

PORT MACQUARIE
SURF LIFE SAVING CLUB
NIPPERS HANDBOOK
2019/2020



Port Macquarie SLSC Nippers Handbook
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Port Macquarie SLSC (ask to join our group)

Contents

PORT MACQUARIE SURF LIFE SAVING CLUB NIPPERS HANDBOOK

2019/2020

Contents	3
Introduction.....	5
History	5
Links.....	6
Sun Safe	6
Office Bearers	7
Junior Activities Chairman’s Message.....	8
Registration and Fees.....	11
Prohibited Employment Declaration Forms.....	11
Medical Conditions	11
Junior Competition.....	12
Children are not taught to swim at Nippers	13
Junior Evaluations and Awards (Proficiencies)	14

Port Macquarie SLSC Nippers Handbook Team Selection (Branch Carnivals/Country Champs)	19
Carnivals.....	20 - 21
Events.....	21 - 23
Junior Life Saver of the Year (JLOTY) - U/14.....	24
Water Safety Requirements	25
Championship Point Score System.....	26
Presentation of Awards	26
Interbranch Selections	29
Junior Leadership Camp.....	30
Cadet Leadership Camp.....	30
Communication	30
Junior Activities Sub Committee meetings	30
Club Uniform	31
Port Macquarie SLSC Nipper Cap (U/8 to U/14).....	31
Sunday Training Days.....	32
Attendance	33
Gear Rules	33
Parent Involvement and Working with Children Check.....	34
Club Code of Conduct	35
Competitors' Code of Conduct.....	35
Parents'/Guardians' Code of Conduct.....	36
Photographs of Children.....	37

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, then under the 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

Surf Life Saving Online - www.lifesavingonline.com.au

Surf Life Saving NSW - www.slsnsw.com.au

Mid North Coast Branch - www.slsmnc.com.au

Port Macquarie Surf Life Saving Club - www.pmslsc.com.au

35th Surf Sports Manual – Competition rules 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 – Rick Rolff	president@pmslsc.com.au
Club Captain – Dione Edwards	clubcaptain@pmslsc.com.au
Junior Activities Sub Committee (JASC) Chairperson – Karl Morris	Karl_a_morris@hotmail.com
Deputy Chair JASC– Danny Suitor	nippers@pmslsc.com.au
Secretary JASC – Angela Chapman	achapm37@gmail.com
Treasurer JASC – Ginette Kobelke	
Competition Manager – Leanne Hatherly	competitions@pmslsc.com.au
Beach Super – David McGrath	david.mcgrath@ditchfield.com.au
Gear Steward - Matt Maloney	equipment@pmslsc.com.au
Registrar – Leanne Hatherly	leekar@bigpond.com
Uniform Coordinator –	
Chief Training Officer – Steve Heslop	training@pmslsc.com.au

Junior Activities Chairman's Message

Hello to all nippers and their families as we set out yet again for a new surf season.

Surf lifesaving is one of the most iconic images of Australia and through your involvement in nippers you are very much part of the lifesaving family. So if this is your first season or if you are returning for your last, welcome and may your experiences be always positive.

The start of a new year is always a time for great excitement mixed with a little bit of trepidation.

Nippers have been a staple of the Port Macquarie Surf Life Saving Club for more than five decades, with our very first season held way back in 1962. John Dingle was our first nipper president.

As season 2019-20 gets underway, I would like us all to pause and reflect on those that have come before us. Many people have worked tirelessly over more than 50 years to ensure nippers at Flynn's Beach has stayed true to the ideals of the lifesaving movement in general.

Hundreds of children have passed through nippers at Flynn's Beach - with some of them returning now as parents with children of their own running around the beach, just as they did.

The wonderful thing about our club, lifesaving and nippers, is that it is a sport and organisation where all members of the family can participate. Many of the regular surf season patrols are littered with common family names where mums, dads, brothers and sisters stand side-by-side keeping vigil to ensure beachgoers remain safe.

The skills taught and developed at nippers will remain with them for life. Our goal is always to develop skills in nippers that will not only keep themselves safe in the water, but also teach them to keep others safe as well.

In addition, they will learn some great life lessons like sportsmanship, team work and community service.

The success of nippers is very much a team effort, with the success or failure of the program, relying on the energy and enthusiasm of the parents and families involved from year to year. It is imperative that each and every one of you plays a role. Without your assistance the program will not run smoothly.

