they are visiting to have their attendance updated by their Age Managers.

U/6 and U/7 children can be 'signed-in' on Club days (normally at 8.15am) but remain the responsibility of the parent during their Nippers morning.

## **Gear Rules**

At the completion of Club activities, all gear is to be returned to the front of the Club House for cleaning by individuals, then the Gear Steward and Assistants will store these away in the locked enclosure.

Competition foam boards and fibreglass boards are for use on Nipper days only or at training sessions organised by the JASC. Please notify the Gear Steward immediately of any damage to a board. Do not use any damaged board in water activities.

NOTE: Foam Boards - U/9 and U/10

Fibreglass Boards - U/11 to U/13 only

Long Boards - U/14's only (must have SRC to be used at carnivals).

Please respect the Club's property and be aware of the following rules;

- Boards are to be carried, not dragged
- Do not sit on boards on the sand
- Do not leave boards lying around in direct sunlight for prolonged periods of time

## **Parent Involvement**

Without parent participation there would be no Nippers. There can never be too many parents helping!

Parents without SLS qualifications have roles to play at the club as well. These include:

- Committee members
- Age managers and age manager assistants
- Setting up the beach
- Carnival assistants
- Officials (course required)
- Helping out at the uniform tent (see Noni or Heather to be rostered)

## **Club Code of Conduct**

### **Competitors' Code of Conduct**

- a) Participate for the “fun of it” not just to please your parents or coach.
- b) Play by the rules and strive to do your best.
- c) Never argue with the official’s decision. Notify the Beach Superintendent or Team Manager if you have any queries.
- d) Control your temper – no “mouthing off”, throwing or breaking equipment.
- e) Work equally hard for yourself and your club – your club’s performance will benefit and so will your own and always support team events.
- f) Be a good sport. Cheer all good performances, whether it is your club or some other club, and do not discourage anyone else’s efforts.
- g) Treat all other competitors as you yourself would like to be treated. Don’t interfere with, bully or take unfair advantage of any other competitor.
- h) Remember that the aim of our club is to have fun and improve your skills – don’t be a show off.

- i) Co-operate with all beach and water officials, age managers, club managers and fellow Nippers.
- j) The duty Patrol Captain and the Beach Superintendent have total responsibility for water safety and decide if competition can safely proceed.

## **Parents'/Guardians' Code of Conduct**

- a) U/6's and U/7's - Due to water safety regulations (SLSA), children in these age groups will not be allowed in the water without a parent. Parents must come dressed appropriately. NO Parent- NO Water.
- b) U/6's and U/7's - Children will not be permitted to go "find" their parents at the end of the morning. Parents must sign off and collect their children.
- c) U/6's and U/7's - Children will not be permitted to go to the toilets without supervision. The age manager or another child's parent is not responsible for attending to your child. Please stay with the age group throughout the morning to ensure your own child's needs are met.
- d) Do not force an unwilling child to participate in any particular event.
- e) Remember children are involved in the surf club for their enjoyment, as well as yours. Never ridicule or scold a child for making a mistake during competition.
- f) Encourage your child always to play by the rules and in the spirit of fair competition.
- g) Teach your child that honest effort is as important as victory, so that the result of a particular event is accepted without undue disappointment.

- h) Turn defeat to victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing an event.
- i) Remember that children learn by example. Applaud good results by your club and members of other clubs.
- j) Do not publicly question any official's judgment or decisions and never their honesty.
- k) Support all efforts; remove verbal and physical abuse from children's sporting activities. Teams and/or individuals may be disqualified or points could be lost for any abuse by parents to other individuals or officials.
- l) Recognise the value and importance of volunteer club, branch, country and state officials. Don't use profane language or harass competitors, coaches or officials.
- m) Be vigilant about the personal safety of all children at the beach.
- n) Nippers is not a child minding facility, parents or adult carers must be in the vicinity of activities at all times.
- o) Please ensure that all children have ample water and sunscreen.

## **Photographs of Children**

With the upgrading of our club website and the regular email update it is likely that at some time during the season your child or a child in your care will be photographed and their photo used for the club website, in the email newsletter or for the newspapers. If you do not wish your child to be shown in any of these media please notify the relevant age managers or one of the committee members.