As always we continually seek parents willing to fill one of the many roles required to ensure this success. Here are just a few ways you can get involved:

- help set-up the beach on a Sunday morning;
- do your bronze medallion and become active patrolling members of the club which will allow you to do watersafety;
- become an accredited official and officiate at carnivals;
- help out with fund raising activities throughout the season;
- man the barbecue or slushie machine;
- pack-up the beach on Sunday mornings;
- be a judge or marshal on club championship days
- be an age manager
- stand for a committee position
- sponsor the club
- help out with the Christmas party

Nippers rely heavily on continual generational change, succession planning and the willingness of people to help.

Port Macquarie SLSC Nippers Handbook

I hope to get the chance to meet as many of you as I can over the summer and look forward to seeing you on the beach.

May the season be filled with blue skies, rolling waves and lots of happy families!

Karl Morris

Junior Activities Chairperson (JAC)
Port Macquarie Surf Lifesaving Club

Registration Details & Costs

Registration for new membership and renewal is now available online at www.portal.sls.com.au. If renewing, you need to have your email address registered with the club for this to be successful. Please email the JASC Registrar 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://portal.sls.com.au/>

- **U/6 to U/14 - \$63.50 per child**
- **Nipper Parent** (General Member) - **\$63.50** 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.
- **Active kids Vouchers can be used for the full amount of Nipper membership.**
- **Family - \$254** – 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** apply and provide a Working With Children Check - WWC number. Go to <http://www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check> and follow the prompts. Once you have a WWC please email nippers@pmslsc.com.au with number, expiry and your DOB.

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. Also, please ensure any necessary medication (ventolin, epi-pens etc.) are brought along and kept in possession by the parent member,

Junior Competition

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 for the commencement of that season. Listed below are the age groups members will be in for the 2019-20 season if they are born between the following dates.

1st October 2005 to 30th September 2006 U/14

1st October 2006 to 30th September 2007 U/13

1st October 2007 to 30th September 2008 U/12

1st October 2008 to 30th September 2009 U/11

1st October 2009 to 30th September 2010 U/10

1st October 2010 to 30th September 2011 U/9

1st October 2011 to 30th September 2012 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 SLSC 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

Port Macquarie SLSC Nippers Handbook

of a child until they have reached the age of 5 years. If a child reaches the age of 5 years after 30th September 2019, they may join Nippers for the remainder of the 2019-20 season, however will remain in the U/6 Nipper group for the following 2019/20 season.

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

1st October 2012 to 30th September 2013 U/7

1st October 2013 to 30th September 2014 U/6

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)

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.

Children are not taught to swim at Nippers

We strongly recommend that all nippers attend 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 2019 and prior to commencing Junior Activities for the 2019-20 season are not required to complete the Junior Activities Preliminary Skills Evaluation or the Junior Activities Competition Skills Evaluation.

U/14 members must complete the SRC award to be eligible to compete at the NSW Branch/Country and State championships.

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 11 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. This is compulsory for all nippers wishing to compete.

Port Macquarie SLSC Nippers Handbook

	PMSLSC Preliminary Skills Evaluation (Pool)	Competition Skills Evaluation (Ocean)	Surf Education
Under 6	<p>From a standing position in waist deep water perform a front glide and recover to a secure position.</p> <p>Perform a back or front float holding a buoyant aid and recover to a secure position.</p>	<p>Nil (no competition)</p>	<p>Surf Play One</p>

Port Macquarie SLSC Nippers Handbook

	PMSLSC Preliminary Skills Evaluation (Pool)	Competition Skills Evaluation (Ocean)	Surf Education
Under 7	<p>From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position.</p> <p>Perform a back or front float for a few seconds and recover to a secure position.</p>	<p>Nil (no competition)</p>	<p>Surf Play Two</p>
Under 8	<p>25 metre swim (any stroke) 1 minute survival float</p>	<p>Nil (no water competition, except for wade which takes place in waist deep water)</p>	<p>Surf A ware One</p>
Under 9	<p>200 metre swim in 7 mins (50 metre freestyle) 1 minute survival float</p>	<p>Minimum 150m open water swim (competition course as per competition manual)</p>	<p>Surf A ware Two</p>
Under 10	<p>200 metre swim in 7 mins (freestyle) 1.5 minute survival float</p>	<p>Minimum 150m open water swim (competition course as per competition manual)</p>	<p>Surf Safe One</p>

Port Macquarie SLSC Nippers Handbook

	PMSLSC Preliminary Skills Evaluation (Pool)	Competition Skills Evaluation (Ocean)	Surf Education
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
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	Assessor or Club Delegate (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

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. Age manager will advise teams

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. All competitors in water events (competition and training) must wear hi-vis vests.
3. Surf Lifesaving Australia rules do not allow U/8 competitors to compete in older age group team events.

4. 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 behaviour 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.

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

Port Macquarie SLSC Nippers Handbook

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 and ironman events.

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/9 – 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

Port Macquarie SLSC Nippers Handbook

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 coordinator.

- **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. All U/14s are required to participate in the PMSLSC selection process.

Selection criteria will 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 Document 1.1 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 (even if this is not stated on the Nipper Calendar) 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, 1st, 2nd and 3rd place getters in each age group from Under 8 to Under 14 will be awarded a point's score trophy. All events relevant to an age group will be included in the age championship point score (this excludes Junior and Senior Iron Person).

Championship points will be awarded as follows:

1 st	=	6 points
2 nd	=	5 points
3 rd	=	4 points
4 th	=	3 points
5 th	=	2 points
6 th	=	1 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 has met 75% attendance requirements. To meet 75% attendance requirements, Nippers must have attended a minimum of 12 of the 16 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 all events shaded in white on the Junior calendar.

To be eligible for the following awards, nippers must meet 75% attendance requirements detailed above.

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 lifesaving 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 lifesaving competition. They display the most potential to continue as an active club member in competition and in club duties.

Iron Person of the Year: Junior male and female (U/11 & U/12), Senior male and female (U/13 & U/14).

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 and board.

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. 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 from the 8 clubs in our branch. To be considered for a place in the Interbranch team, a nomination form must be filled in and endorsed by the JAC Chairperson, you must complete the fee's agreement schedule and return it to the club, then forward on your endorsed nomination form to the Interbranch Team Manager.

The inter Branch Selection Committee may refer to the results of the previous seasons Carnivals, performance at allocated selection and training days and current performance at Branch Carnivals to select the team.

If selected you will come under the control of the Interbranch Team Manager and Coach who will provide you with further instructions.

NOTE: There is a fee for Interbranch training. This is being subsidised by the branch and the club but there still remains a gap payment to be made by parents.

Junior Leadership Camp

This camp is held for U/12 and U/13 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.

Cadet Leadership Camp

U/14s are invited to participate in a Cadet Leadership camp. The weekend focuses on personal development and valuable surf lifesaving pathways.

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 and the club website. We will also send text messages notifying you of changes at short notice. You can also join our group on Facebook (Port Macquarie Surf Life Saving Club). All email addresses and mobile phone numbers should be kept up-to-date online at 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 Officers on Sundays (except competition days). Correct club costumes are **compulsory** at carnivals. While children are competing in the morning's activities and at carnivals they MUST wear their CAPS, SWIMMERS and HI-VIS VESTS 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 a hand to set up.

Sunday Training Days

Training days will commence at 8.30am. Nippers should be on the beach and ready to start at **8.15am**. Each training day, parents are required to sign their nippers in and out, using the attendance sheets located under the beach tent and which are held by the age managers. The first event will start promptly at **8.30am** and conclude at approximately **10.30am**, subject to conditions (**10am for U/6 and U/7**). On Club Championship days competition will run longer.

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.

Other Training Activities

Other training sessions will also be provided on week days and weekends, oversighted by a Level 2 Surf Sports Coach, and all Nippers are encouraged to attend. These sessions will cater for a range of disciplines including flags/sprint, surf swimming, board, general fitness and march past. For further details refer to our club website and nipper mails.

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 have to participate in 12 of the 16 events shaded in white on the Junior calendar.

To achieve 100% attendance, Nippers must attend all 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. Board camp is counted as one event. If a nipper event is cancelled due to poor conditions, all nippers will be considered to have attended.

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 Club. Any use of boards out of these times is done so at own risk. 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 (U/13 when competing against U/14)

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! Please e-mail us at nippers@pmslsc.com.au to help.

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 (training available)

- Helping out at the uniform tent (see Uniform officer to be rostered)
- Fundraising support
- Manning BBQ or other event related assistance.

Working With Children Check (WWCC)

It is now a PMSLSC requirement that all active members over the age of 18 need to complete a WWCC and forward the details to the registrar for approval of their membership. The JASC also require the parent/carer who is registering with their child to complete a WWCC. The process is simple and free for volunteers, visit <http://www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check> for more details. Any questions regarding this please contact the JASC.

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.

Port Macquarie SLSC Nippers Handbook

- 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.